

DONCASTER MASTER ATHLETICS

Program February -April 2018

3 Feb	10 Feb	17 Feb **	24 Feb	
800m walk 1600m or Run or DISCUS	Doncaster 800m	Long Jump Long Jump	120m GIFT	
100m ET	60m	100m or JAVELIN	60m	
200m	100m /100mH	200m Shot Put	200m #	
400m	300m ET	400m or DISCUS Javeline	800m	
1500m (Walk or Run)	1km ,3 km or 5km (Walk or Run)	1500m/800m (Walk or Run)	3000m* (Walk or Run)	

2 March	9 March	16 March	23 March	30 March
1200m (Walk or Run) or JAVELIN	Doncaster 800m	1000m (Walk or Run)	120m GIFT	1500m walk/run
100m	60m	100m	60m	60m
200m ET	100m	200m	300m	800m #
600m*	400m/300mH	400m ET	800m	2x200m relay
2000m (Walk or Run)	1km ,3 km or 5km (Walk or Run)	1500m	2000m* (Walk or Run)	Parlour Relay

6 April	13 April	20 April **	27 April	
800m walk 1600m or Run or DISCUS	Doncaster 1000m	Long Jump Long Jump	300m GIFT	
100m	60m ET	100m or JAVELIN	80m	
200m	100m	200m Shot Put	150m	
600m*	300m	400m or DISCUS Javeline	500m ET	
1km ,3 km or 5km (Walk or Run)	3000m (Walk or Run)	1500m/800m (Walk or Run)	1600m* (Walk or Run)	

ET – Estimate your time. Closest wins a prize

*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