



**British
Athletics
League**

**PROGRAMME
Saturday, Jul 7, 2018**

2018 Round 3 BAL DIVISION 4

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

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

Timetable

DIVISION 4

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

