

SOUTH WEST ATHLETICS LEAGUE 2024 FINAL

Programme B				no of races				
Track				Field			location	
11.00	400mH	Men	2	10.45	Javelin		(1)	U15B + U17M
	400mH	U17M	1	11.00	Pole Vault			All mixed (no U13)
	400mH	Women	2		Long Jump		(2)	U17M
11.30	300mH	U17W	2		Long Jump		(1)	Women
11.45	3000m**	U17M/U17W/Women	2	11.15	Shot			U17W
12.15	100m	Men	3		High Jump		(1)	U13G
	100m	Women	3	11.45	Hammer		(1)	Women
	100m	U17W	3					
	100m	U17M	3	12.00	Long Jump	(3)	(2)	U13B
12.45	100m	U15G	4		Long Jump	(3)	(2)	U13B
	100m	U15B	4	12.15	High Jump		(2)	Men
	100m	U13G	5					
	100m	U13B	4					
13.30	5000m	Men	1	12.15	Discus		(2)	U20M/SM
	(includes 10min track break)			13.00	Triple Jump		(1)	Men
14.05	800m	U15B	2		Shot		(4)	Women
	800m	U15G	2	13.15	Hammer		(1)	U15B&G+U17M
	800m	U13B	3		High Jump		(1)	U13B
	800m	U13G	3		Shot		(4)	U13G
14.55	200m	Men	3					
				14.00	Triple Jump	(3)	(2)	U15G & U15B
	200m	Women	3		Triple Jump	(3)	(1)	Women
	200m	U17W	3		Discus		(2)	Women
15.20	3000m**	U15B/U15G	2	14.15	Shot			U20M/SM
	** graded or one of each gender races			15.00	Long Jump	(3)	(2)	U13G
15.50	200m	U17M	3		Long Jump	(3)	(2)	U13G
	200m	U15B	4		High Jump		(1)	U17M+SW
	200m	U15G	4					
	200m	U13B	5	15.00	Discus		(2)	U17W + U15G
	200m	U13G	5					
16.45	800m	Women	1	15.15	Javelin		(1)	Men
	800m	U17W	1	15.30	High Jump		(2)	U15B
	800m	U17M	2	15.45	Long Jump	(3)	(2)	U17W
	800m	Men	2		Long Jump	(3)	(2)	Men
17.20	400m	Men	2	16.00	Shot			U13B
	400m	Women	1/2					
17.30	4x100mR	U13G	2	16.15	Hammer		(1)	SM
	4x100mR	U15G	1					
	4x100mR	U17M	1	16.30	Javelin		(2)	Women
	4x100mR	Women(incl U17)	2	Notes	** races to be 'graded'			
	4x100mR	U13B	2		(1) = 100m start end of track			
	4x100mR	U15B	2		(2) = Finish end of track			
	4x100mR	Men	2		(3) = split group & use parallel pits			
					(4) = split group and use two shot areas			
					If required			
18.00 meeting conclusion								

Scoring:- First two for a club are the scoring pair
In order of Performance 24-1 (or to suit number of clubs)
including relays