

## SOUTH WEST ATHLETICS LEAGUE 2026

### Programme B

Track			No of races	Field	location			
11.00	400mH	Men (91.4)	1	10.45	Javelin		(1)	U16B + U18M
	400mH	U18M (83.8)	1		Discus			U14B&G
	400mH	U18W & Women (76.2)	1	11.00	Pole Vault (note 4)			All mixed (no U14)
11.30	300mH	U16W (76.2)	1		Long Jump		(2)	U18M
	300mH	U16M (83.8)	1		Long Jump		(1)	Women
11.45	3000m**	U18M/U18W/Women	2	11.15	Shot			U18W
12.15	100m	Men	3		High Jump		(1)	U14G
	100m	Women	3					
	100m	U18W	3	12.00	Hammer		(1)	Women
	100m	U18M	3		Long Jump	(3)	(2)	U14B
	100m	U12 B&G	1/2		Long Jump	(3)	(2)	U14B
12.45	100m	U16G	4	12.15	High Jump		(2)	Men
	100m	U16B	4	will require competent throws sector controller				
	100m	U14G	5	12.15	Discus		(2)	U20M/SM
	100m	U14B	4	13.00	Triple Jump		(1)	Men
13.30	5000m	Men	1		Shot		(4)	Women
	(includes 10min track break)				Long Jump		(1)	U12 B&G
14.05	800m	U16B	2	13.15	Hammer		(1)	U16B&G+U18M
	800m	U16G	2		High Jump		(1)	U14B
	800m	U14B	3		Shot			U14G
	800m	U14G	3	14.00	Triple Jump	(3)	(2)	U16G & U16B
	800m	U12 B&G	1/2		Triple Jump	(3)	(1)	Women
14.55	200m	Men	3		Discus		(2)	Women
	200m	Women	3	14.15	Shot			U20M/SM
	200m	U18W	3	15.00	Long Jump	(3)	(2)	U14G
15.20	3000m**	U16B/U16G	2		Long Jump	(3)	(2)	U14G
	** graded or one of each gender races							
15.50	200m	U18M	3		High Jump		(1)	U18M+SW
	200m	U16B	4	15.00	Discus		(2)	U18W + U16G
	200m	U16G	4	will require competent throws sector controller				
	200m	U14B	5	15.15	Javelin		(1)	Men
	200m	U14G	5		Shot			U12 B&G
16.45	800m	Women	1	15.30	High Jump		(2)	U16B
	800m	U18W	1	15.45	Long Jump	(3)	(2)	U18W
	800m	U18M	2		Long Jump	(3)	(2)	Men
	800m	Men	2	16.00	Shot			U14B
17.20	400m	Men						
	400m	Women	1/2	16.15	Hammer		(1)	SM
17.30	4x100mR	U14G	2	will require competent throws sector controller				
	4x100mR	U16G	1	16.30	Javelin		(2)	Women
	4x100mR	U18M	1	Notes Athletes to register by start time (PV both pools by 11.00)				
	4x100mR	Women & U18W	2	** races to be 'graded'				
	4x100mR	U14B	2	(1) = 100m start end of track				
	4x100mR	U16B	2	(2) = Finish end of track				
	4x100mR	Men	2	(3) = split group & use parallel pits				
				(4) Pole Vault split: Pool 1 max 1.75m opening				
				Pool 2 + warm up after, c12.00				
18.00 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