

**SOUTHERN WOMEN'S TRACK & FIELD LEAGUE****TIMETABLE FOR DOUBLE FIXTURE 2009 – PREMIER DIVISION or DIVISION 1 with a SENIOR DIVISION**

(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	AGE GROUP	MATCH	OFFICIALS
12.00		HAMMER	WOMEN	1	HOST 1
12.15		LONG JUMP	WOMEN	1	C1
		HIGH JUMP	U15G	1	B1
1.00	300M HURDLES		U17W & 'B'N/S	1	
	300M HURDLES		U17W N/S	S	
	400M HURDLES		WOMEN	1&S	
		HAMMER	WOMEN	S	HOST S
		TRIPLE JUMP	WOMEN	S	BS
1.20	100 METRES		U15G		
1.25	100 METRES		WOMEN		
		POLE VAULT	WOMEN & N/S	1&S	HOST 1
		HIGH JUMP	WOMEN	1	D1
1.35	100 METRES		N/S U15G,U17W&WOMEN		
1.45		LONG JUMP	U15G & N/S	1	B1
		JAVELIN	WOMEN	1	C1
1.50	800 METRES		WOMEN		
			WOMEN N/S		
		SHOT	WOMEN	S	CS
2.00	800 METRES		U15G		
2.05		LONG JUMP	WOMEN	S	DS
2.10	75M HURDLES		U15G		
2.25		JAVELIN	U15G	1	D1
2.15	80M HURDLES		U17W		
			U17W N/S	S	
2.25	3000M		WOMEN & N/S	1&S	
2.40	100M HURDLES		WOMEN		
2.45		DISCUS	WOMEN	S	BS
		HIGH JUMP	WOMEN	S	HOST S
		SHOT	WOMEN	1	B1
2.50	400 METRES		WOMEN		
3.00	200 METRES		U15G		
3.05	200 METRES		WOMEN		
		DISCUS	WOMEN	1	C1
		SHOT	U15G	1	D1
		TRIPLE JUMP	WOMEN	1	HOST 1
3.15	1500 METRES		WOMEN		
3.30	1500 METRES		U15G		
3.40		JAVELIN	WOMEN	S	BS
3.45	4X100 METRES		WOMEN		
4.00		DISCUS	U15G	1	B1
4.00	4X100 METRES		U15G & N/S		
4.15	4X400 METRES		WOMEN & N/S		

Premier Division or Division 1 is Match 1. There are non-scoring U17W Hurdles in the Senior Division match and if non-scorers can be accommodated they are allowed in the Senior Division events. SWT&FL rules apply to the numbers of events an athlete can do (Scoring & Non-scoring).

On an 8-lane track Match 1 A&B can run together, then Match 2, up to 1500 metres, then both matches together for the 3000m. In the field events the first four in each match after three attempts would have a further three attempts. At the discretion of the track referee both match relays could be run together and certainly the Women's 4x400m.

The host clubs to liaise on chiefs and referees, also starters/marksmen and announcers. Both host clubs must provide a recorder(s). The host clubs 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.