

# Sweatshop Southern Athletics League Timetable 2013

(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         |
|       |  | Women's Long Jump   | 3         |
| 12.15 | Women's 400mH  |                     |           |
|       | Men's 400mH  |                     |           |
| 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         |
| 1.15  |  | Men's Long Jump     | 3         |
| 1.25  | Women's 400m   |                     |           |
|       | Men's 400m   |                     |           |
| 1.30  |  | 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 Javelin       | 4         |
|       | Men's 3000m (2/4)  |                     |           |
| 2.30  |  | Women's Triple Jump | 3         |
| 2.45  | Men's 110mH  |                     |           |
| 3.00  | Women's 200m   | Women's Discus      | 2         |
|       | Men's 200m   |                     |           |
| 3.20  | Women's 1500m  |                     |           |
|       | Men's 1500m  |                     |           |
| 3.30  |  | Women's High Jump   | 4         |
|       |  | Men's Triple Jump   | 3         |
| 3.40  | Men's 3000m S/c (2/4)  |                     |           |
|       | Men's 2000m S/c (1/3/5)  |                     |           |
| 3.45  |  | Men's Discus        | 2         |
| 4.00  | Women's 4x100m Relay   |                     |           |
|       | Men's 4x100m Relay   |                     |           |
| 4.10  | 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)   |                     |           |
| 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-event athletes may be allowed at the discretion of the Field Referee.)

On an 8-lane track A & B should run together in all track events. A & B must compete together at 800m 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.