

Southern Athletics League Timetable 2011 for a Four-Team Match

(Adjustments may be needed to the timetable if the stadium has an inside pole vault or long/triple jumps; host clubs must inform visiting clubs of changes at least 14 days before the match)

TIME	TRACK EVENT	FIELD EVENT	OFFICIALS
12.00		Women's Hammer	1
		Women's Pole Vault	1
		Men's Shot	2
		Men's High Jump	4
12.15	Women's 400mH Men's 400mH	Women's Long Jump	3
12.35	Women's 800m Men's 800m		
12.45		Men's Hammer	1
12.50	Women's 100m Men's 100m		
1.00		Women's Shot	2
1.25	Women's 400m Men's 400m		
1.30		Men's Long Jump	3
		Women's Javelin	4
1.40	Women's 3000m		
2.00	Women's 100mH	Men's Pole Vault	1
2.15	Men's 5000m (1/3/5) Men's 3000m (2/4)	Men's Javelin	4
2.30		Women's Triple Jump	3
2.45	Men's 110mH		
3.00	Women's 200m Men's 200m	Women's Discus	2
3.20	Women's 1500m Men's 1500m		
3.30		Women's High Jump	4
		Men's Triple Jump	3
3.40	Women's 1500m S/c (1/3/5) (if adjustable barriers are available) Women's 2000m S/c (2/4) (if adjustable barriers are available)		
3.45		Men's Discus	2
4.00	Women's 4x100m Relay Men's 4x100m Relay		
4.10	Men's 3000m S/c (2/4) Men's 2000m S/c (1/3/5)		
4.30	Women's 4x400m Relay Men's 4x400m Relay		

Non-scoring athletes from the participating clubs will be permitted in all events on the track. They may run with the scoring races or after the scoring races. In the field events, clubs are restricted to one non-scoring athlete per club per event. (Additional non-scoring field-events may be allowed at the discretion of the Field Referee.)

On an 8-lane track A & B could run together in all track events. A & B must compete together at 1500m and above. In the field events the first four scoring athletes, after three attempts, would have a further three attempts.

The host club must provide chiefs and referees, starters/marksmen, announcers and recorder(s). The host clubs to sort out officials from those present from all the competing clubs to cover events that should have been covered by clubs who have failed to bring a full quota of officials, or if a team has not turned up.