

Lily 'B' League – Timetable 2026 – **FIXTURE ONE**

Track

Field

TIME	EVENT	AGE	STRING	TIME	EVENT	AGE
11.15	75m Hurdles	U14	A	11.15	TRIPLE JUMP	U16
11.20			B N/S		TRIPLE JUMP	U18
11.30	80m Hurdles	U16	A			
11.35			B N/S	11.30	LONG JUMP	U12 N/S
11.45	100m Hurdles	U18	A		HIGH JUMP	U14
11.50			B N/S			
12.00	100m	U14	A	12.00	JAVELIN 500g	U16
12.05			B		JAVELIN 500g	U18
12.10			N/S			
12.20	100m	U16	A	12.30	DISCUS 0.75kg	U14
12.25			B			
12.30			N/S			
12.40	100m	U18	A	1.00	LONG JUMP	U14 A & B
12.45			B N/S		LONG JUMP	U14 N/S
12.50	100m	U12	N/S		SHOT PUT 3.00kg	U16
1.05	300m	U16	A		SHOT PUT 3.00kg	U18
1.10			B N/S			
1.15	400m	U18	A	1.30	HIGH JUMP	U16
1.20			B N/S		HIGH JUMP	U18
1.30	1500m	U14	A & B N/S			
1.40	1500m	U16	A & B N/S			
1.50	1500m	U18	A & B N/S	1.45	SHOT PUT 2.72kg	U12 N/S
2.00	300m Hurdles	U16	A			
2.05			B	2.15	LONG JUMP	U16 A & B
2.10	200m	U14	A		LONG JUMP	U16 N/S
2.15			B		LONG JUMP	U18 A & B
2.20			N/S			
2.30	200m	U16	A			
2.35			B	2.45	SHOT PUT 2.72kg	U14
2.40			N/S			
2.50	200m	U18	A			
2.55			B N/S	3.00	DISCUS 1.00kg	U16
3.00	600m	U12	N/S		DISCUS 1.00kg	U18
3.10	800m	U14	A			
3.15			B N/S			
3.25	800m	U16	A			
3.30			B N/S			
3.40	800m	U18	A			
3.45			B N/S			
3.55	4 x 100m	U12	N/S			
4.10	4 x 100m	U14	A & B N/S			
4.25	4 x 100m	U16	A & B N/S			
4.40	4 x 100m	U18	A N/S			
			B (Finals Only)			

Maximum Three Individual Events for all Athletes + Relay

Track Events

Field Events

- ▶ If track events are amalgamated then the Athlete (A or B string) who crosses the line first will be counted as the 'A' scorer.
- ▶ Maximum of 2 teams per club for U12 4x100m relay
- ▶ The U18 4x100m B string will be introduced for the finals only.

- ▶ Maximum Three Attempts (except Vertical Jumps) for U14 & U16.
- ▶ Maximum 3 Attempts (except Vertical Jumps) for U18.
- ▶ The Non-Scoring for U12, U14, U16 & U18 is 3 attempts.
- ▶ High Jump starting height 1.05m for U14 & U16 and thereafter Incremental height increases will be 5cms
- ▶ High Jump starting height 1.10m for U18 and thereafter Incremental height increases will be 5cms

Lily 'B' League – Timetable 2026 – **FIXTURE TWO**

Track

Field

TIME	EVENT	AGE	STRING	TIME	EVENT	AGE
11.15	75m Hurdles	U14	A	11.15	HAMMER 3kg	U16
11.20			B N/S		HAMMER 3kg	U18
11.30	80m Hurdles	U16	A		POLE VAULT	U14
11.35			B N/S		POLE VAULT	U16
11.45	100m Hurdles	U18	A		POLE VAULT	U18
11.50			B N/S			
12.00	100m	U14	A	12.00	LONG JUMP	U12 N/S
12.05			B		HIGH JUMP	U14
12.10			N/S			
12.20	100m	U16	A	12.30	JAVELIN 500g	U16
12.25			B		JAVELIN 500g	U18
12.30			N/S			
12.40	100m	U18	A			
12.45			B N/S	12.45	SHOT PUT 2.72kg	U14
12.50	100m	U12	N/S			
1.05	300m	U16	A	1.00	LONG JUMP	U14 A & B
1.10			B N/S		LONG JUMP	U14 N/S
1.15	400m	U18	A		SHOT PUT 3.00kg	U16
1.20			B N/S		SHOT PUT 3.00kg	U18
1.30	1500m	U14	A & B N/S			
1.40	1500m	U16	A & B N/S			
1.50	1500m	U18	A & B N/S	1.30	HIGH JUMP	U16
2.00	300m Hurdles	U16	A		HIGH JUMP	U18
2.05			B			
2.10	200m	U14	A	1.45	SHOT PUT 2.72kg	U12 N/S
2.15			B			
2.20			N/S			
2.30	200m	U16	A	2.15	TRIPLE JUMP	U16 A & B
2.35			B		TRIPLE JUMP	U18 A & B
2.40			N/S			
2.50	200m	U18	A			
2.55			B N/S	3.00	JAVELIN 400g	U14
3.00	600m	U12	N/S			
3.10	800m	U14	A			
3.15			B N/S			
3.25	800m	U16	A			
3.30			B N/S			
3.40	800m	U18	A			
3.45			B N/S			
3.55	4 x 100m	U12	N/S			
4.10	4 x 100m	U14	A & B N/S			
4.25	4 x 100m	U16	A & B N/S			
4.40	4 x 100m	U18	A N/S			
			B (Finals Only)			

Maximum Three Individual Events for all Athletes + Relay

Track Events

Field Events

- ▶ If track events are amalgamated then the Athlete (A or B string) who crosses the line first will be counted as the 'A' scorer.
- ▶ Maximum of 2 teams per club for U12 4x100m relay
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- ▶ The Non-Scoring for U12, U14, U16 & U18 is 3 attempts.
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Lily 'B' League – Timetable 2026 - **FIXTURE THREE**

Track

Field

TIME	EVENT	AGE	STRING	TIME	EVENT	AGE
11.15	75m Hurdles	U14	A	11.15	HAMMER 3.00kg	U16
11.20			B N/S		HAMMER 3.00kg	U18
11.30	80m Hurdles	U16	A		POLE VAULT	U14
11.35			B N/S		POLE VAULT	U16
11.45	100m Hurdles	U18	A		POLE VAULT	U18
11.50			B N/S			
12.00	100m	U14	A			
12.05			B	12.00	LONG JUMP	U12 N/S
12.10			N/S		HIGH JUMP	U14
12.20	100m	U16	A		SHOT PUT 3.00kg	U16
12.25			B		SHOT PUT 3.00kg	U18
12.30			N/S			
12.40	100m	U18	A	12.30	JAVELIN 500g	U16
12.45			B N/S		JAVELIN 500g	U18
12.50	100m	U12	N/S			
1.05	300m	U16	A			
1.10			B N/S	1.00	LONG JUMP	U14 A & B
1.15	400m	U18	A		LONG JUMP	U14 N/S
1.20			B N/S		SHOT PUT 2.72kg	U12 N/S
1.30	1500m	U14	A & B N/S			
1.40	1500m	U16	A & B N/S			
1.50	1500m	U18	A & B N/S	1.45	HIGH JUMP	U16
2.00	300m Hurdles	U16	A		HIGH JUMP	U18
2.05			B			
2.10	200m	U14	A			
2.15			B	2.15	SHOT PUT 2.72kg	U14
2.20			N/S			
2.30	200m	U16	A			
2.35			B			
2.40			N/S	2.45	DISCUS 1.00kg	U16
2.50	200m	U18	A		DISCUS 1.00kg	U18
2.55			B N/S			
3.00	600m	U12	N/S			
3.10	800m	U14	A	3.15	JAVELIN 400g	U14
3.15			B N/S			
3.25	800m	U16	A			
3.30			B N/S	3.30	LONG JUMP	U16 A & B
3.40	800m	U18	A		LONG JUMP	U16 N/S
3.45			B N/S		LONG JUMP	U18
3.55	4 x 100m	U12	N/S			
4.10	4 x 100m	U14	A & B N/S			
4.25	4 x 100m	U16	A & B N/S			
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