

# Southern Athletics League Timetable

(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		Women's Hammer	1
		Women's Pole Vault	1
		Men's Shot	2
		Men's High Jump	4
		Women's Long Jump	3
12.15	Women's 400mH		
	Men's 400mH		
12.35	Women's 800m		
	Men's 800m		
12.45		Men's Hammer	1
12.50	Women's 100m		
	Men's 100m		
1.00		Women's Shot	2
1.15		Men's Long Jump	3
1.25	Women's 400m		
	Men's 400m		
1.30		Women's Javelin	4
1.40	Women's 3000m (1,3,5)		
	Women's 5000m (2,4)		
2.00	Women's 100mH	Men's Pole Vault	1
2.15	Men's 5000m (1/3/5)	Men's Javelin	4
	Men's 3000m (2/4)		
2.30		Women's Triple Jump	3
2.45	Men's 110mH		
3.00	Women's 200m	Women's Discus	2
	Men's 200m		
3.20	Women's 1500m		
	Men's 1500m		
3.30		Women's High Jump	4
		Men's Triple Jump	3
3.40	Men's 3000m S/c (2/4)		
	Men's 2000m S/c (1/3/5)		
3.45		Men's Discus	2
4.00	Women's 4x100m Relay		
	Men's 4x100m Relay		
4.10	Women's 2000m S/c (1/3/5) (if adjustable barriers are available)		
	Women's 1500m S/c (2/4) (if adjustable barriers are available)		
4.30	Women's 4x400m Relay, Men's 4x400m Relay (1,3,5)		
	Mixed 4x400m Relay (2,4) with A and B strings (2 men/2 women any order)		

First Claim members of clubs who are at least 15 on 31st August in the year of competition may compete. Second Claim members (up to a maximum of 5 per team per match) may also compete provided that their First Claim Club does not compete in the SAL.

Non-scoring athletes from the participating clubs will be permitted in all events on the track, to run with the scoring races or after the scoring races. In the field events, clubs are restricted to one non-scoring athlete per club per event. Non-scoring places not used by one club can be used by another participating club by prior arrangement between team managers. (Additional non-scoring field-event athletes may be allowed at the discretion of the Field Referee.)

A & B must compete together at 800m and above, and shall run together in all track events where numbers permit. Under UKA rules, U17s may not run the 5000m.

Field events, except HJ & PV: the first four scoring athletes, after three attempts, will have a further three attempts. The host club must provide chiefs and referees, starters/marksmen, announcers, officials' lunches and recorder(s). The host club 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.

For matches with 5 teams (Div 3S): the Team 5 field officials should report to the Field Referee at 11.30am.