

## Modified SAL Timetable for Devon & Cornwall (to include U17/U20 and Masters)

TIME	TRACK EVENTS	FIELD EVENTS
12.00	U17 Womens 300mH Women's 400mH U17 Mens 400mH Men's 400mH	Women's Hammer Women's Pole Vault Men's Shot Men's High Jump
12.30	Women's 800m Men's 800m	Women's Long Jump
12.45	Women's 100m Men's 100m	Men's Hammer
1.00		Women's Shot
1.15		Men's Long Jump
1.20	Women's 400m Men's 400m	
1.30	Women's 3000m (1,3) Women's 5000m (2,4)	Women's Javelin
1.55	U17 Women's 80m Hurdles	
2.00	Women's 100mH U17 Men's 100mH	Men's Pole Vault
2.15	Men's 5000m (1/3) - Not U17 Men's 3000m (2/4)	Men's Javelin
2.30		Women's Triple Jump
2.45	Men's & U20M 110mH	
3.00	Women's 200m Men's 200m	Women's Discus
3.20	Women's 1500m Men's 1500m	
3.30		Women's High Jump Men's Triple Jump
3.40	Men's 3000m S/c (2/4) - Not U17 Men's 2000m S/c (1/3/5)	
3.45		Men's Discus
4.00	Women's 4x100m Relay Men's 4x100m Relay	
4.10	Women's 2000m S/c (1/3) (if adjustable barriers are available) Women's 1500m S/c (2/4) (if adjustable barriers are available)	
4.30	Women's 4x400m Relay, Men's 4x400m Relay (1,3) Mixed 4x400m Relay (2,4) with A and B strings (2 men/2 women any order)	

All Field events will be run together i.e U17/U20 and Masters will compete at the same time but use their own weights.

Competitors in the throwing and horizontal jumps shall have **three** attempts each with the **top four** scoring athletes having a further **three** attempts