

SOUTH WEST ATHLETICS LEAGUE 2019

Programme A				no of races				location	
Track	(using all available lanes)			Field					
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)	(2)		U15B
11.25	80mH	U15B	2		Long Jump P2	(3)	(2)		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	3	12.30	Triple Jump	(3)	(1)		Women
	400m	U20M	2		Triple Jump	(3)	(1)		U17W
	400m	Women	2		Shot P1	(4)			U13G
	400m	U17M	3		Shot P2	(4)			U13G
12.40	300m	U17W	2	12.45	Javelin		(2)		U15G
	300m	U15B	3		Long Jump P1	(3)	(2)		U13B
	300m	U15G	3		Long Jump P2	(3)	(2)		U13B
13.00	1500S/C	U17W/Women	1	13.15	Discus		(2)		U15B
13.15	200m	U13G	4	13.30	Javelin		(1)		U13G
13.25	200m	U13B	4		Pole Vault				U17M/U15B
13.35	10 minute track break				Long Jump P1	(3)	(2)		U15G
					Long Jump P2	(3)	(2)		U15G
13.45	1500m	U13B	2						
	1500m	U13G	1	14.00	High Jump		(1)		U13B
14.15	1500S/C	U17M	2	14.15	Javelin		(2)		U17M
14.30	2000S/C	Men/U20M	2	14.30	Triple Jump		(1)		U17M
14.45	100m	Men	1		Shot	(4)			U17W
	100m	Women	1		Shot	(4)			Women
	100m	U20M	3	14.45	Long Jump P1	(3)	(2)		U13G
	100m	U17W	3		Long Jump P2	(3)	(2)		U13G
	100m	U17M	2	15.15	Javelin		(1)		U17W / U20M
15.15	1500m	U15G	2	15.30	High Jump		(2)		U17W/SW
	1500m	U15B	2	16.00	Shot				U17M
15.40	100m	U15G	4		Long Jump	(3)	(2)		U20M
	100m	U15B	3		Long Jump	(3)	(2)		Men
	100m	U13G	4	16.15	Discus		(2)		Men
	100m	U13B	4	16.45	Shot				U20M
16.25	1500m **	Women/U17W	2	17.00	Hammer		(1)		U15B
	1500m **	Men/U20M	2	17.15	Javelin		(2)		U13B
	1500m **	U17M	2						
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 24-1 (or to suit number of clubs)