



**British
Athletics
League**

**PROGRAMME
Saturday, May 5, 2018**

**2018 Round 1 DIV 2 & DIV 4
Double Header**

DIV 2 club: Newquay & Par

DIV 4 Host: Yeovil Olympiads

**DIV 4 Venue: Picket Lane, Yeovil,
Somerset, BA21 3DS**

1-11	Basingstoke & Mid Hants AC	Black, Amber & Red
2-22	Bournemouth AC	Amber with Blue vertical stripe
3-33	Crawley AC	Black + 3 Yellow bands
4-44	Glasgow City AC	Green with Yellow hoops...
5-55	Havering AC	Gold and Blue sash
6-66	Kent AC	Navy blue
7-77	Newquay & Par	Maroon with White side
8-88	Rugby & Northampton AC	Light & Dark Blue diagonal split

Events		DIV 2 Lane Draw
Long Jump	A	1-3-4-7-2-5-6-8
	B	55-66-88-11-33-44-77-22
Hammer	A	4-7-2-5-6-8-1-3
	B	88-11-33-44-77-22-55-66
400m Hurdle	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
Pole Vault	A	2-5-6-8-1-3-4-7
	B	33-44-77-22-55-66-88-11
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
Discus	A	1-3-4-7-2-5-6-8
	B	55-66-88-11-33-44-77-22
110m Hurdle	A	4-7-2-5-6-8-1-3
	B	88-11-33-44-77-22-55-66
400 Metre	A	2-5-6-8-1-3-4-7
	B	33-44-77-22-55-66-88-11
Javelin	A	6-8-1-3-4-7-2-5
	B	77-22-55-66-88-11-33-44
Triple Jump	A	4-7-2-5-6-8-1-3
	B	88-11-33-44-77-22-55-66
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
Shot Put	A	2-5-6-8-1-3-4-7
	B	33-44-77-22-55-66-88-11
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

DIV 2 Timetable

Start Time	
10:30	Long Jump
11:10	Hammer
12:00	400m Hurdle
12:15	High Jump
12:15	Pole Vault
12:30	800 Metre
13:00	100 Metre
13:30	S/Chase
13:40	Discus
14:15	110m Hurdle
14:45	400 Metre
15:00	Javelin
15:00	Triple Jump
15:10	1500 Metre
15:30	200 Metre
15:40	Shot Put
16:00	5k-3k
16:40	4x100m Relay
17:00	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.

Trials

ONLY 2 Trials per athlete during WARM UP for HT, DT, JT

Non Scoring race times

11:30 100m - up to 4 races

3:05 400m - 1 n/s race, after A & B races

3:50 200m - 1 n/s race, after A & B races