

SOUTH WEST ATHLETICS LEAGUE 2024 FINAL

Programme A		no of races		Field		location	
Track	(using all available lanes)						
11.00	110mH	Men	1	10.45	Hammer		(1) U20M + Men
	110mH	U20M	1	11.00	Pole Vault		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		(4) 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) = split group and use two shot areas		
	4x400mR	Men	1		If required		
18.05 meeting conclusion							

Scoring:- First two for a club are the scoring pair
In order of Performance 24-1 (or to suit number of clubs)
including relays

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	100mH	Women	1	11.15	Long Jump	(3)	(2) U15B
11.25	80mH	U15B	2		Shot	(4)	U13B
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	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		(4) U15B & G
17.15	4x100mR	U13B	2	Notes			
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