

## SOUTH WEST ATHLETICS LEAGUE 2017 (Revised for 11 Clubs)

<b>Programme B</b>									
<b>Track</b>			no of races		<b>Field</b>				location
<b>11.00</b>	400mH	Men	2		<b>11.00</b>	Pole Vault			SW/U17W/U15G
	400mH	U20M	1			Javelin		(1)	U15B
	400mH	U17M	1			Long Jump P1	(3)	(2)	U17M
	400mH	Women	2			Long Jump P2	(3)	(2)	U17M
<b>11.30</b>	300mH	U17W	2		<b>11.15</b>	Shot P1	(4)		U15G
<b>11.45</b>	3000m**	U17M/U17W/Women	2			Shot P2	(4)		U15G
<b>12.15</b>	100m	Men	3			High Jump		(1)	Men/U20M
	100m	Women	3		<b>11.45</b>	Long Jump	(3)	(2)	U13B
	100m	U20M	2			Long Jump	(3)	(2)	U13B
	100m	U17W	2		<b>12.00</b>	Hammer		(1)	Women
	100m	U17M	3		<b>12.15</b>	High Jump		(2)	U13G
<b>12.45</b>	100m	U15G	4			Shot P1	(4)		Men
	100m	U15B	4			Shot P2	(4)		Men
	100m	U13G	5		<b>12.30</b>	Discus		(2)	U17M/U20M
	100m	U13B	4			Triple Jump P1	(3)	(1)	Men
<b>13.30</b>	5000m	Men/U20M	1			Triple Jump P2	(3)	(1)	Men
	<i>(includes 10min track break)</i>				<b>13.15</b>	Hammer		(1)	U17W
<b>14.05</b>	800m	U15B	2			High Jump		(1)	U13B
	800m	U15G	2			Shot P1	(4)		U13G
	800m	U13B	3			Shot P2	(4)		U13G
	800m	U13G	3			Long Jump	(3)	(2)	U15G
<b>14.55</b>	3000m**	U15B/U15G	2			Long Jump	(3)	(2)	U15G
	<b>** graded or one of each gender races</b>				<b>14.00</b>	Triple Jump	(3)	(1)	U20M
<b>15.25</b>	200m	Men	3			Triple Jump	(3)	(1)	U15B
	200m	U20M	2		<b>14.30</b>	Discus		(2)	Women
	200m	Women	3			Long Jump	(3)	(2)	U13G
	200m	U17M	3			Long Jump	(3)	(2)	U13G
<b>15.50</b>	200m	U17W	3		<b>15.00</b>	High Jump		(1)	U17M
	200m	U15B	4			Shot P1	(4)		U15B
	200m	U15G	4			Shot P2	(4)		U15B
	200m	U13B	5		<b>15.15</b>	Long Jump	(3)	(2)	U17W
	200m	U13G	5			Long Jump	(3)	(2)	Women
					<b>15.30</b>	Discus		(2)	U15G
<b>16.45</b>	800m	Women	1		<b>will require competent throws sector controller</b>				
	800m	U17W	1			Javelin		(1)	Men
	800m	U17M	2			High Jump		(2)	U15B
	800m	U20M	1		<b>16.00</b>	Shot P1	(4)		U13B
	800m	Men	2			Shot P2	(4)		U13B
					<b>16.30</b>	Discus		(2)	U17W
<b>17.20</b>	4x100mR	U13G	2			Hammer		(1)	U17M/U20M
	4x100mR	U15G	1		<b>Notes</b>				
	4x100mR	U17M	1		** races to be 'graded'				
	4x100mR	Women/U17W	2		(1) = 100m start end of track				
	4x100mR	U13B	2		(2) = Finish end of track				
<b>17.45</b>	4x100mR	U15B	2		(3) = split group & use parallel pits				
	4x100mR	Men	2		(4) = split group and use two shot areas				
					P1 / P2 = Pool 1 or Pool 2				

18.00 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)**