

## SOUTH WEST ATHLETICS LEAGUE 2024 FINAL

| <b>Programme A</b>       |                             | no of races     |     | <b>Field</b>                                    |  | locatio |                    |
|--------------------------|-----------------------------|-----------------|-----|---|--|---------|--------------------|
| Track                    | (using all available lanes) |                 |     |   |  |         |                    |
| 11.00                    | 110mH                       | Men             | 1   | 10.45   | Hammer                                   |         | (1) U20M + Men     |
|                          | 110mH                       | U20M            | 1   | 11.00   | Pole Vault                               |         | All mixed (no U13) |
|                          | 100mH                       | U17M            | 1   |   | High Jump                                | (1)     | U13G               |
|                          | 100mH                       | Women           | 1   | 11.15   | Long Jump                                | (3)     | (2) U15B           |
| 11.25                    | 80mH                        | U15B            | 2   |   | Shot                                     | (4)     | U13B               |
|                          | 80mH                        | U17W            | 2   | will require competent throws sector controller |  |         |                    |
|                          | 75mH                        | U13B            | 2   | 11.45   | Javelin                                  | (2)     | Women              |
|                          | 75mH                        | U15G            | 2   | 12.00   | High Jump                                | (2)     | U13B               |
|                          | 70mH                        | U13G            | 2   |   |  |         |                    |
| 12.10                    | 400m                        | Men             | 2   | 12.15   | Javelin                                  | (1)     | U13G               |
|                          | 400m                        | Women           | 1   |   |  |         |                    |
|                          | 400m                        | U17M            | 2   | 12.30   | Long Jump                                | (3)     | (1) Men            |
| 12.40                    | 300m                        | U17W            | 2   |   | Triple Jump                              | (3)     | (1) U17W + SW      |
|                          | 300m                        | U15B            | 1   |   | Shot                                     |         | U17M               |
|                          | 300m                        | U15G            | 1   | 12.45   | Long Jump                                | (3)     | (2) U15G           |
| 13.00                    | 1500S/C                     | U17W/Women      | 1   |   | (parallel run-up if required)            |         |                    |
|                          | also non-scoring            | U15Boys & Girls |     | 13.15   | Discus                                   | (2)     | U15B + SW          |
| 13.15                    | 200m                        | U13G            | 2/3 | will require competent throws sector controller |  |         |                    |
|                          | 200m                        | U13B            | 2/3 | 13.30   | Long Jump P1                             | (3)     | (2) U13B           |
|                          | 200m                        | Men             | 2   |   | Long Jump P2                             | (3)     | (2) U13B           |
|                          | 200m                        | Women           | 1/2 | 13.45   | Javelin                                  | (1)     | U15G + U17W        |
| 13.35                    | 10 minute track break       |                 |     |   | Shot                                     |         | SM                 |
| 13.45                    | 1500S/C                     | U17M            | 1   | 14.00   | High Jump                                | (1)     | Men                |
| 14.05                    | 1500m                       | U13B            | 1   | 14.15   |  |         |                    |
|                          | 1500m                       | U13G            | 1   | 14.30   | Triple Jump                              | (1)     | U17M+SM            |
| 14.30                    | 2000S/C                     | Men             | 1   |   | Shot                                     |         | Women              |
| 14.45                    | 100m                        | Men             | 2   |   |  |         |                    |
|                          | 100m                        | Women           | 2   | 14.45   | Long Jump P1                             | (3)     | (2) U13G           |
|                          | 100m                        | U17W            | 3   |   | Long Jump P2                             | (3)     | (2) U13G           |
|                          | 100m                        | U17M            | 2   |   | Javelin                                  | (1)     | Men                |
| 15.15                    | 1500m                       | U15G            | 1   | 15.30   | High Jump                                | (1)     | U17W/SW            |
|                          | 1500m                       | U15B            | 1   |   | High Jump                                | (2)     | U15G               |
| 15.40                    | 100m                        | U15G            | 2/3 | 16.00   | Shot                                     |         | U13G               |
|                          | 100m                        | U15B            | 2   |   | Long Jump                                | (3)     | (2) Women          |
|                          | 100m                        | U13G            | 2/3 |   | Discus                                   | (2)     | U17M + Men         |
|                          | 100m                        | U13B            | 2/3 | will require competent throws sector controller |  |         |                    |
| 16.25                    | 1500m **                    | Women/U17W      | 1   | 17.00   | Hammer                                   | (1)     | U17W+SW            |
|                          | 1500m **                    | Men             | 1   |   | Javelin                                  | (2)     | U13B               |
|                          | 1500m **                    | U17M            | 1   |   | Shot                                     | (4)     | U15B & G           |
| 17.15                    | 4x100mR                     | U13B            | 2   | Notes   |  |         |                    |
|                          | 4x100mR                     | U13G            | 2   |   | ** races to be 'graded'                  |         |                    |
| 17.28                    | 4x300mR                     | U15G            | 2   |   | (1) = 100m start end of track            |         |                    |
|                          | 4x300mR                     | U15B            | 2   |   | (2) = Finish end of track                |         |                    |
| 17.45                    | 4x400mR                     | Women(incl U17) | 1   |   | (3) = split group & use parallel pits    |         |                    |
|                          | 4x400mR                     | U17M            | 1   |   | (4) = split group and use two shot areas |         |                    |
|                          | 4x400mR                     | Men             | 1   |   | If required                              |         |                    |
| 18.05 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

## SOUTH WEST ATHLETICS LEAGUE 2024 FINAL

| <b>Programme B</b>       |                                       | no of races     |     | <b>Field</b>                                    |  | locatio |                    |
|--------------------------|---------------------------------------|-----------------|-----|---|--|---------|--------------------|
| Track                    |                                       |                 |     |   |  |         |                    |
| 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   | will require competent throws sector controller |  |         |                    |
| 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   | will require competent throws sector controller |  |         |                    |
|                          | 4x100mR                               | U17M            | 1   | 16.30   | Javelin                                  | (2)     | Women              |
|                          | 4x100mR                               | Women(incl U17) | 2   | Notes   |  |         |                    |
|                          | 4x100mR                               | U13B            | 2   |   | ** races to be 'graded'                  |         |                    |
|                          | 4x100mR                               | U15B            | 2   |   | (1) = 100m start end of track            |         |                    |
|                          | 4x100mR                               | Men             | 2   |   | (2) = Finish end of track                |         |                    |
|                          |                                       |                 |     |   | (3) = split group & use parallel pits    |         |                    |
|                          |                                       |                 |     |   | (4) = split group and use two shot areas |         |                    |
|                          |                                       |                 |     |   | If required                              |         |                    |
| 18.00 meeting conclusion |                                       |                 |     |   |  |         |                    |

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