

SOUTH WEST ATHLETICS LEAGUE 2016 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			
	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					

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

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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					

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