



PROGRAMME
Saturday
3rd June 2017
(V 2)

BAL Division 3 – Round 2

Host: Chelmsford AC
Venue: Chelmsford Sport and Athletic Centre, CM1 2EH

www.chelmsfordathleticsclub.hitssports.com

1-11	Bedford & County AC	Royal Blue with White trim
2-22	Chelmsford AC	Yellow, with broad Green stripe on chest
3-33	Derby - Mansfield Joint AC	Derby:White+Red/Green sidebar,Mansfield:Blue&Green
4-44	Havering AC	Gold and Blue sash
5-55	Notts AC	White + Yellow & Green bands
6-66	Rugby & Northampton AC	Light & Dark Blue diagonal split
7-77	Southend AC	Red, with Black sidebars
8-88	Yeovil Olympiads	Orange & Blue

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

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

