

**TRACK EVENTS - 2017 SOUTH WEST ATHLETICS LEAGUE CUP MATCH - SUN. 30TH JULY**

Time	Event	Ages	Comments
11.30	1500mS/C	U17W/Women	1x10mins
11.40	800m	Men/U20M/U17M/U15B/ Women/U17W/U13G	7x4 mins (av)
12.10	100m	Men/U20M/U17M/U15B/U13B/ Women/U17W/U15G/U13G	9x3 mins (av) but 16x3 possible
12.55	3000m	Men + U20M	1x15mins
13.10	3000m	U17M	1x15mins
13.25	400m	Men/U20M/U17M/Women	5x4 mins
13.45	300m	U15B/U17W	1x5 mins
13.50	1500m	U13B/U15G	2x7 mins Start to put 110m Hurdles out (lanes 4+)
14.05	110mH	Men	1x3 mins but 2x3 possible, then drop 1 hole (Blue marks/5 holes showing)
14.10	110mH	U20M	1x3 mins but 2x3 possible, then drop 1 hole. Shift to 100m. (Blue marks/4 holes showing)
14.15	100mH	U17M	1x3 mins but 2x3 possible, then drop 1 hole. (yellow marks/3 holes showing)
14.20	100mH	Women	1x3 mins but 2x3 possible, Take off first 2 flights, shift others (yellow marks/2 holes showing)
14.25	80mH	U15B	1x3 mins but 2x3 possible, (white marks/2 holes showing)
14.30	80mH	U17W	1x3 mins but 2x3 possible, then shift to orange (white marks/1 hole showing)
14.35	75mH	U13B	1x3 mins but 2x3 possible, (orange/1 hole showing)
14.40	75mH	U15G	1x3 mins but 2x3 possible, then shift and drop (orange/1 hole showing)
14.45	70mH	U13G	1x3 mins but 2x3 possible, clear inside 3 lanes (pink or lilac/no holes showing) (Pale blue at Yeovil)
14.55	2000mS/C	M/U20M	1x15 mins
15.10	200m	Men/U20M/U17M/U15B/U13B Women/U17W/U15G/U13G	9x3mins but 16x3 possible
15.55	3000m	Women + U17W	1x15mins
16.10	1500mS/C	U17M	1x10mins
16.20	4x100mR	U17M/U15B/U13B/U15G/U13G	9x5mins but 16x5 possible
17.05	Medley R 400/200/200/800	Women+U17W(combined) Men+U20M(combined)	2x7mins but 4x7mins possible BUT could use 2 races by double banking on lanes even with 10 teams, so closing at 17.35

**FIELD EVENTS - 2017 SOUTH WEST ATHLETICS LEAGUE CUP MATCH**

	SP		DT		JT		LJ		TJ		HJ
11.30	SW	11.30	U15G	11.30	SM	11.30	U20M	11.30	U15B	11.30	U17M+U17W
12.20	U20M	12.20	U15B	12.15	U17W	12.15	SW	12.30	U17M	12.45	U13B+U13G
13.10	U15G	13.10	SW	13.00	U20M	13.00	U13G	13.30	U17W		
14.00	U17W	14.00	U17M	13.45	U13G	13.30	SM			14.00	U15B+U15G
14.50	U17M	14.50	SM	14.15	SW	14.15	U13B	14.30	SW		
				15.00	U15G	14.45	U15B			15.15	U20M+SM
15.40	SM	15.50	U17W	15.35	U17M	15.20	U15G	15.30	U20M		
16.30	U15B	16.40	U20M	16.20	U15B	15.55	U17W	16.30	SM	16.30	SW
				16.55	U13B	16.40	U17M				