



**British  
Athletics  
League**

**PROGRAMME  
Saturday, May 5, 2018**

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**2018 Round 1 DIV 3 & PREM  
Double Header**

**DIV 3 club: Trafford AC**

**Alternative Venue: Leigh AC, Leigh  
Stadium, Sale Way, Leigh, WN7 4JY**

<b>1-11</b>	<b>Bedford &amp; County AC</b>	<b>Royal Blue with White trim</b>
<b>2-22</b>	Bristol & West AC	White with Red hoop
<b>3-33</b>	Chelmsford AC	Yellow, with broad Green stripe on chest
<b>4-44</b>	Enfield & Haringey AC	Red and Yellow Halves
<b>5-55</b>	Nene Valley Harriers	White + Red & Blue hoops
<b>6-66</b>	Notts AC	White + Yellow & Green bands
<b>7-77</b>	Southend AC	Red, with Black sidebars
<b>8-88</b>	Trafford AC	White and Blue / Gold sash

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

### DIV 3 Timetable

Start Time	
09:45:00	Hammer
10:00:00	Triple Jump
12:15:00	400m Hurdle
12:25:00	Discus
12:30:00	Long Jump
12:45:00	800 Metre
13:10:00	100 Metre
13:50:00	S/Chase
14:30:00	110m Hurdle
14:45:00	High Jump
14:45:00	Shot Put
14:55:00	400 Metre
15:20:00	1500 Metre
15:30:00	Pole Vault
15:40:00	200 Metre
16:20:00	5k-3k
16:25:00	Javelin
16:50:00	4x100m Relay
17:10:00	4x400m Relay

## 2018 Notes – R1 LEIGH (PREM & DIV 3)

### 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

### Triple Jump – Division 3 meeting

The TJ runway for DIV 3 match will be a MAXIMUM of 39m to the 13m board

### 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