

DONCASTER MASTER ATHLETICS

Program Aug - Oct 2023

7 AUG	14 AUG	21 AUG **	28AUG	
800m walk 1600m or Run or DISCUS	60m	60m	DMA Team Dinner out at Pub	
120m	Doncaster 1000m	600m		
200m	100m	150m		
600m*	400m#	1 Mile 300m		
2000m* (Walk or Run)	3000m (Walk or Run)	3000m*		

4 Sept	11 Sept	18 Sept	25 Sept	
Long Jump Long Jump	80m	Long Jump Long Jump	300m GIFT	
100m or JAVELIN	Doncaster 1000m	100m or JAVELIN	80m	
200m Shot Put	150m	200m Shot Put	150m	
400m or DISCUS Javelin	300m GIFT	400m or DISCUS Javelin	500m	
1500m/800m (Walk or Run)	1km ,3 km or 5km (Walk or Run)	1500m/800m (Walk or Run)	1600m* (Walk or Run)	

2 Oct	9 Oct	16 Oct **	23 Oct	30 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

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