



PROGRAMME
Sunday
20th August 2017
(v 2)

BAL Division 4 – Round 4

Host: City of Portsmouth AC
Venue: Mountbatten Centre, PO2 9QA

www.portsmouthathletic.co.uk

| | | |
|------|-------------------------|--|
| 1-11 | Brighton & Hove City AC | Red Vest with 2 Black horizontal bands |
| 2-22 | City of Portsmouth AC | White, Blue horizontal & Red vertical stripes |
| 3-33 | Doncaster AC | White Vest/Royal Blue side/Vertical Green stripe |
| 4-44 | Nene Valley Harriers | White + Red & Blue hoops |
| 5-55 | Reading AC | Red + Blue White sidebars |
| 6-66 | Trafford AC | White and Blue / Gold sash |

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

Timetable

| Start Time | |
|------------|--------------|
| 1:00 PM | Hammer |
| 1:00 | Long Jump |
| 1:00 | Pole Vault |
| 1:30 | High Jump |
| 2:00 | Discus |
| 2:20 | 400m Hurdle |
| 2:35 | 800 Metre |
| 2:50 | 100 Metre |
| 2:50 | Triple Jump |
| 3:05 | 3km S/Chase |
| 3:25 | 110m Hurdle |
| 3:40 | Javelin |
| 3:40 | Shot Put |
| 3:45 | 400 Metre |
| 4:00 | 1500 Metre |
| 4:10 | 200 Metre |
| 4:25 | 5k-3k |
| 4:50 | 4x100m Relay |
| 5:10 | 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

2:00 100m - up to 4 races

3:45 400m – 1 n/s race, after A & B races

4:10 200m – 1 n/s race, after A & B races