

## SOUTH WEST ATHLETICS LEAGUE 2016 Revised

<b>Programme A</b>					
Track			Field		
<b>11.30</b>	110mH	Men+U20M	<b>11.30</b>	Pole Vault	Men/U20M
	100mH	U17M		Javelin	U17W/SW
	100mH	Women		High Jump	U13G
<b>11.45</b>	80mH	U15B			
	80mH	U17W	<b>11.45</b>	Long Jump	U15B
	75mH	U13B		Shot	U13B
	75mH	U15G			
	70mH	U13G	<b>12.15</b>	Hammer	Men
<b>12.20</b>	400m	Men			
	400m	U20M			
	400m	Women	<b>12.30</b>	High Jump	U15G
	400m	U17M			
<b>12.40</b>	300m	U17W			
	300m	U15B	<b>13.00</b>	Triple Jump	U17W/SW
	300m	U15G		Shot	U13G
<b>13.00</b>	100m	U13G		Javelin	U15G
	100m	U13B	<b>13.15</b>	Long Jump	U20M/Men
	10 minute track break				
** combine races where possible			<b>13.30</b>	High Jump	U13B
<b>13.20</b>	1500S/C	U17W/Women			
	also non-scoring U15Boys & Girls				
<b>13.40</b>	1500m **	U15B	<b>13.45</b>	Discus	U15B
	1500m **	U15G		Javelin	U13G
	1500m **	U13B			
	1500m **	U13G	<b>14.00</b>	Pole Vault	U17M/U15B
<b>14.10</b>	1500S/C	U17M		Long Jump	U15G
<b>14.25</b>	2000S/C	Men/U20M			
<b>14.40</b>	200m	Men	<b>14.30</b>	High Jump	U17W/SW
	200m	Women		Javelin	U17M/U20M
	200m	U20M			
	200m	U17W	<b>15.00</b>	Triple Jump	U17M
	200m	U17M			
<b>15.00</b>	200m	U15G	<b>15.15</b>	Discus	Men
	200m	U15B		Long Jump	U13B
	200m	U13G		Shot	U17W/SW
	200m	U13B		Hammer	U15B (Exeter only)
<b>15.45</b>	1500m	Women/U17W			
	1500m	Men/U20M	<b>16.00</b>	Javelin	U13B
	1500m	U17M		Long Jump	U13G
<b>16.20</b>	4x100mR	U13B		Shot	U17M/U20M
	4x100mR	U13G		Hammer	U15B (single cage tracks)
<b>16.30</b>	4x300mR	U15G			
	4x300mR	U15B			
<b>16.40</b>	4x400mR	Women/U17W			
	4x400mR	U17M			
	4x400mR	Men/U20M			
<b>17.00 meeting conclusion</b>					

**Scoring:-** First two for a club are the scoring pair  
In order of Performance 14-1 (or to suit number of clubs)

## SOUTH WEST ATHLETICS LEAGUE 2016

<b>Programme B</b>					
Track			Field		
<b>11.30</b>	400mH	Men	<b>11.30</b>	Pole Vault	SW/U17W/U15G
	400mH	U20M		Javelin	U15B
	400mH	U17M		Long Jump	U17M
	400mH	Women			
	300mH	U17W	<b>11.45</b>	Shot	U15G
<b>12.00</b>	3000m	U17M/U17W/Women		High Jump	Men/U20M
<b>12.20</b>	100m	Men			
	100m	Women	<b>12.15</b>	Hammer	U17W/SW
	100m	U20M		Long Jump	U13B
	100m	U17W			
	100m	U17M	<b>12.45</b>	High Jump	U13G
<b>12.50</b>	100m	U15G		Shot	Men
	100m	U15B			
	100m	U13G	<b>13.00</b>	Discus	U17M/U20M
	100m	U13B		Triple Jump	Men
<b>13.30</b>	5000m	Men/U20M			
	(includes track break)				
<b>14.05</b>	800m	U15B	2 races	<b>13.45</b>	Hammer
	800m	U15G	2 races		High Jump
	800m	U13B	2 races		Shot
	800m	U13G	2 races		Long Jump
<b>14.40</b>	3000m	U15B/U15G		<b>14.3</b>	Triple Jump
<b>14.55</b>	200m	Men			
	200m	U20M		<b>14.45</b>	Discus
	200m	Women			U17W/SW
	200m	U17M		<b>15.00</b>	High Jump
<b>15.30</b>	200m	U17W			U17M
	200m	U15B			Long Jump
	200m	U15G		<b>15.30</b>	Discus
	200m	U13B			U15G
	200m	U13G			Shot
					U15B
				<b>15.45</b>	Long Jump
<b>15.55</b>	800m	Women			U17W/SW
	800m	U17W		<b>16.00</b>	Javelin
	800m	U17M/U20M			Men
	800m	Men			High Jump
					U15B
					Shot
					U13B
<b>16.25</b>	4x100mR	U13G			
	4x100mR	U15G			
	4x100mR	U17M			
	4x100mR	Women/U17W			
	4x100mR	U13B			
<b>16.50</b>	4x100mR	U15B			
	4x100mR	Men			
<b>17.00 meeting conclusion</b>					

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