

DONCASTER MASTER ATHLETICS

Program November- January 2022

	7 Nov	14 Nov **	21 Nov	28 Nov
	Doncaster 800m	Long Jump Long Jump	120m GIFT	Long Jump
	60m	100m or JAVELIN	60m	80m
	150m	200m Shot Put	300m	150m
	400m	400m or DISCUS Javeline	800m	400m
)	2,000m* (Walk or Run)	1500m/800m (Walk or Run)	3000m* (Walk or Run)	2,000m* (Walk or Run)

	5 Dec	12 Dec	19 Dec	26 Dec
	Doncaster 800m	Long Jump Long Jump		
	60m	100m or JAVELIN	XMAS Break	New Years Break
	100m	200m Shot Put	120m GIFT (XMAS GIFT)	
	400m	400m or DISCUS Javeline	2000m*	
	3000m* (Walk or Run)	1500m/800m (Walk or Run)	Xmas Party	

	2 Jan	9 Jan	16 Jan **	23 Jan	30 Jan
1600m Walk or Run	Doncaster 800m	Long Jump Long Jump	120m GIFT	Long Jump	
100m	60m	100m or JAVELIN	80m	60m	
200m	100m	200m Shot Put	150m	200m	
800m*	300m	400m or DISCUS Javeline	600m*	400m	
1km ,3 km or 5km (Walk or Run)	2000m (Walk or Run)	1500m/800m (Walk or Run)	3000m (Walk or Run)	2,000m* (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