

**Timetable for East Anglian League final 2011**

Track			Field			Judges club
10.45	Hurdles	U13 Girls 70m U15 Girls 75m U13 Boys 75m U17 Women 80m U15 Boys 80m Sen Women 100m U17 Men 100m Sen Men 110m	10.45	Hammer Longjump Highjump Shot	Sen Men and U17 Men (“A” string only) U15 Boys (Pit 1) Senior Women (Bed 1) U15 Girls	
			11.35	Hammer Highjump Longjump Shot Triplejump	Sen W’n and U15 Boys(“A” string only) U13 Girls (Bed 2) U13 Boys (Pit 1) U17 Men Sen Women (Pit 2)	
11.35	800m	U13 Girls U15 Girls Sen. 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) Sen Women (Pit 1) Sen Men. U15 Girls (“A” string only)	
12.50	100m	U13 Girls U15 Girls Sen. Women U13 Boys U15 Boys U17 Boys Sen Men	13.10	Javelin Discus Triple Jump	Sen Women U15 Boys U17 men (Pit 2)	
			13.15	Highjump Longjump	U15 Girls (Bed 2) Sen Men (Pit 1)	
Track	Break		13.55	Shot Discus Javelin	Senior Women Sen Men U15 Girls	
14.15	400m	Sen. Women U15 Boys U17 Boys Sen Men	14.05	Highjump	U15 Boys (Bed 1)	
14.40	300m	U15 Girls “A” only U17 Women	14.35	Long jump Shot	U17 Men (Pit 1) U13 Girls	
14.50	1500m	U13 Girls U15 Girls Sen. Women U13 Boys U15 Boys U17 Men	14.45	Javelin Discus Triple Jump	U17 Men U15 Girls U15 boys (Pit 2)	
			15.00	Highjump	Sen Men (Bed 1)	
15.45	3000m	Sen Men	15.30	Javelin Longjump Shot Discus	U15 Boys U15 Girls (Pit 1) U13 Boys U17 Men	
16.10	200m	U13 Girls U15 Girls Sen. Women U13 Boys U15 Boys U17 Boys Sen Men	16.00	Highjump	U17 Men (Bed 1)	
			16.15	Discus	Sen Women	
17.20	4 x 100	U13 Girls U15 Girls Sen. Women U13 Boys U15 Boys U17 Boys Sen Men	16.20	Triplejump Shot Javelin Longjump	Sen Men (Pit 2) U15 Boys Sen Men U13 Girls (Pit 1)	
			17.00	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.**
- Each age-group of Hammer, U13 Javelin and U13 Discus are limited to “A” string competitors only.
- 1500m and 3000m races to 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, 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 in.

**Where two clubs are responsible for an event, it is expected that each club will supply 3 people.**