

### SOUTH WEST ATHLETICS LEAGUE 2016

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

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

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

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