



**British  
Athletics  
League**

**PROGRAMME  
Saturday, Jul 7, 2018**

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## 2018 Round 3 Premiership

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

<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>Long Jump</b>	A	2-5-6-8-1-3-4-7
	B	33-44-77-22-55-66-88-11
<b>5k-3k</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>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>Discus</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>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>Hammer</b>	A	6-8-1-3-4-7-2-5
	B	77-22-55-66-88-11-33-44
<b>1500 Metre</b>	A	2-5-6-8-1-3-4-7
	B	33-44-77-22-55-66-88-11
<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>High Jump</b>	A	4-7-2-5-6-8-1-3
	B	88-11-33-44-77-22-55-66
<b>Javelin</b>	A	4-7-2-5-6-8-1-3
	B	88-11-33-44-77-22-55-66
<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 for Premiership

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