

SOUTH WEST ATHLETICS LEAGUE 2024 FINAL Revision 1

Programme A				no of races		location	
Track	(using all available lanes)			Field			
11.00	110mH	Men	1	10.45	Hammer	(1)	U20M + Men
	110mH	U20M	1	11.00	Pole Vault (note 4)		All mixed (no U13)
	100mH	U17M	1		High Jump	(1)	U13G
	100mH	Women	1	11.15	Long Jump	(3) (2)	U15B
11.25	80mH	U15B	2		Shot	(4)	U13B
	80mH	U17W	2	will require competent throws sector controller			
	75mH	U13B	2	11.45	Javelin	(2)	Women
	75mH	U15G	2	12.00	High Jump	(2)	U13B
	70mH	U13G	2				
12.10	400m	Men	2	12.15	Javelin	(1)	U13G
	400m	Women	1				
	400m	U17M	2	12.30	Long Jump	(3) (1)	Men
12.40	300m	U17W	2		Triple Jump	(3) (1)	U17W + SW
	300m	U15B	1		Shot		U17M
	300m	U15G	1	12.45	Long Jump	(3) (2)	U15G
13.00	1500S/C	U17W/Women	1		(parallel run-up if required)		
	also non-scoring	U15Boys & Girls		13.15	Discus	(2)	U15B + SW
13.15	200m	U13G	2/3	will require competent throws sector controller			
	200m	U13B	2/3	13.30	Long Jump P1	(3) (2)	U13B
	200m	Men	2		Long Jump P2	(3) (2)	U13B
	200m	Women	1/2	13.45	Javelin	(1)	U15G + U17W
13.35	10 minute track break				Shot		SM
13.45	1500S/C	U17M	1	14.00	High Jump	(1)	Men
14.05	1500m	U13B	1	14.15			
	1500m	U13G	1	14.30	Triple Jump	(1)	U17M+SM
14.30	2000S/C	Men	1		Shot		Women
14.45	100m	Men	2				
	100m	Women	2	14.45	Long Jump P1	(3) (2)	U13G
	100m	U17W	3		Long Jump P2	(3) (2)	U13G
	100m	U17M	2		Javelin	(1)	Men
15.15	1500m	U15G	1	15.30	High Jump	(1)	U17W/SW
	1500m	U15B	1		High Jump	(2)	U15G
15.40	100m	U15G	2/3	16.00	Shot		U13G
	100m	U15B	2		Long Jump	(3) (2)	Women
	100m	U13G	2/3		Discus	(2)	U17M + Men
	100m	U13B	2/3	will require competent throws sector controller			
16.25	1500m **	Women/U17W	1	17.00	Hammer	(1)	U17W+SW
	1500m **	Men	1		Javelin	(2)	U13B
	1500m **	U17M	1		Shot		U15B & G
17.15	4x100mR	U13B	2	Notes			
	4x100mR	U13G	2	** races to be 'graded'			
17.28	4x300mR	U15G	2	(1) = 100m start end of track			
	4x300mR	U15B	2	(2) = Finish end of track			
17.45	4x400mR	Women(incl U17)	1	(3) = split group & use parallel pits			
	4x400mR	U17M	1	(4) Pole Vault split: Pool 1 sub 2m opening			
	4x400mR	Men	1	Pool 2 + warm up after, same field team c12.00			
18.05 meeting conclusion							

Scoring:- First two for a club are the scoring pair
In order of Performance 26-1 (or to suit number of clubs)
including relays

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Programme B				no of races		location	
Track				Field			
11.00	400mH	Men	2	10.45	Javelin	(1)	U15B + U17M
	400mH	U17M	1	11.00	Pole Vault (note 4)		All mixed (no U13)
	400mH	Women	2		Long Jump	(2)	U17M
11.30	300mH	U17W	2		Long Jump	(1)	Women
11.45	3000m**	U17M/U17W/Women	2	11.15	Shot		U17W
12.15	100m	Men	3		High Jump	(1)	U13G
	100m	Women	3	11.45	Hammer	(1)	Women
	100m	U17W	3				
	100m	U17M	3	12.00	Long Jump	(3) (2)	U13B
12.45	100m	U15G	4		Long Jump	(3) (2)	U13B
	100m	U15B	4	12.15	High Jump	(2)	Men
	100m	U13G	5				
	100m	U13B	4				
13.30	5000m	Men	1	12.15	Discus	(2)	U20M/SM
	(includes 10min track break)			13.00	Triple Jump	(1)	Men
14.05	800m	U15B	2		Shot	(4)	Women
	800m	U15G	2	13.15	Hammer	(1)	U15B&G+U17M
	800m	U13B	3		High Jump	(1)	U13B
	800m	U13G	3		Shot		U13G
14.55	200m	Men	3				
	200m	Women	3	14.00	Triple Jump	(3) (2)	U15G & U15B
	200m	U17W	3		Triple Jump	(3) (1)	Women
	200m	U17W	3		Discus	(2)	Women
15.20	3000m**	U15B/U15G	2	14.15	Shot		U20M/SM
** graded or one of each gender races				15.00	Long Jump	(3) (2)	U13G
15.50	200m	U17M	3		Long Jump	(3) (2)	U13G
	200m	U15B	4		High Jump	(1)	U17M+SW
	200m	U15G	4				
	200m	U13B	5	15.00	Discus	(2)	U17W + U15G
	200m	U13G	5	will require competent throws sector controller			
16.45	800m	Women	1	15.15	Javelin	(1)	Men
	800m	U17W	1	15.30	High Jump	(2)	U15B
	800m	U17M	2	15.45	Long Jump	(3) (2)	U17W
	800m	Men	2		Long Jump	(3) (2)	Men
17.20	400m	Men	2	16.00	Shot		U13B
	400m	Women	1/2				
17.30	4x100mR	U13G	2	16.15	Hammer	(1)	SM
	4x100mR	U15G	1	will require competent throws sector controller			
	4x100mR	U17M	1	16.30	Javelin	(2)	Women
	4x100mR	Women(incl U17)	2	Notes			
	4x100mR	U13B	2	** races to be 'graded'			
	4x100mR	U15B	2	(1) = 100m start end of track			
	4x100mR	Men	2	(2) = Finish end of track			
				(3) = split group & use parallel pits			
				(4) Pole Vault split: Pool 1 sub 2m opening			
				Pool 2 + warm up after, same field team c12.00			
18.00 meeting conclusion							

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