

**SOUTH WEST ATHLETICS LEAGUE 2017 Revised for 11 Clubs**

<b>Programme B</b>		no of races		location		
<b>Track</b>				<b>Field</b>		
<b>11.00</b>	400mH	Men	2	<b>11.00</b>	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
<b>11.30</b>	300mH	U17W	2	<b>11.15</b>	Shot P1	(4) U15G
<b>11.45</b>	3000m**	U17M/U17W/Women	2		Shot P2	(4) U15G
<b>12.15</b>	100m	Men	3		High Jump	(1) Men/U20M
	100m	Women	3	<b>11.45</b>	Long Jump	(3) (2) U13B
	100m	U20M	2		Long Jump	(3) (2) U13B
	100m	U17W	2	<b>12.00</b>	Hammer	(1) Women
	100m	U17M	3	<b>12.15</b>	High Jump	(2) U13G
<b>12.45</b>	100m	U15G	4		Shot P1	(4) Men
	100m	U15B	4		Shot P2	(4) Men
	100m	U13G	5	<b>12.30</b>	Discus	(2) U17M/U20M
	100m	U13B	4		Triple Jump P1	(3) (1) Men
<b>13.30</b>	5000m	Men/U20M	1		Triple Jump P2	(3) (1) Men
	(includes 10min track break)			<b>13.15</b>	Hammer	(1) U17W
<b>14.05</b>	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
<b>14.55</b>	3000m**	U15B/U15G	2		Long Jump	(3) (2) U15G
	<b>** graded or one of each gender races</b>			<b>14.00</b>	Triple Jump	(3) (1) U20M
<b>15.25</b>	200m	Men	3		Triple Jump	(3) (1) U15B
	200m	U20M	2	<b>14.30</b>	Discus	(2) Women
	200m	Women	3		Long Jump	(3) (2) U13G
	200m	U17M	3		Long Jump	(3) (2) U13G
<b>15.50</b>	200m	U17W	3	<b>15.00</b>	High Jump	(1) U17M
	200m	U15B	4		Shot P1	(4) U15B
	200m	U15G	4		Shot P2	(4) U15B
	200m	U13B	5	<b>15.15</b>	Long Jump	(3) (2) U17W
	200m	U13G	5		Long Jump	(3) (2) Women
				<b>15.30</b>	Discus	(2) U15G
<b>16.45</b>	800m	Women	1	<b>will require competent throws sector controller</b>		
	800m	U17W	1		Javelin	(1) Men
	800m	U17M	2		High Jump	(2) U15B
	800m	U20M	1	<b>16.00</b>	Shot P1	(4) U13B
	800m	Men	2		Shot P2	(4) U13B
				<b>16.30</b>	Discus	(2) U17W
<b>17.20</b>	4x100mR	U13G	2		Hammer	(1) U17M/U20M
	4x100mR	U15G	1	<b>Notes</b>		
	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	
<b>17.45</b>	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	
<b>18.00 meeting conclusion</b>						

**Scoring:-** First two for a club are the scoring pair  
In order of Performance 22-1 (or to suit number of clubs)