

SOUTH WEST ATHLETICS LEAGUE 2026

PROGRAMME A

Track	(using all available lanes)	No. races	Field			locat	
11.00	110mH	Men (106.7)	1	10.45	Hammer		(1) U20M + Men
	110mH	U20M (99.1)	1	11.00	Pole Vault (note 4)		All mixed (no U14)
	110mH	U18M (91.4)	1		High Jump	(1)	U14G
	100mH	Women (83.8)	1	11.15	Long Jump	(3)	(2) U16B
11.25	100mH	U16B (83.8)	2		Shot	(4)	U14B
	100mH	U18W (76.2)	2	will require competent throws sector controller			
	80mH	U14B (76.2)	2	11.45	Javelin	(2)	Women
	80mH	U16G (76.2)	2	12.00	High Jump	(2)	U14B
	75mH	U14G (68.5)	2				
12.05	800m	U12 B&G	1	12.15	Javelin	(1)	Men
12.10	400m	Men	2				
	400m	Women	1	12.30	Long Jump	(3)	(1) Men
	400m	U18M	1		Triple Jump	(3)	(1) U18W + SW
	400m	U18W	1		Shot		U17M
12.40	300m	U16B	1	12.45	Long Jump	(3)	(2) U16G
	300m	U16G	1	(parallel run-up if required)			
13.00	1500S/C	U18W/SW/U16B&G	1	13.15	Discus	(2)	U16B + SW
13.15	200m	U14G	2/3	will require competent throws sector controller			
	200m	U14B	2/3	13.30	Long Jump P1	(3)	(2) U14G
	200m	Men	2		Long Jump P2	(3)	(2) U14G
	200m	Women	1/2	13.45	Javelin	(1)	U16G + U18W
13.35	10 minute track break				Shot		SM
13.45	1500S/C	U18M	1	14.00	High Jump	(1)	Men
14.05	1500m	U14B	1	14.15	Shot (outside circle)		U12 B&G
	1500m	U14G	1	14.30	Triple Jump	(1)	U18M+SM
14.30	2000S/C	Men	1	14.45	Shot		Women
14.45	100m	Men	2		Long Jump P1	(3)	(2) U14B
	100m	Women	2		Long Jump P2	(3)	(2) U14B
	100m	U18W	3		Javelin	(1)	U14G
	100m	U18M	2	15.30	High Jump	(1)	U18W/SW
15.15	1500m	U16G	1		High Jump	(2)	U16G
	1500m	U16B	1	16.00	Shot		U14G
15.40	100m	U12 B&G	1/2		Long Jump	(3)	(2) Women
	100m	U16G	2/3		Discus	(2)	U18M + Men
	100m	U16B	2	will require competent throws sector controller			
	100m	U14G	2/3	16.15	Long Jump	(1)	U12 B&G
	100m	U14B	2/3				
16.25	1500m **	Women/U18W	1	17.00	Hammer	(1)	U18W+SW
	1500m **	Men	1		Javelin	(2)	U14B
	1500m **	U18M	1		Shot		U16B & G
17.15	4x100mR	U14B	2	Notes Athletes to register by start time (PV both pools by 11.00)			
	4x100mR	U14G	2	** races to be 'graded'			
				(1) = 100m start end of track			
				(2) = Finish end of track			
				(3) = split group & use parallel pits			
17.45	4x400mR	Women & U18W	1/2	(4) Pole Vault split: Pool 1 max 1.75m opening			
	4x400mR	U18M	1	Pool 2 + warm up after, c12.00			
	4x400mR	Men	1				

18.05 meeting conclusion

See Rule 4,2 for opening heights & restrictions

Scoring:-

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