

SOUTH WEST ATHLETICS LEAGUE 2022

Programme A				no of races			
Track	(using all available lanes)		Field	location			
11.00	110mH	Men	1	11.00	Pole Vault		Men/U20M
	110mH	U20M	1		Javelin	(2)	Women
	100mH	U17M	1		High Jump	(2)	U13G
	100mH	Women	1	11.15	Long Jump P1	(3)	U15B
11.25	80mH	U15B	2		Long Jump P2	(3)	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	2	12.30	Triple Jump	(3)	(1) Women
	400m	U20M	1		Triple Jump	(3)	(1) U17W
	400m	Women	1		Shot P1	(4)	U13G
	400m	U17M	2		Shot P2	(4)	U13G
12.40	300m	U17W	1	12.45	Javelin	(2)	U15G
	300m	U15B	1		Long Jump P1	(3)	U13B
	300m	U15G	1		Long Jump P2	(3)	U13B
13.00	1500S/C	U17W/Women	1	13.15	Discus	(2)	U15B
	also non-scoring U15Boys & Girls			will require competent throws sector controller			
13.15	200m	U13G	2/3	13.30	Javelin	(1)	U13G
13.25	200m	U13B	2/3		Pole Vault		U17M/U15B
13.35	10 minute track break				Long Jump P1	(3)	(2) U15G
13.45	1500S/C	U17M	1		Long Jump P2	(3)	(2) U15G
	(note: new height)						
14.05	1500m	U13B	1	14.00	High Jump	(1)	U13B
	1500m	U13G	1	14.15	Javelin	(2)	U17M
14.30	2000S/C	Men/U20M	1	14.30	Triple Jump	(1)	U17M
14.45	100m	Men	2		Shot	(4)	U17W
	100m	Women	2		Shot	(4)	Women
	100m	U20M	1	14.45	Long Jump P1	(3)	(2) U13G
	100m	U17W	1		Long Jump P2	(3)	(2) U13G
	100m	U17M	2	15.15	Javelin	(1)	U17W / U20M
15.15	1500m	U15G	1	15.30	High Jump	(2)	U17W/SW
	1500m	U15B	1	16.00	Shot		U17M
15.40	100m	U15G	2/3		Long Jump	(3)	(2) U20M
	100m	U15B	2		Long Jump	(3)	(2) Men
	100m	U13G	2/3	16.15	Discus	(2)	Men
	100m	U13B	2/3	16.45	Shot		U20M
16.25	1500m **	Women/U17W	1	17.00	Hammer	(1)	U15B + U15G
	1500m **	Men/U20M	1	17.15	Javelin	(2)	U13B
	1500m **	U17M	1				
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
In order of Performance 26-1 (or to suit number of clubs)

SOUTH WEST ATHLETICS LEAGUE 2022

Programme B				no of races			
Track	(using all available lanes)		Field	location			
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
	(includes 10min track break)			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		Triple Jump	(3)	(2) U15G
14.55	200m	Men	3				
	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							

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