



**British
Athletics
League**

**PROGRAMME
Saturday, May 6, 2018**

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

**PREM club: City of Sheffield
& Dearne AC**

DIV 3 Host: Trafford AC

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

1-11	Birchfield Harriers	Black vest with Gold Stag
2-22	Cardiff AAC	Blue + Red & White stripes
3-33	City of Sheffield & Dearne AC	Blue / Green
4-44	Newham & Essex Beagles	Black with Gold band
5-55	Shaftesbury Barnet Harriers	Black & White vertical stripes, with Red piping
6-66	Swansea Harriers	White, with 2 Green bands
7-77	Thames Valley Harriers	Sky Blue with Black Chevrons
8-88	Woodford Green & Essex Ladies	Green & White Bands

Events		PREM Lane Draw
Triple Jump	A	4-7-2-5-6-8-1-3
	B	88-11-33-44-77-22-55-66
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
Long Jump	A	1-3-4-7-2-5-6-8
	B	55-66-88-11-33-44-77-22
Javelin	A	6-8-1-3-4-7-2-5
	B	77-22-55-66-88-11-33-44
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

PREM Timetable

Start Time	
10:00:00	Triple Jump
11:05:00	Hammer
12:00:00	400m Hurdle
12:15:00	High Jump
12:15:00	Pole Vault
12:30:00	800 Metre
13:00:00	100 Metre
13:30:00	S/Chase
13:45:00	Discus
14:15:00	110m Hurdle
14:45:00	400 Metre
15:00:00	Long Jump
15:05:00	Javelin
15:10:00	1500 Metre
15:30:00	200 Metre
15:40:00	Shot Put
16:00:00	5k-3k
16:40:00	4x100m Relay
17:00:00	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