

SOUTH WEST ATHLETICS LEAGUE 2019

Programme B				no of races		location	
Track				Field			
11.00	400mH	Men	2	11.00	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
11.30	300mH	U17W	2	11.15	Shot P1	(4)	U15G
11.45	3000m**	U17M/U17W/Women	2		Shot P2	(4)	U15G
12.15	100m	Men	3		High Jump	(1)	Men/U20M
	100m	Women	3	11.45	Long Jump	(3) (2)	U13B
	100m	U20M	2		Long Jump	(3) (2)	U13B
	100m	U17W	2	12.00	Hammer	(1)	Women
	100m	U17M	3	12.15	High Jump	(2)	U13G
12.45	100m	U15G	4		Shot P1	(4)	Men
	100m	U15B	4		Shot P2	(4)	Men
	100m	U13G	5	12.30	Discus	(2)	U17M/U20M
	100m	U13B	4		Triple Jump P1	(3) (1)	Men
13.30	5000m	Men/U20M	1		Triple Jump P2	(3) (1)	Men
	<i>(includes 10 min track break)</i>			13.15	Hammer	(1)	U17W
14.05	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
14.55	200m	Men	3		Long Jump	(3) (2)	U15G
	200m	U20M	2	14.00	Triple Jump	(3) (1)	U20M
	200m	Women	3		Triple Jump	(3) (1)	U15B
	200m	U17W	3	14.30	Discus	(2)	Women
15.20	3000m**	U15B/U15G	2	15.00	Long Jump	(3) (2)	U13G
	** graded or one of each gender races				Long Jump	(3) (2)	U13G
15.50	200m	U17M	3		High Jump	(1)	U17M
	200m	U15B	4		Shot P1	(4)	U15B
	200m	U15G	4		Shot P2	(4)	U15B
	200m	U13B	5	15.30	Discus	(2)	U15G
	200m	U13G	5	(will require competent throws sector controller)			
					Javelin	(1)	Men
16.45	800m	Women	1		High Jump	(2)	U15B
	800m	U17W	1	15.45	Long Jump	(3) (2)	U17W
	800m	U17M	2		Long Jump	(3) (2)	Women
	800m	U20M	1	16.00	Shot P1	(4)	U13B
	800m	Men	2		Shot P2	(4)	U13B
				16.30	Discus	(2)	U17W
17.20	4x100mR	U13G	2		Hammer	(1)	U17M/U20M
	4x100mR	U15G	1	Notes			
	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		
17.45	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
In order of Performance 24-1 (or to suit number of clubs)