

Timetable for East Anglian League final 2019

Track			Field			Judges club
10.45	Hurdles	U13 Girls 70m U15 Girls 75m U13 Boys 75m U17 Women 80m "A" U15 Boys 80m Women 100m "A" U17 Men 100m "A" Sen Men 110m "A"	10.45	Hammer Longjump Highjump Shot Longjump	Sen Men and U17 Men ("A" string only) U15 Boys (Pit 1) Women (Bed 1) U15 Girls U17 Women (Pit 2)	
11.35	800m	U13 Girls U15 Girls U17 Women "A" Women U13 Boys U15 Boys U17 Men "A" Sen Men	11.35	Hammer Highjump Longjump Shot	Sen W'n & U15 Boys("A" string only) U13 Girls (Bed 2) U13 Boys (Pit 1) U17 Men (A string only)	
			11.50	Triplejump	Sen + U17 Women (Pit 2) (A strings only)	
12.50	100m	U13 Girls U15 Girls U17 Women Women U13 Boys U15 Boys U17 Men Sen Men	12.25	Highjump Javelin Longjump Shot Hammer	U13 Boys (Bed 1) U13 Girls /U13 Boys ("A" string only) Senior Women (Pit 1) Sen Men. U15 Girls & U17 Women ("A" string only)	
Track	Break		13.10	Javelin Discus Triple Jump Shot	Sen Women U15 Boys U17 men (Pit 2) (A string only) U17 Women (A string only)	
14.15	400m	Women U17 Men "A" Sen Men	13.15	Highjump	U15 Girls (Bed 2)	
14.35	300m	U15 Girls U17 Women "A" U15 Boys	13.35	Longjump	Sen Men (Pit 1)	
15.00	1500m	U13 Girls U15 Girls U17 Women "A" Women U13 Boys U15 Boys U17 Men "A" Sen Men	13.55	Shot Discus Javelin	Senior Women Sen Men U15 Girls + U17 Women (A)	
16.10	200m	U13 Girls U15 Girls U17 Women Women U13 Boys U15 Boys U17 Men Sen Men	14.05	Highjump	U15 Boys (Bed 1)	
17.10	4 x 100	Women Sen Men U17 Women U17 Men U15 Girls U15 Boys U13 Girls U13 Boys	14.35	Long jump Shot Highjump	U17 Men (Pit 1) U13 Girls U17 Women (Bed 2) (A string only)	
			14.35	Discus Triple Jump	U15 Girls U15 boys (Pit 2) (A string only)	
			15.00	Javelin	U17 Men (A satring only)	
			15.00	Highjump	Sen Men (Bed 1)	
			15.15	Discus	Senior + U17 Women (A string)	
			15.30	Longjump Shot	U15 Girls (Pit 1) U13 Boys	
			15.45	Javelin	U15 Boys	
			16.00	Highjump	U17 Men (Bed 1)	
			16.15	Discus	U17 Men (A string only)	
			16.20	Triplejump Shot Longjump	Sen Men (Pit 2) (A string only) U15 Boys U13 Girls (Pit 1)	
			16.30	Javelin	Sen Men	
			16.45	Discus	U13 Girls/U13 Boys ("A" string only)	

- The Field Referee may cancel an event if no graded official is provided to lead the team (allocated club's responsibility)
- Strict max. limit of two warm-up attempts in all field events, but athletes must be allowed the two if they want them.
- **No non-scorers. Athletes may compete in one age-group only, and, for this final, that must be their correct competition age-group. Athletes may not move to a higher age-group because their age-group did not qualify.**
- 1500m races will be run as one race per agegroup in all cases

Highjump Progressions – In all age-groups, the one lowest height chosen, Then -U13 Girls 1.10m, U15 Girls - 1.20, U17 & Sen Women 1.20, 1.30, U13 Boys - 1.10, 1.20, U15 Boys - 1.30, 1.40, 1.50, U17 Men - 1.40, 1.50, 1.60, Sen Men – 1.40, 1.50, 1.60, 1.70
Then up in 5cm steps until only two left in.

Where two clubs are responsible for an event, it is expected that each club will supply 2/3 people. The first named club will have the cards.

10.45	Hammer	Sen & U17 men
11.35	Hammer	Sen Women/u15 Boys
13.10	Discus	U15 Boys 1.25kg
14.35	Highjump	U17 Women(Bed 2)
15.45	Javelin	U15 Boys
16.30	Javelin	Sen men
10.45	Shot	U15 Girls 3kg
12.25	Javelin	U13 Girls/Boys
13.10	Javelin	Sen Women
13.55	Javelin	U15 Girls/U17 Women
15.00	Javelin	U17 Men
16.20	Triplejump	Sen men (Pit 2)
13.10	Shot	U17 Women 3kg
13.55	Discus	Sen men 2kg
16.00	Highjump	U17 men (Bed 1)
10.45	Longjump	U15 Boys (Pit 1)
11.35	Longjump	U13 Boys (Pit 1)
13.10	Triplejump	U17 Men (Pit 2)
14.35	Shot	U13 Girls 2.72kg
15.30	Shot	U13 Boys 3kg
10.45	Longjump	U17 Women (Pit 2)
12.25	Hammer	U17 Women & U15 Girls
13.55	Shot	Sen Women 4kg
15.15	Discus	Senior wwomen/U17 Women 1kg
16.15	Discus	U17 men 1.5kg
16.45	Discus	U13 Boys and Girls (1kg/0.75kg)
10.45	Highjump	Sen Women (bed 1)
14.35	Triplejump	U15 Boys (Pit 2)
15.30	Longjump	U15 Girls (Pit 1)
16.20	Longjump	U13 Girls (Pit 1)
11.50	Triplejump	Sen/u17 women (pit 2)
13.35	Longjump	Sen men (Pit 1)
15.00	Highump	Sen Men (Bed 1)
16.20	Shot	U15 Boys (4kg)
12.25	Longjump	Senior Women (Pit 1)
13.15	Highjump	U15 girls (bed 2)
11.35	Highjump	U13 Girls (bed 2)
14.35	Discus	U15 Girls (1kg)
12.25	Highjump	U13 Boys (Bed 1)
12.25	Shot	Sen men (7.26k)
14.05	Highjump	U15 Boys (bed 1)
11.35	Shot	U17 men (5kg)
14.35	Longjump	u17 men (Pit 1)
12.25	Javelin	U13 Girls/Boys
13.10	Javelin	Sen Women
14.35	Discus	U15 Girls
13.10	Shot	U17 Women (with) 3kg
13.55	Discus	Sen men (with) 2kg