

# Southern Athletics League Alternative Timetable for Double Fixtures

(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 (Match/Team)
11.00		Women's Hammer	1/1
11.30		Women's Long Jump	2/1
11.55		Men's Hammer	2/2
12.00		Women's Pole Vault	1/2
		Women's Shot	2/4
		Men's High Jump	2/3
12.15	Women's 400mH Men's 400mH		
12.35	Women's 800m Men's 800m		
12.50	Women's 100m Men's 100m	Women's Javelin	1/4
1.00		Men's Shot	1/3
1.15		Men's Long Jump	1/1
1.25	Women's 400m Men's 400m		
1.40	Women's 3000m (1,3,5) Women's 5000m (2,4)		
1.45		Men's Javelin	2/3
2.00	Women's 100mH	Men's Pole Vault	1/2
2.15	Men's 5000m (1/3/5) Men's 3000m (2/4)		
2.30		Women's Triple Jump	1/4
2.45	Men's 110mH	Women's Discus	2/2
3.00	Women's 200m Men's 200m		
3.20	Women's 1500m Men's 1500m		
3.30		Women's High Jump	1/3
		Men's Triple Jump	2/1
3.40	Men's 3000m S/c (2/4) Men's 2000m S/c (1/3/5)	Men's Discus	2/4
4.00	Women's 4x100m Relay Men's 4x100m Relay		
4.10	Women's 2000m S/c (1/3/5) (if adjustable barriers are available) Women's 1500m S/c (2/4) (if adjustable barriers are available)		
4.30	Women's 4x400m Relay, Men's 4x400m Relay (1,3,5) 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. 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.) No guests or non-scoring competitors will be allowed to compete in Hammer, Javelin and Discus.

A & B must compete together at 800m and above, and in all track events where numbers permit. Both matches will run together at 1500m and above.

Under UKA rules, U17s may not run the 5000m.

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

The host club must provide chiefs and referees, starters/marksmen 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.

Match 1 Team 1 and Match 2 Team 1 must provide recorders for the declarations and results.