

**SOUTHERN WOMEN'S TRACK & FIELD LEAGUE
TIMETABLE 2009 FOR A DOUBLE SENIOR ONLY MATCH**

**(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	MATCH	OFFICIALS
12.00		Hammer Pole Vault Shot	1 1&2 2	A2 HOST A B2
12.30		Long Jump	1	A3
12.45		Hammer	2	B3
1.00		Shot	1	A4
1.30	300m Hurdles U17W – Non-scoring 400m Hurdles	Long Jump High Jump	2 1&2	B4 HOST B
1.45		Javelin	1	A3
1.50	800m			
2.10	100m			
2.30	400m	Triple Jump Javelin	1 2	A2 B2
2.45	3000m A&B			
3.10	80m Hurdles U17W – Non-scoring			
3.15		Discus	1	A4
3.20	100m Hurdles			
3.30		Triple Jump	2	B3
3.40	200m			
4.00	1500m A&B	Discus	2	B4
4.20	4x100m Relay			
4.30	4x400m Relay			

Non-scoring athletes welcomed in all track & field events. Please note the SWT&FL rules regarding the number of events each age group can do at a meeting.

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 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.