

**SOUTHERN WOMEN'S TRACK & FIELD LEAGUE**  
**TIMETABLE 2010 FOR A DOUBLE SENIOR ONLY MATCH**

**(Adjustments may be needed to the timetable if the stadium has an inside pole vault or long/triple jumps; host clubs must inform visiting clubs of changes at least 14 days before the match)**

TIME	TRACK EVENT	FIELD EVENT	MATCH	OFFICIALS
12.00		Hammer Pole Vault Shot	1 1&2 2	1B HOST 1 2B
12.30		Long Jump	1	1C
12.45		Hammer	2	2C
1.00		Shot	1	1D
1.30	300m Hurdles U17W – Non-scoring 400m Hurdles	Long Jump High Jump	2 1&2	2D HOST 2
1.45		Javelin	1	1B
1.50	800m			
2.10	100m			
2.30	400m	Triple Jump Javelin	1 2	1C 2B
2.45	3000m A&B			
3.10	80m Hurdles U17W – Non-scoring			
3.15		Discus	1	1D
3.20	100m Hurdles			
3.30		Triple Jump	2	2C
3.40	200m			
4.00	1500m A&B	Discus	2	2D
4.20	4x100m Relay			
4.30	4x400m Relay			

**Non-scoring athletes welcomed in all track & field events. Please note the SWT&FL rules regarding the number of events each age group can do at a meeting.**

**On an 8-lane track Match 1 A&B could run together, then Match 2, up to 1500 metres, then both matches together for the 3000m. In the field events the first four/five/six after three attempts (depending on number of teams in match) would have a further three attempts.**

**The host clubs to liaise on chiefs and referees, also starters/marksmen and announcers. Both host clubs must provide a recorder(s). The host clubs to sort out officials from those present from all the competing clubs to cover events that should have been covered by clubs who have failed to bring a full quota of officials, or if a team has not turned up.**

**TIMETABLE FOR JOINT FIXTURES 2010 BETWEEN SOUTHERN MEN'S LEAGUE AND SOUTHERN WOMEN'S  
TRACK & FIELD LEAGUE (SWT&FL SENIOR DIVISIONS 1, 2 & 3)**

(Adjustments may be needed to the timetable if the stadium has an inside pole vault or long/triple jumps;  
host clubs must inform visiting clubs of any changes at least 14 days before the match)

TIME	TRACK EVENT		FIELD EVENT		
12.00			Hammer	Women	W1
			Pole Vault	Women	W2
12.30	300mH	U17W N/S			
	400mH	Women			
	400mH	Men			
12.45			Hammer	Men	M1
			Long Jump	Men	M2
12.55	100m	Women			
	100m	Women N/S			
	100m	Men			
	100m	Men N/S			
1.00			Shot	Women	W4
1.20	800m	Women			
	800m	Women N/S			
	800m	Men			
	800m	Men N/S			
1.30			Javelin	Men	M4
			Long Jump	Women	W3
1.40	80mH	U17W N/S			
1.50	5000m	Men	Pole Vault	Men	M1
2.15			Discus	Women	W2
			Triple Jump	Men	M2
2.20	100mH	Women			
2.30	3000m	Women & N/S			
2.50	110mH	Men			
3.00			High Jump	Women	W1
			Shot	Men	M3
			Javelin	Women	W4
3.05	400m	Women			
	400m	Women N/S			
	400m	Men			
	400m	Men N/S			
3.20	200m	Women			
	200m	Women N/S			
	200m	Men			
	200m	Men N/S			
3.30			Triple Jump	Women	W3
3.40	1500m	Women			
	1500m	Men			
	1500m	Men N/S			
3.45			High Jump	Men	M5
			Discus	Men	M3
4.00	4x100m	Women			
	4x100m	Men			
4.15	3000m S/C	Men			
4.30	4x400m	Women			
	4x400m	Men			
	4x400m	Women N/S			

There are non-scoring U17W Hurdles in the Women's Senior Division match. SWT&FL rules apply to the number of events an athlete can do (Scoring & Non-scoring). The SML & SWT&FL allow non-scorers in all events.