Timetable for 2023 Rosenheim League West

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Time | **Kingsmeadow (K&P)** | | **Ewell (E&E)** | | **St Marys (St Marys)** | | **Kingston (Final)** | |
|  | May 17th | | June 14th | | July 19th | | August 16th | |
| Light | 20:48 | | 21:18 | | 21:07 | | 20:21 | |
|  | Track | Field | Track | Field | Track | Field | Track | Field |
| 6.45 | 2K SC M | High J | 400mH | PV | 110mH / 100mH | High J | 2K SC M | PV |
|  |  | Javelin |  | Hammer |  | Hammer |  | Discus |
| 6.55 | 800m |  | 800m |  | 800m |  | 800m |  |
| 7.05 | 100m |  | 100m |  | 100m |  | 100m |  |
| 7.20 | 1500m SC W |  |  |  |  |  | 1500m SC W |  |
| 7.30 | 400m |  | 400m |  | 400m |  | 400m |  |
| 7.45 | 1500m | Shot | 1500m | Javelin | 1500m | Discus | 1500m | Shot |
|  |  | Long J |  | Triple J |  | Triple J |  | Long J |
| 8:05 | 200m |  | 200m |  | 200m |  | 200m |  |
| 8.20 | 3000m |  | 3000m |  | 3000m |  | 3000m |  |
| 8.30 | 4\*200 |  | 4\*200 |  | 4\*200 |  | 4\*200 |  |

Entry is Limited to Members of the West Rosenheim League Clubs and must be U17 and above. Non-scorers from league teams can compete in all events, members of East league can non-score in track events. External non-scoring at discretion of host club.

All competitors will get at least three attempts in throws and jumps, further attempts at discretion of meeting organiser.

Competing Clubs to supply a track judge or time keeper and a field Judge.

Light times are conclusion of technical events.

Walton = W, Kingston = K, Woking = Z, St Mary’s = S, E&E = E, British Airways = B

Top 4 Qualify for Final.

Entry = £180

Timetable for 2023 Rosenheim League East

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Time | **Battersea (Belgrave)** | | **Sutton (Croydon)** | | **Tooting (HHH)** | | **Kingsmeadow (Final)** | |
|  | May 17th | | June 14th | | Jul 19th | | August 16th | |
| Light | N/A | | N/A | | 21:07 | | 20:21 | |
|  | Track | Field | Track | Field | Track | Field | Track | Field |
| 6.45 | 400mH | High J | 2K SC M | PV | 110mH / 100mH | High J | 2K SC M | PV |
|  |  | Javelin |  | Hammer |  | Hammer |  | Discus |
| 6.55 | 800m |  | 800m |  | 800m |  | 800m |  |
| 7.05 | 100m |  | 100m |  | 100m |  | 100m |  |
| 7.20 |  |  | 1500m SC W |  |  |  | 1500m SC W |  |
| 7.30 | 400m |  | 400m |  | 400m |  | 400m |  |
| 7.45 | 1500m | Shot | 1500m | Javelin | 1500m | Discus | 1500m | Shot |
|  |  | Long J |  | Triple J |  | Triple J |  | Long J |
| 8:05 | 200m |  | 200m |  | 200m |  | 200m |  |
| 8.20 | 3000m |  | 3000m |  | 3000m |  | 3000m |  |
| 8.30 | 4\*200 |  | 4\*200 |  | 4\*200 |  | 4\*200 |  |

Entry is Limited to Members of the East Rosenheim League Clubs and must be U17 and above. Non-scorers from league teams can compete in all events, members of West league can non-score in track events. External non-scoring at discretion of host club.

All competitors will get at least three attempts in throws and jumps, further attempts at discretion of meeting organiser.

Competing Clubs to supply a track judge or time keeper and a field Judge.

Light times are conclusion of technical events.

Belgrave (B), Croydon (C), Holland Sports (O), Serpentine (S), Herne Hill Harriers (H), Striders of Croydon (TBC)

Top 4 Qualify for Final.

Entry = £180