



**PROGRAMME**  
**Sunday**  
**20th August 2017**  
(V 2)

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**BAL Premiership – Round 4**

Host: Shaftesbury Barnet Harriers

Venue: **ALLIANZ PARK, NW4 1RL**

[www.sbharriers.co.uk](http://www.sbharriers.co.uk)

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

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

## 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