

## SOUTH WEST ATHLETICS LEAGUE 2023

Programme B - R1				no of races		location	
Track				Field			
11.00	400mH	Men	2	11.00	Pole Vault		SW/U17W/U15G
	400mH	U17M	1		Javelin	(1)	U15B
	400mH	Women	2		Long Jump	(2)	U17M
11.30	300mH	U17W	2				
11.45	3000m**	U17M/U17W/Women	2	11.15	Shot		U15G
12.15	100m	Men	3				
	100m	Women	3		High Jump	(1)	Men
	100m	U17W	3	11.45	Long Jump	(3)	U13B
	100m	U17M	3		Long Jump	(3)	U13B
12.45	100m	U15G	4	12.00	Hammer	(1)	Women
	100m	U15B	4	12.15	High Jump	(2)	U13G
	100m	U13G	5		Shot		Men
	100m	U13B	4				
13.30	5000m	Men	1	12.30	Discus	(2)	U17M/U20M
	(includes 10min track break)				Triple Jump	(1)	Men
14.05	800m	U15B	2				
	800m	U15G	2	13.15	Hammer	(1)	U17W
	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)	U15G
	200m	U17W	3		Triple Jump	(3)	U15B
15.20	3000m**	U15B/U15G	2	14.30	Discus	(2)	Women
	** graded or one of each gender races			15.00	Long Jump	(3)	U13G
15.50	200m	U17M	3		Long Jump	(3)	U13G
	200m	U15B	4		High Jump	(1)	U17M
	200m	U15G	4		Shot		U15B
	200m	U13B	5	15.30	Discus	(2)	U15G
	200m	U13G	5				
							will require competent throws sector controller
16.45	800m	Women	1		Javelin	(1)	Men
	800m	U17W	1		High Jump	(2)	U15B
	800m	U17M	2	15.45	Long Jump	(3)	U17W
	800m	Men	2		Long Jump	(3)	Women
17.20	4x100mR	U13G	2	16.00	Shot		U13B
	4x100mR	U15G	1				
	4x100mR	U17M	1	16.30	Discus	(2)	U17W
	4x100mR	Women/U17W	2		Hammer	(1)	U17M/U20M
	4x100mR	U13B	2				
17.45	4x100mR	U15B	2				
	4x100mR	Men	2				
				Notes			
					** races to be 'graded'		
					(1) = 100m start end of track		
					(2) = Finish end of track		
					(3) = split group & use parallel pits		
					P1 / P2 = Pool 1 or Pool 2		
18.00 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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	400mH	Women	2		Long Jump	(2)	U17M
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11.45	3000m**	U17M/U17W/Women	2	11.15	Shot		U15G
12.15	100m	Men	3				
	100m	Women	3		High Jump	(1)	Men
	100m	U17W	3	11.45	Long Jump	(3)	U13B
	100m	U17M	3		Long Jump	(3)	U13B
12.45	100m	U15G	4	12.00	Hammer	(1)	Women
	100m	U15B	4	12.15	High Jump	(2)	U13G
	100m	U13G	5		Shot		Men
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	(includes 10min track break)				Triple Jump	(1)	Men
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	800m	U15G	2	13.15	Hammer	(1)	U17W
	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)	U15G
	200m	U17W	3		Triple Jump	(3)	U15B
15.20	3000m**	U15B/U15G	2	14.30	Discus	(2)	Women
	** graded or one of each gender races			15.00	Long Jump	(3)	U13G
15.50	200m	U17M	3		Long Jump	(3)	U13G
	200m	U15B	4		High Jump	(1)	U17M
	200m	U15G	4		Shot		U15B
	200m	U13B	5	15.30	Discus	(2)	U15G
	200m	U13G	5				
							will require competent throws sector controller
16.45	800m	Women	1		Javelin	(1)	Men
	800m	U17W	1		High Jump	(2)	U15B
	800m	U17M	2	15.45	Long Jump	(3)	U17W
	800m	Men	2		Long Jump	(3)	Women
17.20	4x100mR	U13G	2	16.00	Shot		U13B
	4x100mR	U15G	1				
	4x100mR	U17M	1	16.30	Discus	(2)	U17W
	4x100mR	Women/U17W	2		Hammer	(1)	U17M/U20M
	4x100mR	U13B	2				
17.45	4x100mR	U15B	2				
	4x100mR	Men	2				
				Notes			
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