

**Timetable for East Anglian League matches 2011**

Track			Field			Judges club
11.45	Hurdles	U13 Girls 70m U15 Girls 75m U13 Boys 75m U17 Ladies 80m U15 Boys 80m Sen Ladies 100m U17 Men 100m Sen Men 110m	11.45	Hammer Longjump Highjump Shot Triplejump	Sen Men/U17M/U15B (see notes) U17 Men (Pit 1) U13/U15 Girls Under 13 Boys Sen Ladies/U15 Boys (Pit 2)	Club 1 Club 2 Club 5 Club 4 Club 3
12.45	600m	U11 Boys & Girls	12.20	Longjump Shot	U13 Boys (Pit 1) U13 Girls	Club 2 Club 4
1.00	800m	U13 Girls U15 Girls Sen. Ladies U13 Boys U15 Boys U17 Men Sen Men	12.35	Hammer	Sen Women/U15G (see notes)	Club 1
			12.55	Longjump Shot	U13 Girls (Pit 1) Sen Men	Club 6 Club 4
			1.05	Highjump Javelin	Sen Ladies Sen Ladies	Club 5 Club 3
1.50	100m	U13 Girls U15 Girls Sen. Ladies U13 Boys U15 Boys U17 Men Sen Men	1.30	Shot Longjump Discus	U17 Men Sen Men (Pit 1) U15 Boys	Club 4 Club 2 Club 1
			1.45	Javelin	U13 Girls/U13 Boys (see notes)	Club 3
2.35	80m	U11 Boys & Girls	2.05	Shot Discus Long jump Highjump	U15 Girls U17 Men Sen Ladies (Pit 1) U13/U15 Boys	Club 4 Club 1 Club 6 Club 5
2.45	400m	Sen. Ladies U15 Boys U17 Men Sen Men	2.40	Longjump Javelin Discus Shot	U15 Girls (Pit 1) U15 Boys Sen Men Senior ladies	Club 2 Club 3 Club 1 Club 4
3.00	300m	Under 17 Ladies U15 Girls	3.15	Javelin Discus Highjump Shot	U17 Men U15 Girls U17 Men/Sen Men U15 Boys	Club 6 Club 1 Club 5 Club 4
3.15	1500m	U13 Girls U15 Girls Sen. Ladies U13 Boys U15 Boys U17 Men Sen Men	3.50	Longjump Javelin Discus	U11 B&G (Pit 1) Sen Men U13 Girls/ U13 Boys (see notes)	Club 2 Club 3 Club 1
4.00	3000m		4.30	Javelin Triplejump Longjump Discus	U15 Girls Sen Men/U17 Men (Pit 2) U15 Boys (Pit 1) Sen Ladies	Club 3 Club 4 Club 2 Club 6
4.20	200m	U13 Girls U15 Girls Sen. Ladies U13 Boys U15 Boys U17 Men Sen Men		Highjump Progressions	The lowest height chosen, Then - U13 Girls 1.10m All other females - 1.20 U13 Boys - 1.10, 1.20 U15 Boys - 1.30, 1.40, 1.50 U17 Men - 1.40, 1.50, 1.60 Sen Men - 1.50, 1.60, 1.70 Then up in 5cm steps until only two left	
5.00	4 x 100m	U13 Girls U15 Girls Sen. Ladies U13 Boys U15 Boys U17 Men Sen Men				

- ◆ Maximum of one non-scorer per club/per agegroup in all jumps, two in most throwing events and four in track events.
- ◆ All Hammer & U13's Javelin and Discus – "A" string only to score, plus max. 1 non-scorer for each agegroup from each club
- ◆ All clubs should also provide a track judge and a timekeeper, or willing helpers to work with these teams.
- ◆ The Field Referee may cancel an event if no graded official is provided to lead the team (allocated clubs responsibility).
- ◆ Strict limit of two warm-up attempts in all field events
- ◆ 1500m and 3000m races to be run as one race per agegroup in all cases. 800m races to be run as one race whenever possible
- ◆ Tracks with restricted certificates due to infield jumps facilities will not be able to host a meeting to this timetable.
- ◆ U17 ladies are not permitted to run 100m hurdles or 400m, they must run 80m hurdles and 300m. They may compete in all other Senior ladies events. The 80m hurdles and 300m events are scored as part of the Senior ladies competition.
- ◆ Judges should be at their events 15 minutes beforehand to supervise warm-ups, so that the actual competition starts on time.