

SOUTH WEST ATHLETICS LEAGUE 2017 (Revised for 11 Clubs)

Programme A									location
Track	(using all available lanes)		no of races		Field				
11.00	110mH	Men	1		11.00	Pole Vault			Men/U20M
	110mH	U20M	1			Javelin		(1)	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	3		12.30	Triple Jump	(3)	(1)	Women
	400m	U20M	2			Triple Jump	(3)	(1)	U17W
	400m	Women	2			Shot P1	(4)		U13G
	400m	U17M	3			Shot P2	(4)		U13G
12.40	300m	U17W	2		12.45	Javelin		(1)	U15G
	300m	U15B	3			Long Jump	(3)	(2)	U20M
	300m	U15G	3			Long Jump	(3)	(2)	Men
13.00	100m	U13G	4		13.00	High Jump		(2)	U13B
	100m	U13B	4		13.15	Discus		(2)	U15B
13.20	10 minute track break				will require competent throws sector controller				
					13.30	Javelin		(2)	U13G
13.30	1500S/C	U17W/Women	1			Pole Vault			U17M/U15B
	also non-scoring U15 Boys & Girls					Long Jump P1	(3)	(2)	U15G
13.45	1500m	U15B	2			Long Jump P2	(3)	(2)	U15G
	1500m	U15G	1						
	1500m	U13B	2		14.00	High Jump		(1)	U17W/SW
	1500m	U13G	2		14.15	Javelin		(1)	U17M
14.40	1500S/C	U17M	1		14.30	Triple Jump		(1)	U17M
14.55	2000S/C	Men/U20M	1		14.45	Long Jump P1	(3)	(2)	U13B
15.10	200m	Men	3			Long Jump P2	(3)	(2)	U13B
	200m	Women	3			Shot	(4)		U17W
	200m	U20M	2			Shot	(4)		Women
	200m	U17W	2		15.15	Javelin		(1)	U17W / U20M
	200m	U17M	2		16.00	Shot			U17M
15.40	200m	U15G	4			Long Jump P1	(3)	(2)	U13G
	200m	U15B	3			Long Jump P2	(3)	(2)	U13G
	200m	U13G	4		16.15	Discus		(2)	Men
	200m	U13B	4		16.45	Shot			U20M
16.25	1500m **	Women/U17W	2		17.00	Hammer		(1)	U15B
	1500m **	Men/U20M	2		17.15	Javelin		(2)	U13B
	1500m **	U17M	2						
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/U17W	1		(3) = split group & use parallel pits				
	4x400mR	U17M	1		(4) = split group and use two shot areas				
	4x400mR	Men/U20M	1		P1 / P2 = Pool 1 or Pool 2				

18.05 Meeting Conclusion

**Scoring: First two for a club are the scoring pair
Points in order of Performance 22-1 (or to suit number of clubs)**