

KENT YOUNG ATHLETES LEAGUE 2025 TRACK TIMETABLE

Timetable for all 4 matches, designed for running on a 8-lane track or 6-lane track with an 8 lane straight

Match 1, Julie Rose

Match 3, Medway Park

U13s and U15s are allowed to compete in a maximum of three events plus a relay in one day [Rule T3 S2 UKA Supplement (1)(ii)]. For U13s, only one of those races (including race walks) can be between 600m and one mile [Rule T3 S2 UKA Supplement (1)(v)] and for U15s only one of those races (including race walks) can be between 600m and 3000m [Rule T3 S2 UKA Supplement (2)(iv)].

10.30	70m hurdles	U13 Girls A/B/NS	
10.45	75m hurdles	U13 Boys A/B/NS	
10.55	75m hurdles	U15 Girls A/B/NS	
11.05	80m hurdles	U15 Boys A/B/NS	
11.15	1200m	U13 Girls A/B/NS	
11.30	75m	U13 Girls A/B/NS	
11.50	100m	U13 Boys A/B/NS	
12.05	100m	U15 Girls A/B/NS	
12.20	100m	U15 Boys A/B/NS	
12.35	1500m	U13 Boys A/B/NS	
13.00	1500m	U15 Boys A/B/NS	
13.25	1500m	U15 Girls A/B/NS	
14.05	300m	U15 Boys A/B/NS	
14.20	300m	U15 Girls A/B/NS	
14.35	200m	U13 Boys A/B/NS	<ul style="list-style-type: none"> On a 6-lane track, if more than 6 runners report the race is equally split & run as a time trial
14.50	150m	U13 Girls A/B/NS	<ul style="list-style-type: none"> On a 6-lane track, if more than 6 runners report the race is equally split & run as a time trial
15.05	4 x 100m	U15 Girls A string only	There are no NS teams allowed
15.20	4 x 100m	U15 Boys A string only	There are no NS teams allowed
15.35	4 x 100m	U13 Girls A string only	There are no NS teams allowed
15.50	4 x 100m	U13 Boys A string only	There are no NS teams allowed
16.05	4 x 300m	U15 Girls A string only	There are no NS teams allowed
16.20	4 x 300m	U15 Boys A string only	There are no NS teams allowed