

DONCASTER MASTER ATHLETICS

Program Aug - Oct 2022

1 AUG	8 AUG	15 AUG **	22 AUG	29 AUG
1600m Walk/ Run or DISCUS	60m	Long Jump Long Jump	300m GIFT	1000m
80m #	Doncaster 1000m	100m or JAVELIN	80m	60m#
800m *	100m	200m Shot Put	150m	150m
150m	400m#	400m or DISCUS	800m	600m*
Parlour Relay	3000m (Walk or Run)	1500m/800m (Walk or Run)	3000m* (Walk or Run)	2000m

5 Sept	12 Sept	19 Sept	26 Sept	
800m Walk or Run	80m	Long Jump Long Jump	300m GIFT	
100m #	Doncaster 1000m	100m or JAVELIN	80m	
200m	150m	200m Shot Put	150m	
600m*	250m	400m or DISCUS Javelin	500m	
3000m (Walk or Run)	1km ,3 km or 5km (Walk or Run)	1500m/800m (Walk or Run)	1600m* (Walk or Run)	

3 Oct	10 Oct	17 Oct **	24 Oct	31 Oct
800m walk 1600m or Run or DISCUS	60m	1000m (Walk or Run) or Long Jump Long Jump	1000m walk or Run or DISCUS	1600m
120m	Doncaster 800m	100m or JAVELIN	80m	60m
200m	100m	200m Shot Put	120m GIFT	150m
600m*	400m	400m or DISCUS Javelin	600m	800m*
2000m* (Walk or Run)	1km ,3 km or 5km* (Walk or Run)	1500m/800m (Walk or Run)	1000m or 3km (Walk or Run)	2000m* (Walk or Run)

*Nominate your own time

(ie estimate how fast you plan to run and then you start on a handicap so that everyone finishes close together)

AGE GRADED

**PENTATHLON – 5 Red events for men, 5 Blue events for women

Doncaster 1000m/300m Gift – handicap series with prizes for overall winners of each series

Docaster 800m/120m Gift – handicap series with prizes for overall winners of each series