

SOUTH WEST ATHLETICS LEAGUE 2016

Programme B							
Track			use same weights all races	Field			
11.30	400mH	Men			11.30	Pole Vault	SW/U17W/U15G
	400mH	U20M				Javelin	U15B
	400mH	U17M				Long Jump	U17M
	400mH	Women					
	300mH	U17W			11.45	Shot	U15G
12.00	3000m	U17M/U17W/Women			High Jump	Men/U20M	
12.20	100m	Men					
	100m	Women		12.15	Hammer	U17W/SW	
	100m	U20M			Long Jump	U13B	
	100m	U17W					
	100m	U17M		12.45	High Jump	U13G	
12.50	100m	U15G			Shot	Men	
	100m	U15B					
	100m	U13G		13.00	Discus	U17M/U20M	
	100m	U13B			Triple Jump	Men	
13.30	5000m	Men/U20M					
	(includes track break)						
14.05	800m	U15B	2 races	13.45	Hammer	U17M/U20M	
	800m	U15G	2 races		High Jump	U13B	
	800m	U13B	2 races		Shot	U13G	
	800m	U13G	2 races		Long Jump	U15G	
14.40	3000m	U15B/U15G		14.3	Triple Jump	U20M/U15B	
14.55	200m	Men		14.45	Discus	U17W/SW	
	200m	U20M					
	200m	Women		15.00	High Jump	U17M	
	200m	U17M			Long Jump	U13G	
15.30	200m	U17W					
	200m	U15B		15.30	Discus	U15G	
	200m	U15G			Shot	U15B	
	200m	U13B					
	200m	U13G		15.45	Long Jump	U17W/SW	
15.55	800m	Women		16.00	Javelin	Men	
	800m	U17W			High Jump	U15B	
	800m	U17M/U20M			Shot	U13B	
	800m	Men					
16.25	4x100mR	U13G					
	4x100mR	U15G					
	4x100mR	U17M					
	4x100mR	Women/U17W					
	4x100mR	U13B					
16.50	4x100mR	U15B					
	4x100mR	Men					
17.00 meeting conclusion							

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In order of Performance 14-1 (or to suit number of clubs)

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12.00	3000m	U17M/U17W/Women			High Jump	Men/U20M	
12.20	100m	Men					
	100m	Women		12.15	Hammer	U17W/SW	
	100m	U20M			Long Jump	U13B	
	100m	U17W					
	100m	U17M		12.45	High Jump	U13G	
12.50	100m	U15G			Shot	Men	
	100m	U15B					
	100m	U13G		13.00	Discus	U17M/U20M	
	100m	U13B			Triple Jump	Men	
13.30	5000m	Men/U20M					
	(includes track break)						
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	800m	U15G	2 races		High Jump	U13B	
	800m	U13B	2 races		Shot	U13G	
	800m	U13G	2 races		Long Jump	U15G	
14.40	3000m	U15B/U15G		14.3	Triple Jump	U20M/U15B	
14.55	200m	Men		14.45	Discus	U17W/SW	
	200m	U20M					
	200m	Women		15.00	High Jump	U17M	
	200m	U17M			Long Jump	U13G	
15.30	200m	U17W					
	200m	U15B		15.30	Discus	U15G	
	200m	U15G			Shot	U15B	
	200m	U13B					
	200m	U13G		15.45	Long Jump	U17W/SW	
15.55	800m	Women		16.00	Javelin	Men	
	800m	U17W			High Jump	U15B	
	800m	U17M/U20M			Shot	U13B	
	800m	Men					
16.25	4x100mR	U13G					
	4x100mR	U15G					
	4x100mR	U17M					
	4x100mR	Women/U17W					
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