

## DONCASTER MASTER ATHLETICS

Program November- January 2020

	9 Nov	16 Nov **	23 Nov	30 Nov
	<b>Doncaster 800m</b>	DISCUS or Javeline	120m GIFT	Long Jump
	60m	100m	<b>60m</b>	<b>80m</b>
	150m	200m	300m	150m
		600m*	800m	600m*
)	<b>2,000m*</b> (Walk or Run)	<b>1000m*</b> (Walk or Run)	<b>3000m*</b> (Walk or Run)	<b>2,000m*</b> (Walk or Run)

	7 Dec	14 Dec	21 Dec	28 Dec
	<b>Doncaster 800m</b>	DISCUS or Javeline		
	60m	100m	<b>XMAS Break</b>	<b>New Years Break</b>
	100m	150m	<b>120m GIFT (XMAS GIFT)</b>	
	400m	800m		
	<b>1000m*</b> (Walk or Run)	<b>2000m*</b> (Walk or Run)	<b>Xmas Party</b>	

4 Jan	11 Jan	18 Jan **	25 Jan	
<b>1600m</b> Walk or Run	<b>Doncaster 800m</b>	Long Jump Long Jump	120m GIFT	
80m	60m	100m or JAVELIN	<b>80m</b>	
200m	100m	200m Shot Put	150m	
<b>800m*</b>	300m	400m or DISCUS Javeline	<b>600m*</b>	
1km ,3 km or 5km (Walk or Run)	<b>2000m</b> (Walk or Run)	<b>1500m/800m</b> (Walk or Run)	3000m (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 Gift – handicap series with prizes for overall winners of each series