

SOUTH WEST ATHLETICS LEAGUE 2015 Revised

Programme A						
Track			Field			
11.30	110mH	Men+U20M	11.30	Pole Vault	Men/U20M	
	100mH	U17M		Javelin	U17W/SW	
	100mH	Women		High Jump	U13G	
11.45	80mH	U15B	11.45	Long Jump	U15B	
	80mH	U17W		Shot	U13B	
	75mH	U13B				
12.20	75mH	U15G	12.15	Hammer	Men	
	70mH	U13G				
	400m	Men				
12.40	400m	U20M	12.30	High Jump	U15G	
	400m	Women				
	400m	U17M				
13.00	300m	U17W	13.00	Triple Jump	U17W/SW	
	300m	U15B		Shot	U13G	
	300m	U15G		Javelin	U15G	
13.15	100m	U13G	13.15	Long Jump	U20M/Men	
	100m	U13B				
	10 minute track break					
** combine races where possible			13.30	High Jump	U13B	
13.20	1500S/C	U17W/Women				
13.40	1500m **	U15B	13.45	Discus	U15B	
	1500m **	U15G		Javelin	U13G	
	1500m **	U13B				
14.10	1500m **	U13G	14.00	Pole Vault	U17M/U15B	
	1500S/C	U17M		Long Jump	U15G	
14.25	2000S/C	Men/U20M				
14.40	200m	Men	14.30	High Jump	U17W/SW	
	200m	Women		Javelin	U17M/U20M	
	200m	U20M				
	200m	U17W		15.00	Triple Jump	U17M
	200m	U17M				
15.00	200m	U15G	15.15	Discus	Men	
	200m	U15B		Long Jump	U13B	
	200m	U13G		Shot	U17W/SW	
	200m	U13B		Hammer	U15B (Exeter only)	
15.45	1500m	Women/U17W	16.00	Javelin	U13B	
	1500m	Men/U20M		Long Jump	U13G	
	1500m	U17M		Shot	U17M/U20M	
16.20	4x100mR	U13B		Hammer	U15B (single cage tracks)	
	4x100mR	U13G				
16.30	4x300mR	U15G				
	4x300mR	U15B				
16.40	4x400mR	Women/U17W				
	4x400mR	U17M				
	4x400mR	Men/U20M				
17.00 meeting conclusion						

Scoring:- First two for a club are the scoring pair
In order of Performance 14-1 (or to suit number of clubs)

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Programme B						
Track			Field			
11.30	400mH	Men	11.30	Pole Vault	SW/U17W/U15G	
	400mH	U20M		Javelin	U15B	
	400mH	U17M		Long Jump	U17M	
11.45	400mH	Women	11.45	Shot	U15G	
	300mH	U17W		High Jump	Men/U20M	
	3000m	U17M/U17W/Women				
12.20	100m	Men	12.15	Hammer	U17W/SW	
	100m	Women		Long Jump	U13B	
	100m	U20M				
12.50	100m	U17M	12.45	High Jump	U13G	
	100m	U15G		Shot	Men	
	100m	U15B				
13.00	100m	U13G	13.00	Discus	U17M/U20M	
	100m	U13B		Triple Jump	Men	
	5000m	Men/U20M				
(includes track break)						
14.05	800m	U15B	13.45	Hammer	U17M/U20M	
	800m	U15G		High Jump	U13B	
	800m	U13B		Shot	U13G	
	800m	U13G		Long Jump	U15G	
14.40	3000m	U15B/U15G	14.3	Triple Jump	U20M/U15B	
	200m	Men				
14.55	200m	U20M	14.45	Discus	U17W/SW	
	200m	Women				
	200m	U17M		15.00	High Jump	U17M
	200m	U17W			Long Jump	U13G
15.30	200m	U15B	15.30	Discus	U15G	
	200m	U15G		Shot	U15B	
	200m	U13B				
	200m	U13G		15.45	Long Jump	U17W/SW
800m	Women					
15.55	800m	U17W	16.00	Javelin	Men	
	800m	U17M/U20M		High Jump	U15B	
	800m	Men		Shot	U13B	
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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