**Southern Athletics League Timetable 2023**

**(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**

**11.30 Women’s Hammer 1**

**12.00 Women’s & Men’s 400m Hurdles 12.00 Mixed Pole Vault A 4**

 **12.00 Men’s High Jump 2**

 **12.00 Women’s Long Jump 3**

**12.30 Women’s & Men’s 800m 12.30 Men’s Hammer 1**

 **12.35 Women's Shot 5**

**1.00 Women’s & Men’s 100m**

**1.20 Men’s Long Jump 3**

**1.30 Women’s Javelin 2**

**1.35 Women’s & Men’s 400m 1.35 Men’s Shot 5**

**2.00 Mixed Pole Vault B 1**

**2.15 Women’s 100m Hurdles**

**2.30 Women’s & Men’s 3000m (1,3) 2.30 Men’s Javelin 2**

 **Women’s & Men’s 5000m (2,4)**

**2.45 Women’s Triple Jump 5**

**3.05 Men’s 110mH**

**3.20 Women’s & Men’s 200m**

**3.30 Women’s Discus 4**

 **3.30 Women’s High Jump 3**

**3.50 Men’s & Women’s 1500m**

**4.10 Men’s 3000m S/C (1,3) 4.10 Men’s Triple Jump 5**

 **Men’s 2000m S/C (2,4)**

**4.30 Women’s & Men’s 4x100m 4.30 Men’s Discus 4**

**4.45 Women’s 2000m S/c (1,3)**

 **Women’s 1500m S/c (2/4)**

**5.00 Women’s & Men’s 4x400m (1,3)**

 **Mixed 4x400m Relay (2,4) with A and B strings (2 men/2 women any order)**

**First Claim members of clubs who are at least 15 on 31st August in the year of competition may compete. Second Claim members (up to a maximum of 5 per team per match) may also compete provided that their First Claim Club does not compete in the SAL**

**Non-scoring athletes from the participating clubs will be permitted in all events on the track, to run with the scoring races or after the scoring races**

**Track events: Women’s event will always precede the Men’s event (except the 1500m where the Men will run first). Where it is sensible to do so, the Men’s and Women’s 3000m/5000m can be combined.**

**A & B must compete together at 1500m and above in all track events.**

**In the field events, clubs are restricted to one non-scoring athlete per club per event. Non-scoring places not used by one club can be used by another participating club by prior arrangement between team managers. (Additional non-scoring field-event athletes may be allowed at the discretion of the Field Referee).**

**Warm-ups: Throws, Horizontal Jumps: 15 minutes before start; Vertical Jumps: 30 minutes before start.**

**Field events, except HJ & PV: the first four scoring athletes, after three attempts, will have a further three attempts.**

**Pole Vault: Pool A: First Height is the higher of the minimum requested and lowest height. Second Height is 1.70m (Rounds 1 and 3) and 1.75m (Rounds 2 and 4).**

**Pole Vault: Pool B: First Height is the higher of the minimum requested and lowest height. Second Height is 2.50m.**

**Athletes can only compete in one Pool.**

**The host club must provide chiefs and referees, starters/marksmen, announcers, officials, refreshments and recorder(s).**

**Field Team 6 must report to the Field Referee at 11am to be assigned their duties.**