

SOUTHERN WOMEN'S TRACK & FIELD LEAGUE
TIMETABLE 2010 FOR A SINGLE 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	OFFICIALS
12.00		Hammer Pole Vault	1 2
12.30	300m Hurdles U17W – Non-scoring 400m Hurdles	Long Jump	3
12.50	800m		
1.10	100m	Discus	4
1.30		High Jump	1
1.40	400m		
2.00		Triple Jump	3
2.10	3000m A&B	Shot Putt	4
2.35	80m Hurdles U17W – Non-scoring		
2.50	100m Hurdles		
3.05	200m		
3.10		Javelin	2
3.20	1500m A&B		
3.40	4x100m Relay		
3.55	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.

SOUTHERN WOMEN'S TRACK AND FIELD LEAGUE

SENIOR DIVISION 1, 2 & 3 (for 4 club match)

EVENT

TRACK EVENTS LANE DRAW

			LANE			
			1	2	3	4
400mH	Women	A	3	2	4	1
		B	3	1	2	4
800m	Women	A	4	1	2	3
		B	2	4	3	1
100m	Women	A	3	4	1	2
		B	1	2	3	4
400m	Women	A	1	3	2	4
		B	2	1	4	3
3000m	Women	A&B	4	3	1	2
100mH	Women	A	4	2	3	1
		B	3	4	1	2
200m	Women	A	2	3	4	1
		B	1	2	3	4
1500m	Women	A&B	4	1	2	3
4x100m	Women		1	4	3	2
4x400m	Women		3	2	4	1

FIELD EVENTS ORDER OF COMPETITION

Hammer	Women	A&B	3	1	2	4
Long Jump	Women	A&B	1	2	4	3
Discus	Women	A&B	3	1	2	4
Pole Vault	Women	A&B	1	4	3	2
Shot	Women	A&B	4	3	1	2
High Jump	Women	A&B	4	2	3	1
Javelin	Women	A&B	3	1	2	4
Triple Jump	Women	A&B	1	4	2	3

If A&B run together the B athletes use lanes 5 to 8.