

General Timetable for East Anglian League matches 2019

Track			Field		Judges club		
11.15	Hurdles	U13 Girls 70m	11.15	Hammer	Sen Men/U17M/U15B (see notes)**	Club 1	Club 1
		U15 Girls 75m		Longjump	U17 Men (Pit 1)	Club 2	Club 2
		U13 Boys 75m		Highjump	U13/U15 Girls	Club 5	Club 5
		U17 Women 80m**		Shot	Under 13 Boys	Club 6	Club7/8
		U15 Boys 80m		Triplejump	Sen Women/U17W/U15 Boys (Pit 2)**	Club 3	Club 3
		Sen Women 100m**					
		U17 Men 100m**		11.50	Longjump	U13 Boys (Pit 1)	Club 2
			Shot	U13 Girls	Club 6	Club 6	
12.15	600m	U11 Boys & Girls	12.05	Hammer	Sen Women/U17W/U15G (see notes)**	Club 1	Club 1
12.30	800m	U13 Girls					
		U15 Girls	12.25	Longjump	U15 Girls (Pit 1)	Club 4	Club7/8
		U17 Women**		Shot	Sen Men	Club 5	Club 5
		Sen. Women		Highjump	Sen Women/U17 Women **	Club 6	Club 6
		U13 Boys		Javelin	U13 Girls**/U13 Boys**	Club 3	Club 3
		U15 Boys					
		U17 Men**	1.00	Shot	U17 Men**	Club 5	Club 5
		Sen Men		Longjump	Sen Men (Pit 1)	Club 4	Club 4
				Discus	U15 Boys	Club 2	Club 2
1.25	100m	U13 Girls	1.05	Javelin	Sen Women and U17Women **	Club 3	Club 3
		U15 Girls					
		U17 Women	1.35	Shot	U15 Girls/U17 Women**	Club 4	Club 4
		Sen. Women		Discus	U17 Men**	Club 1	Club 1
		U13 Boys		Long jump	U11 B&G (Pit 1)	Club 6	Club 6
		U15 Boys		Highjump	U13/U15 Boys	Club 5	Club 5
		U17 Men					
		Sen Men	2.10	Javelin	U15 Boys	Club 2	Club 2
2.15	80m	U11 Boys & Girls		Discus	Sen Men	Club 1	Club 1
2.30	400m	Sen. Women	2.15	Shot	Senior Women	Club 3	Club 3
		U17 Men**					
		Sen Men	2.20	Longjump	U13 Girls (Pit 1)	Club 4	Club 4
2.50	300m	U15 Girls	2.50	Javelin	U17 Men**	Club 2	Club 2
		Under 17 Women**		Discus	U15 Girls	Club 1	Club 1
		U15 Boys		Highjump	U17 Men**/Sen Men	Club 5	Club7/8
3.15	1500m	U13 Girls		Shot	U15 Boys	Club 6	Club 6
		U15 Girls	3.00	Longjump	U17 Women (Pit 2)	Club 4	Club 4
		U17 Women** + Sen. Wom					
		U13 Boys	3.25	Javelin	Sen Men	Club 1	Club 1
		U15 Boys		Discus	U13 Girls**/ U13 Boys**	Club 3	club 2
		U17 Men** + Sen Men	3.35	Longjump	Sen Women (Pit 1)	Club 6	Club 6.
4.05	200m	U13 Girls	4.15	Javelin	U15 Girls	Club 2	Club 2
		U15 Girls		Triplejump	Sen Men**/U17 Men ** (Pit 2)	Club 3	Club 3
		U17 Women		Longjump	U15 Boys (Pit 1)	Club 5	Club 5
		Sen. Women		Discus	Sen Women/U17 Women**	Club 4	Club 4
		U13 Boys		Shot	U11 B&G	Club 1	Club7/8
		U15 Boys					
		U17 Men					
		Sen Men					
4.50	4x100 Relays	U13 Girls		Highjump	U13 Girls 1.00, 1.10m		
		U15 Girls		Progressions	U15G – 1.05, 1.15, 1.20m		
		U17 Women			U17 Women – 1.10, 1.20, 1.30m		
		Sen. Women			Senior Women – 1.10, 1.20, 1.30m		
		U13 Boys			U13 Boys – 1.00, 1.10, 1.20		
		U15 Boys			U15 Boys – 1.20, 1.30, 1.40, 1.50		
		U17 Men			U17 Men – 1.25, 1.35, 1.45, 1.55		
		Sen Men			Sen Men – 1.25, 1.35, 1.45, 1.55. 1.65		
					Thereafter up in 5cm steps until only two left		

- Agegroup events marked ** are A string only plus permitted non-scorer(s)
- Maximum of one non-scorer per club/per agegroup in all jumps, and Senior and Under 17 throwing events, two in Under 13 shot and Under 15 Shot, discus and javelin. five in U13 and U15 track events, 3 in U17 and 4 in Senior track events (Host Club only may have 2 additional non-scorers in Senior track events)
- All Hammer events, and U13's Javelin and Discus – "A" string only to score, plus max. 1 non-scorer for each agegroup from each club. (Host Club only may have one additional Senior non-scorer)
- Under 17 men and Under 17 women have B strings in 100m, 200m and Longjump only

- All Club should also provide a track judge and a timekeeper, or willing helpers to work with these teams. In 7 and 8 club matches, Club 7&8 will be allocated field events and should provide help on other events as requested by the field referee.
- The Field Referee may cancel an event if no graded official is provided to lead the team (allocated Club responsibility).
- Strict limit of two warm-up attempts in all field events
- 800m races to be run as one race whenever possible. 1500m to be run as one race per age-group (Sen/U17's combined)
- Under 17's may compete in all Senior events. But must remain in that age-group for the day.
- U11's may only compete in 3 events maximum. UKA rules apply for all other age-groups. U17 women and U20 men and women competing as seniors are limited by the UKA rules for their actual age-groups.
- Judges should be at their events 15 minutes beforehand to supervise warm-ups, so that the actual competition starts on time.