

SOUTH WEST ATHLETICS LEAGUE 2022

Programme B				no of races				location	
Track				Field					
11.00	400mH	Men	2	11.00	Pole Vault			SW/U17W/U15G	
	400mH	U20M	1		Javelin		(1)	U15B	
	400mH	U17M	1		Long Jump P1	(3)	(2)	U17M	
	400mH	Women	2		Long Jump P2	(3)	(2)	U17M	
11.30	300mH	U17W	2	11.15	Shot P1	(4)		U15G	
11.45	3000m**	U17M/U17W/Women	2		Shot P2	(4)		U15G	
12.15	100m	Men	3		High Jump		(1)	Men/U20M	
	100m	Women	3	11.45	Long Jump	(3)	(2)	U13B	
	100m	U20M	2		Long Jump	(3)	(2)	U13B	
	100m	U17W	2	12.00	Hammer		(1)	Women	
	100m	U17M	3	12.15	High Jump		(2)	U13G	
12.45	100m	U15G	4		Shot P1	(4)		Men	
	100m	U15B	4		Shot P2	(4)		Men	
	100m	U13G	5	12.30	Discus		(2)	U17M/U20M	
	100m	U13B	4		Triple Jump P1	(3)	(1)	Men	
13.30	5000m	Men/U20M	1		Triple Jump P2	(3)	(1)	Men	
	(includes 10min track break)			13.15	Hammer		(1)	U17W	
14.05	800m	U15B	2		High Jump		(1)	U13B	
	800m	U15G	2		Shot P1	(4)		U13G	
	800m	U13B	3		Shot P2	(4)		U13G	
	800m	U13G	3		Triple Jump	(3)	(2)	U15G	
14.55	200m	Men	3						
	200m	U20M	2	14.00	Triple Jump	(3)	(1)	U20M	
	200m	Women	3		Triple Jump	(3)	(1)	U15B	
	200m	U17W	3	14.30	Discus		(2)	Women	
15.20	3000m**	U15B/U15G	2	15.00	Long Jump	(3)	(2)	U13G	
	** graded or one of each gender races				Long Jump	(3)	(2)	U13G	
15.50	200m	U17M	3		High Jump		(1)	U17M	
	200m	U15B	4		Shot P1	(4)		U15B	
	200m	U15G	4		Shot P2	(4)		U15B	
	200m	U13B	5	15.30	Discus		(2)	U15G	
	200m	U13G	5	will require competent throws sector controller					
					Javelin		(1)	Men	
16.45	800m	Women	1		High Jump		(2)	U15B	
	800m	U17W	1	15.45	Long Jump	(3)	(2)	U17W	
	800m	U17M	2		Long Jump	(3)	(2)	Women	
	800m	U20M	1	16.00	Shot P1	(4)		U13B	
	800m	Men	2		Shot P2	(4)		U13B	
				16.30	Discus		(2)	U17W	
17.20	4x100mR	U13G	2		Hammer		(1)	U17M/U20M	
	4x100mR	U15G	1	Notes					
	4x100mR	U17M	1		** races to be 'graded'				
	4x100mR	Women/U17W	2		(1) = 100m start end of track				
	4x100mR	U13B	2		(2) = Finish end of track				
17.45	4x100mR	U15B	2		(3) = split group & use parallel pits				
	4x100mR	Men	2		(4) = split group and use two shot areas				
					P1 / P2 = Pool 1 or Pool 2				
18.00 meeting conclusion									

Scoring:- First two for a club are the scoring pair
In order of Performance 26-1 (or to suit number of clubs)

