



**PROGRAMME**  
**Saturday**  
**6th May 2017**  
(V 2)

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**BAL Division 2 – Round 1**

Host: Herne Hill Harriers  
Venue: Tooting Bec Athletics Track, SW17 3NP

[www.hernehillharriers.org](http://www.hernehillharriers.org)

<b>1-11</b>	<b>Bournemouth AC</b>	<b>Amber with Blue vertical stripe</b>
<b>2-22</b>	Bristol & West AC	White with Red hoop
<b>3-33</b>	Crawley AC	Black + 3 Yellow bands
<b>4-44</b>	Enfield & Haringey AC	Red and Yellow Halves
<b>5-55</b>	Herne Hill Harriers	Red and Black Hoops
<b>6-66</b>	Kent AC	Navy blue
<b>7-77</b>	Kingston AC & Polytechnic Harriers	Blue/Black with White diagonal
<b>8-88</b>	Newquay & Par	Maroon with White side

<b>Events</b>		<b>Draw</b>
<b>Hammer</b>	A	7-8-3-2-4-6-5-1
	B	44-66-55-11-77-88-33-22
<b>Long Jump</b>	A	5-6-7-8-2-1-4-3
	B	22-11-44-33-55-66-77-88
<b>High Jump</b>	A	1-4-6-7-5-3-2-8
	B	55-33-22-88-11-44-66-77
<b>Discus</b>	A	4-7-5-1-6-8-3-2
	B	66-88-33-22-44-77-55-11
<b>Pole Vault</b>	A	8-5-2-4-3-7-1-6
	B	33-77-11-66-88-55-22-44
<b>400m Hurdle</b>	A	1-4-6-7-5-3-2-8
	B	55-33-22-88-11-44-66-77
<b>800 Metre</b>	A	4-7-5-1-6-8-3-2
	B	66-88-33-22-44-77-55-11
<b>100 Metre</b>	A	5-6-7-8-2-1-4-3
	B	22-11-44-33-55-66-77-88
<b>S/Chase</b>	A	7-8-3-2-4-6-5-1
	B	44-66-55-11-77-88-33-22
<b>Triple Jump</b>	A	8-5-2-4-3-7-1-6
	B	33-77-11-66-88-55-22-44
<b>110m Hurdle</b>	A	7-8-3-2-4-6-5-1
	B	44-66-55-11-77-88-33-22
<b>Javelin</b>	A	1-4-6-7-5-3-2-8
	B	55-33-22-88-11-44-66-77
<b>400 Metre</b>	A	6-3-4-5-1-2-8-7
	B	11-22-88-77-66-33-44-55
<b>Shot Put</b>	A	6-3-4-5-1-2-8-7
	B	11-22-88-77-66-33-44-55
<b>1500 Metre</b>	A	6-3-4-5-1-2-8-7
	B	11-22-88-77-66-33-44-55
<b>200 Metre</b>	A	8-5-2-4-3-7-1-6
	B	33-77-11-66-88-55-22-44
<b>5k-3k</b>	A	4-7-5-1-6-8-3-2
	B	66-88-33-22-44-77-55-11
<b>4x100m Relay</b>	A	3-2-1-6-8-4-7-5
<b>4x400m Relay</b>	A	2-1-8-3-7-5-6-4

## Timetable

Start Time	
12:30 PM	Hammer
12:30	Long Jump
1:00	High Jump
2:15	Discus
2:15	Pole Vault
2:30	400m Hurdle
2:50	800 Metre
3:05	100 Metre
3:15	S/Chase
3:20	Triple Jump
3:35	110m Hurdle
3:55	Javelin
4:00	400 Metre
4:05	Shot Put
4:15	1500 Metre
4:25	200 Metre
4:40	5k-3k
5:05	4x100m Relay
5:25	4x400m Relay

## Notes / Adjustments / Additions to Programme

### 3k / 5k

Rounds 1 & 3 will be 3k, while Rounds 2 & 4 will be 5k.

There will be no amendments to timetable because of this.

### Pole Vault & High Jump

In Rounds 2 & 4 the heights will be the ones ending in 3's and 8's.

### Non Scoring race times

2:10          100m - up to 4 races

4:00          400m - 1 n/s race, after A & B races

4:25          200m - 1 n/s race, after A & B races

