



**British
Athletics
League**

**PROGRAMME
Saturday, Jul 7, 2018**

2018 Round 3 BAL DIVISION 3

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

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

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

Timetable

DIVISION 3

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

