

SOUTH WEST ATHLETICS LEAGUE 2009

Programme A 2009 - Division 1					
Track			Field		
11.30	400mH	Women	11.30	Pole Vault	Women/U17W
	300mH	U17W		Javelin	U17M/U20M
				High Jump	U13G
11.50	400m	Men	11.45	Long Jump	U15B
	400m	U20M		Shot	U13B
	400m	U17M			
	400m	U15B	12.15	Hammer	Men
12.15	100m	Women			
	100m	U17W			
	100m	U15G	12.30	High Jump	U15G
12.35	100m	U13G			
	100m	U13B			
12.55	3000S/C	Men/U20M	13.00	Triple Jump	U17W/SW
				Shot	U13G
				Javelin	U15G
13.10	800m	Women	13.15	Long Jump	U20M/Men
	100mH	U17M	13.30	High Jump	U13B
13.25	800m	U17W	13.45	Discus	U15B
	110mH	U20M			
13.40	800m	U15G			
	110mH	Men			
13.55	800m	U13G			
14.05	1500m	U17M	14.00	Pole Vault	U17M/U15B
	1500m	U15B		Long Jump	U13G
	1500m	U13B			
14.30	1000mWalk	All (NON SCORING)	14.30	High Jump	Men/U20M
14.40	200m	Men		Javelin	U17W/SW
	200m	U20M			
	200m	U17M			
15.05	200m	U15B	15.00	Triple Jump	U17M
	200m	U13B	15.15	Discus	Men
	200m	Women		Long Jump	U13B
	200m	U17W			
	200m	U15G	15.30	Shot	U17W/SW
	200m	U13G			
15.45	3000m	Women/U17W			
16.05	1500S/C	U17M	16.00	Hammer	U15B
16.15	1500m	Men/U20M		Long Jump	U15G
16.35	4x100mR	U13B	16.15	Shot	U17M/U20M
	4x100mR	U13G			
	4x100mR	U15G			
	4x100mR	Women/U17W			
	4x400mR	U15B			
	4x400mR	U17M			
	4x400mR	Men/U20M			

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Programme B 2009 - Division 1					
Track			Field		
11.30	400mH	U20M	11.30	Pole Vault	Men/U20M
	400mH	Men		Javelin	U13B
	400mH	U17M	11.45	Long Jump	U17M
11.55	3000m	U17M		High Jump	U17W/SW
	3000m	U15B		Shot	U13G
12.25	100m	Men	12.00	Discus	U17M/U20M
	100m	U20M			
	100m	U17M			
	100m	U15B	12.45	Hammer	U17W/SW
12.55	100m	U13B		Long Jump	U13G
	100m	U15G		Shot	U15G
	100m	U13G			
13.25	400m	Women			
	300m	U17W	13.30	Javelin	U15B
13.40	5000m	Men/U20M		Triple Jump	U20M/SM
			13.45	High Jump	U15B
				Shot	Men
14.05	100mH	Women			
	80mH	U17W			
	80mH	U15B	14.15	Hammer	U17M/U20M
	75mH	U13B		Long Jump	U15G
	75mH	U15G			
	70mH	U13G	14.45	Javelin	U13G
14.50	1500m	U15G		High Jump	U13B
	1500m	U13G	15.00	Triple Jump	U15B
15.15	200m	Men		Discus	U17W/SW
	200m	U20M			
	200m	U17M			
	200m	U15B			
15.40	200m	U13B			
	200m	Women	15.45	High Jump	U17M
	200m	U17W		Shot	U15B
	200m	U15G		Discus	U15G
	200m	U13G		Long Jump	U13B
16.15	1500m	Women/U17W			
16.25	800m	U17M			
	800m	U13B	16.30	Javelin	Men
	800m	U15B		Long Jump	U17W/SW
	800m	U20M			
16.55	800m	Men/U20M			
	4x100mR	U13G			
	4x100mR	U15G			
	4x100mR	U13B			
	4x100mR	U15B			
	4x100mR	U17M			
17.25	4x100mR	Men			
	4x400mR	Women/u17W			

Scoring:- Division 1 = A String and Relays: 1st - 12 points; 8th - 5 points; B String: 1st - 10 point; 10th - 1 point.
 Division 2 = INDIVIDUAL: 1st – 20 points, 2nd - 19 points...20th - 1 point – maximum of 2 athletes per club to score.
 RELAY: 1st 20 - points, 10th - 10 points