

SOUTH WEST ATHLETICS LEAGUE 2016 Revised

Programme A				Field			
Track							
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					
	80mH	U17W		11.45	Long Jump	U15B	
	75mH	U13B			Shot	U13B	
	75mH	U15G					
	70mH	U13G		12.15	Hammer	Men	
12.20	400m	Men					
	400m	U20M					
	400m	Women		12.30	High Jump	U15G	
	400m	U17M					
12.40	300m	U17W					
	300m	U15B		13.00	Triple Jump	U17W/SW	
	300m	U15G			Shot	U13G	
13.00	100m	U13G			Javelin	U15G	
	100m	U13B		13.15	Long Jump	U20M/Men	
	10 minute track break						
	** combine races where possible			13.30	High Jump	U13B	
13.20	1500S/C	U17W/Women					
	also non-scoring U15Boys & Girls						
13.40	1500m **	U15B		13.45	Discus	U15B	
	1500m **	U15G			Javelin	U13G	
	1500m **	U13B					
	1500m **	U13G		14.00	Pole Vault	U17M/U15B	
14.10	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					
	1500m	Men/U20M		16.00	Javelin	U13B	
	1500m	U17M			Long Jump	U13G	
16.20	4x100mR	U13B			Shot	U17M/U20M	
	4x100mR	U13G			Hammer	U15B (single cage tracks)	
16.30	4x300mR	U15G					
	4x300mR	U15B					
16.40	4x400mR	Women/U17W					
	4x400mR	U17M					
	4x400mR	Men/U20M					
17.00 meeting conclusion							

SOUTH WEST ATHLETICS LEAGUE 2016

Programme B				Field			
Track							
11.30	400mH	Men	use same weights all races	11.30	Pole Vault	SW/U17W/L	
	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/U15E	
14.55	200m	Men					
	200m	U20M		14.45	Discus	U17W/SW	
	200m	Women					
	200m	U17M		15.00	High Jump	U17M	
15.30	200m	U17W			Long Jump	U13G	
	200m	U15B					
	200m	U15G		15.30	Discus	U15G	
	200m	U13B			Shot	U15B	
	200m	U13G					
				15.45	Long Jump	U17W/SW	
15.55	800m	Women					
	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					
16.50	4x100mR	U13B					
	4x100mR	U15B					
	4x100mR	Men					
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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In order of Performance 14-1 (or to suit number of clubs)

Division 2

Date	8 May 2016	5 June 2016	3 July 2016	4 Sept 2016
Venue	Par	Exeter	Braunton	Yeovil
Prog	A	B	A	B
Host 1	Newquay & Par AC	Mendip	North Devon	Dorchester
Host 2	Cornwall AC		Torr/S.Moulton/Ilfrac.	Frome

J15G

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