

SOUTHERN MENS LEAGUE

TIMETABLES

(Form 10)

<u>SINGLE MATCH (S)</u>	<u>DOUBLE MENS MATCH (D)</u>	<u>JOINT MATCH (J)</u> <u>(may need adj for SW only SWL matches)</u>	
300H		U17 Women (+n/s)	1.20
400H	3.00	Women; Men	1.30
100m	3.15	Girls; Women; Men; n/s	1.45
800m	3.30	Girls; Women; Men; n/s	2.10
75H		Girls	3.00
80H		U17 Women	
5000m	3.40	Men	3.10
100H		Women	3.30
3000m		Women	3.40
400m	4.00	Women; Men	4.15*
110H	4.15	Men	4.00*
200m	4.30	Girls; Women; Men	4.30
1500m	4.45	Girls; Women; Men	4.45
4 x 100m	5.00	Girls; Women; Men; n/s	5.15
3000 S/C	5.10	Men	5.35
4 x 400m	5.30	Women; Men	5.50
Pole Vault	2.30	1.00 Both	Pole Vault - Women 12.00 Hammer - Women 12.00 Hammer - Men 12.45
Hammer	2.30	1.00 Match 1 1.45 Match 2	Long Jump - Men 1.00 High Jump - Girls 1.20
Shot	3.30	1.00 Match 2 2.00 Match 1	Javelin - Girls 1.40 Long JUMP - Women 2.00 Shot - Women 2.00
Long Jump	2.30	1.30 Match 1 2.30 Match 2	Pole Vault - Men 2.00 Javelin - Men 2.25 High Jump - Men 3.00 Shot - Men 3.00 Long Jump - Girls 3.00
High Jump	2.30	2.00 Both	Discus - Women 3.20 Triple Jump - Men 3.45
Javelin	3.30	2.30 Match 1 3.15 Match 2	Shot - Girls 4.00 Discus - Men 4.05
Triple Jump	3.45	3.30 Match 1 4.30 Match 2	Long Jump - Girls n/s 4.15** High Jump - Women 4.30
Discus	4.30	4.00 Match 1 4.45 Match 2	Triple Jump - Women 4.45 Javelin - Women 5.00 Discus - Girls 5.00***

In the double fixtures Match 1 refers to the higher Division club; where the clubs are in the same Division the Match 1 club is marked with an asterisk on the fixture list.

In the joint fixtures:

* Note the order of these two mens events are reversed from normal.

** If there are no separate runways for LJ/TJ, this event will follow the TJ (W)

*** If facilities do not allow this to take place at the same time as the JT (W), it will follow that event.

Mens non-scoring events are as per match number.

The times allocated for the long throws are a guide only. Every effort should be made to speed up these events. It will help considerably in double matches if field events teams combine and assist each other.

SOUTHERN MEN'S LEAGUE

TEAM DECLARATION

CLUB _____ DIVISION _____ DATE _____

This form should be handed to the recorder before the first event. Changes due to injury etc. should be notified at once and in any case before the start of the event concerned. Please note all your officials for insurance purposes.

OFFICIALS: Timekeepers _____
 Track Judges _____
 Relay Judges _____
 Field Judges _____
 Team Manager _____
 Team Captain _____

SINGLE	DOUBLE MEN'S	JOINT M/W	EVENT	"A" STRING	"B" STRING
2.30	1.00 (both)	2.00	Pole Vault		
2.30	2.00 (both)	3.00	High Jump		
2.30	1.00/1.45	12.45	Hammer		
2.30	1.30/2.30	1.00	Long Jump		
3.00	2.15	1.30	400m Hds		
3.15	2.35	1.45	100m		
3.30	2.50	2.10	800m		
3.30	2.30/3.15	2.25	Javelin		
3.30	2.00/1.00	3.00	Shot		
3.40	3.10 both	3.10	5000m		
3.45	3.30/4.30	3.45	Triple Jump		
4.00	3.30	4.15	400m		
4.15	3.45	4.00	110m Hds		
4.30	4.05	4.30	200m		
4.30	4.00/4.45	4.05	Discus		
4.45	4.20	4.45	1500m		
5.00	4.40	5.15	4 x 100m		
5.10	5.00	5.35	3000m S/C		
5.30	5.30	5.50	4 x 400m		

For events with distinct "A" and "B" strings (100m, 200m etc.) the better competitor MUST be nominated as the "A" string.

In double matches, the higher division competes first except in the Shot.

Clearance letters from SEAA for athletes transferred under hardship rules MUST be made available to the referee. Overseas athletes must have been registered with UK Athletics on the previous 1 January, or a clearance letter from the SEAA First Claims committee must be produced.

Under UK Athletics rules, U17 athletes may compete in a maximum of three individual events plus a relay, and U20 athletes may compete in a maximum of five events.