

SOUTH WEST ATHLETICS LEAGUE 2009

DIVISION 2

Programme B 2009

<u>Track</u>			<u>Field</u>	
11.30	400mH	Men	11.30	Javelin U13B/U13G
	400mH	U20M		Long Jump U13 G
	400mH	U17M		Shot U15G
	400mH	Women		Hammer Women
	300mH	U17W		High Jump U15B
12.10	3000m	U17M	12.00	Pole Vault Men /U20men
	3000m	U15B	12.15	Long JumpU17M
12.35	100m	U15G	12.30	Hammer U17 W
12.45	100m	U15B		Shot U15B
12.55	100m	Women	12.45	Discus U13 G
13.00	100m	Men		
13.05	100m	U20M	13.00	Long Jump U17 W High Jump Women
13.10	100m	U13G		
13.20	100m	U13B		
13.35	100m	U17W		
13.50	100m	U17M		
14.05	5000m	Men/U20M/SW	13.30	Hammer U17M
				Triple Jump U15B
			13.45	Long jump U13 B
				Javelin U13 G
			14.00	Shot men
14.35	200m	Men		High Jump U17 W
	200m	Women	14.30	Discus Women/ U17W High jump U17 Men Shot U20 Men
	200m	U20M		
	200m	U17W		
	200m	U17M		
		15.00		
15.05	200m	U15G		long jump U15 G
	200m	U15B	15.30	Long jump Women Discus U17 Men Triple Jump U20 Men High jump U13 B
	200m	U13G		
	200m	U13B		
		15.45		
15.55	1500m	U13B	16.00	Discus U15 G Triple Jump Men
	1500m	U13G		
	1500m	U17M		
	1500m	U17W		
16.25	1500m	U20M	16.30	Javelin U20 M
	1500m	SM/SW		
	1500m	U15B		
	1500m	U15G		
17.00	4x100m RELAYS			
		U13G		
		U13B		
		Men U20M		
		Women U17W		
		U17M		
		U15G		
	U15B			