

SOUTH WEST ATHLETICS LEAGUE 2024 proposed

Programme A				no of races				location			
Track	(using all available lanes)			Field							
11.00	110mH	Men	1	10.45	Javelin		(2)	Women			
	110mH	U20M	1	11.00	Pole Vault			All mixed (no U13)			
	100mH	U17M	1		High Jump		(2)	U13G			
	100mH	Women	1	11.15	Long Jump	(3)	(2)	U15B			
11.25	80mH	U15B	2		Shot	(4)		U13B			
	80mH	U17W	2								
	75mH	U13B	2	11.45	Hammer		(1)	U20M + Men			
	75mH	U15G	2	12.00	High Jump		(1)	U13B			
	70mH	U13G	2	will require competent throws sector controller							
12.10	400m	Men	2	12.15	Javelin		(2)	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	(4)		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			
13.35	10 minute track break										
13.45	1500S/C	U17M	1	14.00	High Jump		(1)	Men			
14.05	1500m	U13B	1	14.15	Javelin		(2)	U17W			
	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	15.15	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	16.15	Discus		(2)	U17M + Men			
	100m	U13B	2/3	will require competent throws sector controller							
16.25	1500m **	Women/U17W	1	16.45	Hammer		(1)	U17W+SW			
	1500m **	Men	1	17.15	Javelin		(2)	U13B			
	1500m **	U17M	1		Shot			U15G			
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	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 suit number of clubs)
including relays

SOUTH WEST ATHLETICS LEAGUE 2024 proposed R1

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			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		Shot			U15B				
	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		(4)	U13G				
14.55	200m	Men	3									
				14.00	Triple Jump	(3)	(2)	U15G & U15B				
	200m	Women	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) = split group and use two shot areas								
18.00 meeting conclusion												

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including relays