



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

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**BAL Division 4 – Round 1**

Host: Brighton & Hove City AC  
Venue: Withdean Sports Complex, BN1 5JD

[www.brightonandhovacity-ac.com](http://www.brightonandhovacity-ac.com)

1-11	Brighton & Hove City AC	Red Vest with 2 Black horizontal bands
2-22	City of Portsmouth AC	White, Blue horizontal & Red vertical stripes
3-33	Doncaster AC	White Vest/Royal Blue side/Vertical Green stripe
4-44	Nene Valley Harriers	White + Red & Blue hoops
5-55	Reading AC	Red + Blue White sidebars
6-66	Trafford AC	White and Blue / Gold sash

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

## Timetable

Start Time	
1:00 PM	Hammer
1:00	Long Jump
1:00	Pole Vault
1:30	High Jump
2:00	Discus
2:20	400m Hurdle
2:35	800 Metre
2:50	100 Metre
2:50	Triple Jump
3:05	S/Chase
3:25	110m Hurdle
3:40	Javelin
3:40	Shot Put
3:45	400 Metre
4:00	1500 Metre
4:10	200 Metre
4:25	5k-3k
4:50	4x100m Relay
5:10	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

2:00            100m - up to 4 races

3:45            400m - 1 n/s race, after A & B races

4:10            200m - 1 n/s race, after A & B races