



**PROGRAMME**  
**Saturday**  
**6th May 2017**  
(V2)

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**BAL Division 1 – Round 1**

Host: Basingstoke & Mid Hants AC  
Venue: Down Grange Sports Ground, RG22 5SN

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|             |                                       |  |
|-------------|---------------------------------------|--|
| <b>1-11</b> | <b>Basingstoke &amp; Mid Hants AC</b> | <b>Black, Amber &amp; Red</b>              |
| <b>2-22</b> | Blackheath & Bromley Harriers         | Black, Light Blue & Maroon bands           |
| <b>3-33</b> | Cardiff AAC                           | Blue + Red & White stripes                 |
| <b>4-44</b> | Glasgow City AC                       | Green with Yellow hoops...                 |
| <b>5-55</b> | Harrow AC                             | Black with Green, White, Turquoise stripes |
| <b>6-66</b> | Sale Harriers Manchester              | Green with Red/White Bands                 |
| <b>7-77</b> | Swansea Harriers                      | White, with 2 Green bands                  |
| <b>8-88</b> | Windsor Slough Eton & Hounslow AC     | Light Blue, with 2 Amber hoops             |

| <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