



**British  
Athletics  
League**

**PROGRAMME  
Saturday, Jul 7, 2018**

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**2018 Round 3 BAL DIVISION 1**

**Hosts: The BRITISH ATHLETIC LEAGUE**  
with kind permission of  
**Bedford & County AC at**

**Bedford International Athletics Stadium,  
Barker's Lane, Bedford, MK41 9SB**

[www.bedfordandcountyac.org.uk](http://www.bedfordandcountyac.org.uk)

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

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

Timetable                      DIVISION 1

Start Time	
10:00:00	400m Hurdle
10:00	Javelin
10:50	5k-3k
11:30	Long Jump
11:45	Hammer
11:50	100 Metre
12:30	800 Metre
13:05	Shot Put
13:20	S/Chase
13:30	Pole Vault
14:20	400 Metre
14:50	High Jump
15:00	1500 Metre
15:00	Triple Jump
15:40	110m Hurdle
16:30	200 Metre
16:35	Discus
17:10	4x100m Relay
17:30	4x400m Relay

## **Notes / Adjustments / Additions to Programme**

### **3k / 5k**

Round 3 will be 3k, while Round 4 will be 5k.

There will be no amendments to timetable because of this.

### **Pole Vault & High Jump**

Round 3 will be normal heights.

(Round 4 - the heights will be the ones ending in 3's and 8's)

### **Non-Scoring races & Guests**

Due to the large number of events and tight schedule, on BIG SATURDAY

There will be **NO Non-Scoring events** and **NO GUEST competitors**.

