

SOUTHERN WOMEN'S TRACK & FIELD LEAGUE
TIMETABLE FOR SINGLE FIXTURE 2009 - PREMIER DIVISION & DIVISION 1 ONLY – Seniors & U15s

(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 any changes at least 14 days before the match)

TIME	TRACK EVENT		FIELD EVENT		
1.00			Long Jump	Women	T3
			Hammer	Women	T1
			High Jump	U15G	T4
1.30	300mH	U17W & 'B'N/S			
	400mH	Women			
1.45	100m	U15G	Shot	U15G	T2
	100m	Women	Discus	Women	T3
			Pole Vault	Women	T1
1.55	100m	U15G, U17W & WOMEN N/S			
2.05	800m	Women			
	800m	Women N/S			
	800m	U15G			
	800m	U15G N/S			
2.25	100mH	Women			
2.30			Javelin	U15G	T2
2.35	3000m	Women & N/S			
2.45			Long Jump	U15G & N/S	T3
			Shot	Women	T4
			High Jump	Women	T1
2.50	80mH	U17W			
	75mH	U15G			
3.05	400m	Women			
3.15	200m	U15G			
	200m	Women			
3.30	1500m	Women	Discus	U15G	T4
	1500m	U15G	Triple Jump	Women	T2
			Javelin	Women	T3
3.50	4x100m	Women			
	4x100m	U15G			
	4x100m	U15G N/S			
4.10	4x400m	Women			
	4x400m	Women N/S			

SOUTHERN WOMEN'S TRACK & FIELD LEAGUE
TIMETABLE FOR DOUBLE FIXTURE 2009
PREMIER DIVISION & DIVISION 1 ONLY- Seniors & U15Gs

(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 any changes at least 14 days before the match)

TIME	TRACK EVENT		FIELD EVENT		
12.00			Hammer	Women	HOST 1
12.30			Long Jump	Women	B1
			High Jump	U15G	C1
			Shot	U15G	D1
1.30	300mH	U17W & 'B'N/S	Discus	Women	B2
	400mH	Women	Pole Vault	Women	HOST 2
1.45	100m	U15G			
	100m	U15G N/S			
	100m	U17W N/S			
	100m	Women			
	100m	Women N/S			
2.05			Long Jump	U15G	C2
2.15			Javelin	U15G	B1
2.20	800m	Women	High Jump	Women	D1
	800m	Women N/S			
	800m	U15G			
	800m	U15G N/S			
2.50	75mH	U15G			
	80mH	U17W			
3.00			Shot	Women	D2
3.05	3000m	Women & N/S			
3.15			Triple Jump	Women	B2
			Discus	U15G	C1
3.30	100mH	Women			
3.45	400m	Women			
4.00	200m	U15G			
	200m	Women			
4.15			Javelin	Women	C2
			Long Jump	U15G N/S	D2
4.20	1500m	Women			
	1500m	U15G			
4.40	4x100m	Women			
	4x100m	U15G			
	4x100m	U15G N/S			
5.00	4x400m	Women			
	4x400m	Women N/S			

On an 8-lane track Match 1 A&B can run together, then Match 2, up to 1500 metres, then both matches together for the 3000m. In the field events the first four in each match after three attempts would have a further three attempts. At the discretion of the track referee both match relays could be run together and certainly the Women's 4x400m. Combining both matches for the field events means there is only one 'warm up'.

The host clubs to liaise on chiefs and referees, also starters/marksmen and announcers. Both host clubs must provide a 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.

**TIMETABLE FOR JOINT FIXTURES 2009 BETWEEN SOUTHERN MEN'S LEAGUE AND
SWT&FL PREMIER DIVISION or DIVISION 1 only – Seniors & U15s.**

(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 any changes at least 14 days before the match)

TIME	TRACK EVENT	FIELD EVENT		
12.00		Hammer	Women	W1
		Pole Vault	Women	W2
12.45		Hammer	Men	M1
1.00	300mH U17W -'A' & N/S 400mH Women 400mH Men	Long Jump	Men	M2
1.20		High Jump	U15G	W3
1.25	100m U15G 100m Women 100m Men 100m U15G, U17W & Women N/S 100m Men N/S			
1.40		Javelin	U15G	W4
1.50	800m U15G 800m U15G N/S 800m Women 800m Women N/S 800m Men 800m Men N/S			
2.00		Long Jump	Women	W1
		Shot	Women	W2
		Pole Vault	Men	M1
2.25		Javelin	Men	M4
2.40	75mH U15G 80mH U17W			
2.50	5000m Men			
3.00		High Jump	Men	M5
		Shot	Men	M3
		Long Jump	U15G & N/S	W4
3.10	100mH Women			
3.20	3000m Women & N/S	Discus	Women	W3
3.40	110mH Men			
3.45		Triple Jump	Men	M2
3.55	400m Women 400m Men			
4.00		Shot	U15G	W1
4.05		Discus	Men	M3
4.10	200m U15G 200m Women 200m Men 200m Men N/S			
4.30		High Jump	Women	W2
4.45	1500m U15G 1500m Women 1500m Men 1500m Men N/S	Triple Jump	Women	W3
5.00		Javelin	Women	W4
		Discus*	U15G	W1
5.15	4x100m Women 4x100m U15G 4x100m Men 4x100m U15G N/S			
5.35	3000m S/C Men			
5.50	4x400m Women 4x400m Men 4x400m Women N/S			

*DISCUS If throwing facilities allow U15G's Discus and Women's Javelin will both be held at 5pm, if not U15G's Discus will follow Women's Javelin.

The SML allow non-scorers in all events.

SOUTHERN WOMEN'S TRACK & FIELD LEAGUE

TIMETABLE FOR SINGLE FIXTURE 2009 – DIVISIONS 2 NORTH, SOUTH & WEST – Seniors & U15Gs

(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 any changes at least 14 days before the match)

TIME	TRACK EVENT		FIELD EVENT		MATCH		
					1/3	2/4	5
12.15			Hammer	Women	T3	T5	T7
12.30			Long Jump	Women	T1	T6	T2
1.00			High Jump	U15G	T2	T7	T1
			Shot	U15G	T4	T1	T3
1.15			Discus	Women	T5	T2	T4
1.30	300mH	U17W & 'B'N/S	Pole Vault	Women	T6	T3	T5
	400mH	Women	Long Jump	U15G	T7	T4	T6
1.45	100m	U15G					
	100m	Women					
2.00	100m	U15G N/S					
	100m	U17W N/S					
	100m	Women N/S					
2.15			Javelin	U15G	T1	T6	T2
2.20	800m	Women	High Jump	Women	T3	T5	T7
	800m	Women N/S					
	800m	U15G					
	800m	U15G N/S					
2.50	75mH	U15G					
	80mH	U17W					
3.00			Shot	Women	T2	T7	T1
3.05	3000m	Women & N/S					
3.15			Triple Jump	Women	T4	T1	T3
			Discus	U15G	T7	T4	T6
3.30	100mH	Women					
3.45	400m	Women					
4.00	200m	U15G					
	200m	Women					
4.15			Javelin	Women	T6	T3	T5
			Long Jump	U15G N/S	T5	T2	T4
4.20	1500m	Women					
	1500m	U15G					
4.40	4x100m	Women					
	4x100m	U15G					
	4x100m	U15G N/S					
5.00	4x400m	Women					
	4x400m	Women N/S					

The host club to liaise with the other clubs on chiefs and referees, also starters/marksmen, recorders and announcers. The host club 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.

SOUTHERN WOMEN'S TRACK & FIELD LEAGUE
TIMETABLE FOR DOUBLE FIXTURE 2009 – PREMIER DIVISION or DIVISION 1 with DIVISIONS 2N or 2S or 2W
Seniors & U15Gs

(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	AGE GROUP	MATCH	OFFICIALS
12.00		HAMMER	WOMEN	1	HOST 1
12.15		LONG JUMP	WOMEN	1	C1
		HIGH JUMP	U15G	1	B1
1.00	300M HURDLES 400M HURDLES		U17W & 'B'N/S WOMEN		
		HAMMER	WOMEN	2	HOST 2
		SHOT	U15G	2	D2
		TRIPLE JUMP	WOMEN	2	B2
1.20	100 METRES		U15G		
1.35	100 METRES		WOMEN		
		POLE VAULT	WOMEN & N/S	1&2	HOST 1
		HIGH JUMP	WOMEN	1	D1
1.50	100 METRES		N/S U15G,U17W&WOMEN		
1.45		LONG JUMP	U15G	1	C1
		JAVELIN	WOMEN	1	B1
2.00	800 METRES		WOMEN WOMEN N/S		
		DISCUS	U15G	2	C2
		SHOT	WOMEN	2	E2
2.15	800 METRES		U15G U15G N/S		
2.30		LONG JUMP	WOMEN	2	F2
2.40	75M HURDLES		U15G		
2.45		JAVELIN	U15G	1	B1
2.55	80M HURDLES		U17W		
3.00		DISCUS	WOMEN	2	G2
		HIGH JUMP	WOMEN	2	HOST 2
		SHOT	WOMEN	1	D1
3.05	3000METRES		WOMEN & N/S	1&2	
3.15		LONG JUMP	U15G	2	D2
		LONG JUMP	U15G N/S	1&2	C2
3.25	100M HURDLES		WOMEN		
3.35	400 METRES		WOMEN		
3.45		JAVELIN	U15G	2	E2
3.50	200 METRES		U15G		
4.00		DISCUS	WOMEN	1	C1
		SHOT	U15G	1	B1
		TRIPLE JUMP	WOMEN	1	HOST 1
4.05	200 METRES		WOMEN		
4.15		HIGH JUMP	U15G	2	G2
4.20	1500 METRES		WOMEN		
4.35	1500 METRES		U15G		
4.45		JAVELIN	WOMEN	2	F2
4.55	4X100 METRES		WOMEN		
5.00		DISCUS	U15G	1	D1
5.10	4X100 METRES		U15G & N/S		
5.30	4X400 METRES		WOMEN & N/S		

The host club, which could be a Division 2 club, to liaise with the other clubs on chiefs and referees, also starters/marksmen, recorders and announcers. The host & second host club 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.

Match 1 will be the Premier or Division 1 match and Match 2 will be the Division 2 match.

**SOUTHERN WOMEN'S TRACK & FIELD LEAGUE
TIMETABLE 2009 FOR A SINGLE SENIOR ONLY 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	OFFICIALS	
			SENIOR 1&2	SENIOR 3 1/5	2/4
12.00		Hammer	1	1	2
		Pole Vault	2	3	4
12.30	300m Hurdles U17W – Non-scoring	Long Jump	3	5	6
	400m Hurdles				
12.50	800m				
1.10	100m	Discus	4	7	8
1.30		High Jump	1	9	10
1.40	400m				
2.00		Triple Jump	3	2	1
2.10	3000m A&B	Shot Putt	4	4	3
2.35	80m Hurdles U17W – Non-scoring				
2.50	100m Hurdles				
3.05	200m				
3.10		Javelin	2	6	5
3.20	1500m A&B				
3.40	4x100m Relay				
3.55	4x400m Relay				

Non-scoring athletes welcomed in all track & field events. Please note the SWT&FL rules regarding the number of events each age group can do at a meeting.

SOUTHERN WOMEN'S TRACK & FIELD LEAGUE
TIMETABLE 2009 FOR A DOUBLE SENIOR ONLY 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	MATCH	OFFICIALS
12.00		Hammer Pole Vault Shot	1 1&2 2	A2 HOST A B2
12.30		Long Jump	1	A3
12.45		Hammer	2	B3
1.00		Shot	1	A4
1.30	300m Hurdles U17W – Non-scoring 400m Hurdles	Long Jump High Jump	2 1&2	B4 HOST B
1.45		Javelin	1	A3
1.50	800m			
2.10	100m			
2.30	400m	Triple Jump Javelin	1 2	A2 B2
2.45	3000m A&B			
3.10	80m Hurdles U17W – Non-scoring			
3.15		Discus	1	A4
3.20	100m Hurdles			
3.30		Triple Jump	2	B3
3.40	200m			
4.00	1500m A&B	Discus	2	B4
4.20	4x100m Relay			
4.30	4x400m Relay			

Non-scoring athletes welcomed in all track & field events. Please note the SWT&FL rules regarding the number of events each age group can do at a meeting.

On an 8-lane track Match 1 A&B can run together, then Match 2, up to 1500 metres, then both matches together for the 3000m. In the field events the first four after three attempts would have a further three attempts. At the discretion of the track referee both match relays could be run together and certainly the Women's 4x400m.

The host clubs to liaise on chiefs and referees, also starters/marksmen and announcers. Both host clubs must provide a 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.

SOUTHERN WOMEN'S TRACK & FIELD LEAGUE

TIMETABLE FOR DOUBLE FIXTURE 2009 – PREMIER DIVISION or DIVISION 1 with a SENIOR DIVISION

(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	AGE GROUP	MATCH	OFFICIALS
12.00		HAMMER	WOMEN	1	HOST 1
12.15		LONG JUMP	WOMEN	1	C1
		HIGH JUMP	U15G	1	B1
1.00	300M HURDLES		U17W & B'N/S	1	
	300M HURDLES		U17W N/S	S	
	400M HURDLES		WOMEN	1&S	
		HAMMER	WOMEN	S	HOST S
		TRIPLE JUMP	WOMEN	S	BS
1.20	100 METRES		U15G		
1.25	100 METRES		WOMEN		
		POLE VAULT	WOMEN & N/S	1&S	HOST 1
		HIGH JUMP	WOMEN	1	D1
1.35	100 METRES		N/S U15G,U17W&WOMEN		
1.45		LONG JUMP	U15G & N/S	1	B1
		JAVELIN	WOMEN	1	C1
1.50	800 METRES		WOMEN		
			WOMEN N/S		
		SHOT	WOMEN	S	CS
2.00	800 METRES		U15G		
2.05		LONG JUMP	WOMEN	S	DS
2.10	75M HURDLES		U15G		
2.25		JAVELIN	U15G	1	D1
2.15	80M HURDLES		U17W		
			U17W N/S	S	
2.25	3000M		WOMEN & N/S	1&S	
2.40	100M HURDLES		WOMEN		
2.45		DISCUS	WOMEN	S	BS
		HIGH JUMP	WOMEN	S	HOST S
		SHOT	WOMEN	1	B1
2.50	400 METRES		WOMEN		
3.00	200 METRES		U15G		
3.05	200 METRES		WOMEN		
		DISCUS	WOMEN	1	C1
		SHOT	U15G	1	D1
		TRIPLE JUMP	WOMEN	1	HOST 1
3.15	1500 METRES		WOMEN		
3.30	1500 METRES		U15G		
3.40		JAVELIN	WOMEN	S	BS
3.45	4X100 METRES		WOMEN		
4.00		DISCUS	U15G	1	B1
4.00	4X100 METRES		U15G & N/S		
4.15	4X400 METRES		WOMEN & N/S		

Premier Division or Division 1 is Match 1. There are non-scoring U17W Hurdles in the Senior Division match and if non-scorers can be accommodated they are allowed in the Senior Division events. SWT&FL rules apply to the numbers of events an athlete can do (Scoring & Non-scoring).

On an 8-lane track Match 1 A&B can run together, then Match 2, up to 1500 metres, then both matches together for the 3000m. In the field events the first four in each match after three attempts would have a further three attempts. At the discretion of the track referee both match relays could be run together and certainly the Women's 4x400m.

The host clubs to liaise on chiefs and referees, also starters/marksmen and announcers. Both host clubs must provide a 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.

TIMETABLE FOR JOINT FIXTURES 2009 BETWEEN SOUTHERN MEN'S LEAGUE AND SOUTHERN WOMEN'S TRACK & FIELD LEAGUE (SWT&FL SENIOR DIVISIONS 1, 2 & 3)

(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 any changes at least 14 days before the match)

TIME	TRACK EVENT		FIELD EVENT		S.DIV 1&2	S.DIV 3
12.00			Hammer	Women	W1	W1
			Pole Vault	Women	W2	W2
12.30	300mH	U17W N/S				
	400mH	Women				
	400mH	Men				
12.45			Hammer	Men	M1	
			Long Jump	Men	M2	
12.55	100m	Women				
	100m	Women N/S				
	100m	Men				
	100m	Men N/S				
1.00			Shot	Women	W4	W4
1.20	800m	Women				
	800m	Women N/S				
	800m	Men				
	800m	Men N/S				
1.30			Javelin	Men	M4	
			Long Jump	Women	W3	W3
1.40	80mH	U17W N/S				
1.50	5000m	Men	Pole Vault	Men	M1	
2.15			Discus	Women	W2	W5
			Triple Jump	Men	M2	
2.20	100mH	Women				
2.30	3000m	Women & N/S				
2.50	110mH	Men				
3.00			High Jump	Women	W1	W6
			Shot	Men	M3	
			Javelin	Women	W4	W7
3.05	400m	Women				
	400m	Women N/S				
	400m	Men				
	400m	Men N/S				
3.20	200m	Women				
	200m	Women N/S				
	200m	Men				
	200m	Men N/S				
3.30			Triple Jump	Women	W3	W8
3.40	1500m	Women				
	1500m	Men				
	1500m	Men N/S				
3.45			High Jump	Men	M5	
			Discus	Men	M3	
4.00	4x100m	Women				
	4x100m	Men				
4.15	3000m S/C	Men				
4.30	4x400m	Women				
	4x400m	Men				
	4x400m	Women N/S				

There are non-scoring U17W Hurdles in the Women's Senior Division match and if non-scorers can be accommodated they are allowed in all Senior Division events. SWT&FL rules apply to the number of events an athlete can do (Scoring & Non-scoring). The SML allow non-scorers in all events.