



**British  
Athletics  
League**

**PROGRAMME  
Saturday, May 5, 2018**

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

**DIV 4 Host: Yeovil Olympiads**

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

**Website: [www.yeovilolympiads.com](http://www.yeovilolympiads.com)**

<b>1-11</b>	<b>City of Portsmouth AC</b>	<b>White, Blue horizontal &amp; Red vertical stripes</b>
<b>2-22</b>	<b>Croydon Harriers</b>	<b>White Vest with 2 Dark Blue Hoops + Logo</b>
<b>3-33</b>	<b>Derby - Mansfield Joint AC</b>	<b>Derby:White+Red/Green sidebar,Mansfield:Blue&amp;Green</b>
<b>4-44</b>	<b>Reading AC</b>	<b>Red + Blue White sidebars</b>
<b>5-55</b>	<b>Tonbridge AC</b>	<b>White Vest with 3 narrow Dark Blue Hoops + Logo</b>
<b>6-66</b>	<b>Yeovil Olympiads</b>	<b>Orange &amp; Blue</b>

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

#### DIV 4 Timetable

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

### 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

