

SOUTH WEST ATHLETICS LEAGUE PROGRAMME A

Programme A				no of races				location
Track	(using all available lanes)			Field				
11.00	110mH	Men	1	11.00	Pole Vault			Men
	110mH	U20M	1		Javelin		-2	Women
	100mH	U17M	1		High Jump		-2	U13G
	100mH	Women	1	11.15	Long Jump P1	-3	-2	U15B
11.25	80mH	U15B	2		Long Jump P2	-3	-2	U15B
	80mH	U17W	2		Shot P1	-4		U13B
	75mH	U13B	2		Shot P2	-4		U13B
	75mH	U15G	2	11.45	Hammer		-1	Men
	70mH	U13G	2	12.00	High Jump		-1	U15G
12.10	400m	Men	2	12.30	Triple Jump	-3	-1	Women
	400m	Women	1		Triple Jump	-3	-1	U17W
	400m	U17M	2		Shot P1	-4		U13G
12.40	300m	U17W	2		Shot P2	-4		U13G
	300m	U15B	1	12.45	Javelin		-2	U15G
	300m	U15G	1		Long Jump P1	-3	-2	U13B
13.00	1500S/C	U17W?SW	1		Long Jump P2	-3	-2	U13B
	also non-scoring U15Boys & Girls			13.15	Discus		-2	U15B
13.15	200m	U13G	3	will require competent throws sector controller				
13.25	200m	U13B	3	13.30	Javelin		-1	U13G
13.35	10 minute track break				Pole Vault			U17M/U15B
13.45	1500S/C	U17M	1		Long Jump P1	-3	-2	U15G
	(note: new height)				Long Jump P2	-3	-2	U15G
14.05	1500m	U13B	1	14.00	High Jump		-1	U13B
	1500m	U13G	1	14.15	Javelin		-2	U17M
14.30	2000S/C	Men	1	14.30	Triple Jump		-1	U17M
14.45	100m	Men	2		Shot	-4		U17W
	100m	Women	2		Shot	-4		Women
	100m	U17W	3	14.45	Long Jump P1	-3	-2	U13G
	100m	U17M	2		Long Jump P2	-3	-2	U13G
15.15	1500m	U15G	1	15.15	Javelin		-1	U17W
	1500m	U15B	1	15.30	High Jump		-2	U17W/SW
15.40	100m	U15G	02-Mar	16.00	Shot			U17M
	100m	U15B	2					
	100m	U13G	02-Mar		Long Jump	-3	-2	Men
	100m	U13B	02-Mar	16.15	Discus		-2	Men
16.25	1500m **	Women/U17W	1	16.45	Shot			U20M
	1500m **	Men	1	17.00	Hammer		-1	U15B + U15G
	1500m **	U17M	1	17.15	Javelin		-2	U13B
17.15	4x100mR	U13B	2					
	4x100mR	U13G	2	Notes				
17.28	4x300mR	U15G	2	** races to be 'graded'				
	4x300mR	U15B	2	(1) = 100m start end of track				
17.45	4x400mR	Women/U17W	1	(2) = Finish end of track				
	4x400mR	U17M	1	(3) = split group & use parallel pits				
	4x400mR	Men	1	(4) = split group and use two shot areas				
				P1 / P2 = Pool 1 or Pool 2				
18.05 meeting conclusion								

Scoring First two for a club are the scoring pair
 In order of Performance 26-1 (or to be determined)
 including relays