

SOUTH WEST ATHLETICS LEAGUE CUP MATCH 2009

TRACK

Time	Event	Ages
11.30	800m	Men/U20M/U17M/U15B/Women/U17W/U13G
12.00	100m	Men/U20M/U17M/U15B/U13B/Women/U17W/U15G/U13G
12.45	3000m	Men + U20M
13.00	3000m	U17M
13.15	400m	Men/U20M/U17M/U15B/Women
13.35	300m	U17W
13.40	1500m	U13B/U15G
13.55	110mH	Men
14.00	110mH	U20M
14.05	100mH	U17M
14.10	100mH	Women
14.15	80mH	U15B
14.20	80mH	U17W
14.25	75mH	U13B
14.30	75mH	U15G
14.35	70mH	U13G
14.30	1000m Walk	All Ages (Non Scoring)
14.50	3000mS/C	M/U20M
15.10	200m	Men/U20M/U17M/U15B/U13B/Women/U17W/U15G/U13G
15.55	3000m	Women + U17W
16.10	1500mS/C	U17M
16.20	4x100mR	U17M/U15B/U13B/U15G/U13G
17.05	Medley R	Women+U17W(combined)
	400/200/200/800	Men+U20M(combined)

FIELD

	SP	DT		JT		LJ		TJ	HJ1	HJ2
11.30	SW	U15G	11.30	SM	11.30	U20M	11.30	U15B	U17M	U17W
12.20	U20M	U15B	12.15	U17W	12.15	SW	12.30	U17M	SM	U13B
13.10	U15G	SW	13.00	U20M	13.00	U13G	13.30	U17W	U15B	U15G
14.00	U17W	U17M	13.45	U13G	13.30	SM				
14.50	U17M	SM	14.15	SW	14.15	U13B	14.30	SW	U20M	
			15.00	U15G	14.45	U15B				
15.40	SM	U17W	15.35	U17M	15.20	U15G	15.30	U20M	SW	U13G
16.30	U15B	U20M	16.20	U15B	15.55	U17W	16.30	SM		
			16.55	U13B	16.40	U17M				