

## SOUTH WEST ATHLETICS LEAGUE 2010

### Programme A 2010

<u>Track</u>			<u>Field</u>	
11.30	110mH	Men	11.30	Shot U13G
11.35	110mH	U20M		Javelin U17M
11.40	100mH	U17M		Long Jump U13 B
11.45	100mH	Women		
11.50	80mH	U15B		
12.00	80mH	U17W	12.00	Triple Jump Women/U17 W
12.10	75mH	U13B		
12.20	75mH	U15G		
12.30	70mH	U13G	12.30	Pole Vault SW/U17W/U17M /U15 B/ U15G
				Discus U13B
12.40	1500S/C	U17M		Long Jump U13G
12.55	3000S/C	Men/U20M		
			13.00	Discus Men
13.10	400m	Men		Triple jump U17M
13.15	400m	Women		Javelin U15G
13.20	400m	U20M		
13.25	400m	U17M		
13.30	400m	U15B	13.30	High jump U20M/SM
13.35	300m	U17W		Shot women
13.40	200m	U15G		Long Jump U20M
13.50	100m	U13B		
13.55	100m	U13G		
14.00	100m	U20M	14.00	Hammer U20M/Men
14.05	100m	U17W		
14.10	100m	U17M		
14.15	100m	Women		
14.20	100m	U15B		
14.30	100m	U15G	14.30	High Jump U13G
14.40	100m	Men		Shot U17 Men
14.55	3000m	Women/U17W	15.00	Long Jump U15B
				Discus U15B/U20 Men
15.20	800m	U13B		
	800m	U13G	15.30	High jump U15G
	800m	U15B		Javelin U17W/Women
	800m	U15G		Shot U13B/U17W
	800m	SM/SW		Long Jump Men
	800m	U20M/U17M		
	800m	U17W		
16.00	4x100m RELAYS		16.15	Hammer U15B
		U15G		Long Jump U15 G
		U13G		
		U13B		
16.15	200/200/400/800Medley Relay			
		Women /U17W		
16.30	4x400m RELAYS			
		Men U20M		
		U15B		
		U17M		