



**British
Athletics
League**

**PROGRAMME
Saturday, May 5, 2018**

2018 Round 1 Div 1

**Host club: Windsor Slough Eton &
Hounslow AC**

**Venue: Thames Valley Athletics
Centre, Pococks Lane, Eton, SL4 6HN**

Club website: www.wseh.info

1-11	Blackheath & Bromley Harriers	Black, Light Blue & Maroon bands
2-22	City of Liverpool	Purple with Gold 'Liverbird'
3-33	Harrow AC	Black with Green, White, Turquoise stripes
4-44	Herne Hill Harriers	Red and Black Hoops
5-55	Kingston AC & Polytechnic Harriers	Blue/Black with White diagonal
6-66	Sale Harriers Manchester	Green with Red/White Bands
7-77	Southampton AC	Red and White stripes
8-88	Windsor Slough Eton & Hounslow AC	Light Blue, with 2 Amber hoops

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

Timetable

Start Time	
12:30	Hammer
12:30	Long Jump
13:00	High Jump
14:15	Discus
14:15	Pole Vault
14:30	400m Hurdle
14:50	800 Metre
15:05	100 Metre
15:15	S/Chase
15:20	Triple Jump
15:35	110m Hurdle
15:55	Javelin
16:00	400 Metre
16:05	Shot Put
16:15	1500 Metre
16:25	200 Metre
16:40	5k-3k
17:05	4x100m Relay
17:25	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