



PROGRAMME
Saturday
3rd June 2017
(v 2)

BAL Premiership Round 2

Host: Woodford Green & Essex Ladies

www.wgel.org.uk

Venue: **Lee Valley Athletics Centre, N9 0AR**

The home of **Enfield & Haringey AC**

www.ehac.co.uk

1-11	Birchfield Harriers	Black vest with Gold Stag
2-22	City of Liverpool	Purple with Gold 'Liverbird'
3-33	City of Sheffield & Dearne AC	Blue / Green
4-44	Newham & Essex Beagles	Black with Gold band
5-55	Shaftesbury Barnet Harriers	Black & White vertical stripes, with Red piping
6-66	Southampton AC	Red and White stripes
7-77	Thames Valley Harriers	Sky Blue with Black Chevrons
8-88	Woodford Green & Essex Ladies	Green & White Bands

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	
11:30 AM	Hammer
11:30	Long Jump
12:00 PM	High Jump
1:15	Discus
1:15	Pole Vault
1:30	400m Hurdle
1:50	800 Metre
2:05	100 Metre
2:15	S/Chase
2:20	Triple Jump
2:35	110m Hurdle
2:55	Javelin
3:00	400 Metre
3:05	Shot Put
3:15	1500 Metre
3:25	200 Metre
3:40	5k-3k
4:05	4x100m Relay
4:25	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

1:10 100m - up to 4 races

3:00 400m - 1 race, after A & B races

3:25 200m - 1 race, after A & B races