



PROGRAMME
Sunday
20th August 2017
(V2)

BAL Division 3 – Round 4

Host: Rugby & Northampton AC
Venue: Queens Diamond Jubilee Sports Centre, CV22 5LJ

www.randnac.org

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

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	3km 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