

## Timetable for East Anglian League matches 2021 4/5 club

	Track			Field		Judges
11.45	Hurdles	U13 Girls 70m	11.45	Hammer	Sen Men/U17M/U15B (see notes)**	Club 1
.		U15 Girls 75m	11.45	Longjump	U17 Men (Pit 1)	Club 2
.		U13 Boys 75m	11.45	Highjump	U13/U15 Girls	Club 3
.		U17 Women 80m (A + N/S)	11.45	Shot	U13 Boys	Club 4
.		U15 Boys 80m	.	.	.	.
.		Sen Women 100m (A + N/S)	.	.	.	.
.		U17 Men 100m (A + N/S)	12.15	Longjump	U13 Boys (Pit 1)	Club 2
.		Sen Men 110m (A + N/S)	12.15	Shot	U13 Girls	Club 4
12.30		600m	U11 Girls (1 race)	12.15	Hammer	Sen Wom/U17W/U15G (see notes)**
.		U11 Boys (1 race)	.	.	.	.
12.50	800m	U13 Girls	.	.	.	.
.		U15 Girls	12.45	Longjump	U15 Girls (Pit 1)	Club 4
.		U17 Women (A + N/S)	12.45	Shot	Sen Men/U17 men**	Club 2
.		Sen. Women	12.45	Highjump	Sen Women/U17 Women**	Club 3
.		U13 Boys	.	.	.	.
.		U15 Boys	13.15	Javelin	U13G/U13B (see notes)	Club 2
.		U17 Men (A + N/S)	13.15	Longjump	Sen Men (Pit 1)	Club 4
.		Sen Men	13.15	Discus	U17 Women**/Sen Women	Club 1
13.45	100m	U13 Girls	.	.	.	.
.		U15 Girls	.	.	.	.
.		U17 Women	13.45	Shot	U15 Girls/U17 Women**	Club 2
.		Sen. Women	13.45	Discus	U17 Men**	Club 1
.		U13 Boys	13.45	Long jump	U11 B&G (Pit 2)	Club 3
.		U15 Boys	13.45	Highjump	U13/U15 Boys	Club 4
.		U17 Men	.	.	.	.
.		Sen Men	14.15		Officials break	
14.30	80m	U11 Girls	.	.	.	.
.		U11 Boys	14.30	Javelin	U15 Boys	Club 2
			14.30	Discus	Sen Men	Club 1
14.45		Officials break	14.30	Longjump	U13 Girls (Pit 1)	Club 3
15.00	400m	Sen. Women	.	.	.	.
.		U17 Men (A + N/S)	15.00	Shot	Sen Women & U15 Boys	Club 4
.		Sen Men	15.00	Javelin	Sen men & U17 Men**	Club 2
15.20	300m	U15 Girls	15.00	Discus	U15 Girls	Club 1
.		U17 Women (A + N/S)	15.00	Highjump	U17 Men**/Sen Men	Club 3
.		U15 Boys	.	.	.	.
15.45	1500m	U13 Girls	15.30	Longjump	Under 17 women (Pit 1)	Club 4
.		U15 Girls	15.30	Javelin	Senior Wom	Club 2
.		U13 Boys	15.3	Discus	U13G/U13B (see notes)	club 1
.		U15 Boys	.	.	.	.
.		U17 Women + Sen. Women	16.00	Triplejump	Sen Women/U17W (Pit 2)**	Club 1
.		U17 Men + Sen Men	16.00	Longjump	U15 Boys (Pit 1)	Club 4
16.35	200m	.	16.00	Shot	U11 B&G	Club 3
.		U13 Girls	.	.	.	.
.		U15 Girls	16.30	Javelin	U15 Girls/U17 Women**	Club 2
.		U17 Women	16.30	Triplejump	Sen Men/U17 M/U15 Boys (Pit 2)**	Club 1
.		Sen. Women	16.30	Longjump	Sen. Women (Pit 1)	Club 4
.		U13 Boys	16.30	Discus	U15 Boys	Club 3
.		U15 Boys	.	.	.	.
.		U17 Men	.	Highjump	U13 Girls - 1.00, 1.10m	.
.		Sen Men	.	Progressions	U15G - 1.05, 1.15, 1.20m	.
.			.		U17 & Sen Women - 1.10, 1.20, 1.30	.
.		.		U13 Boys - 1.00, 1.10, 1.20	.	
.		.		U15 Boys - 1.20, 1.30, 1.40, 1.50	.	
.		.		U17 Men - 1.25, 1.35, 1.45, 1.55	.	
.		.		Sen Men - 1.25, 1.35, 1.45, 1.55, 1.65	.	
.		.		Then up in 5cm steps until 2 left	.	

## **Timetable for East Anglian League matches 2021**

A maximum of five non-scorers allowed per track event in Under 13 and Under 15, three per track event in Under 17 events, and four per track event in Seniors.

Only one non-scorer allowed per age-group in Hammer, High-jump, Long-jump, Triple-jump and Under 13's Discus and Javelin.

Only two non-scorers are allowed in shot, discus and javelin (excluding Under 13's as above)

All Hammer and U13's Javelin & Discus – "A" string only to score, plus max. 1 non-scorer per agegroup per 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 races to be run as one race per agegroup in all cases except U17 and Senior Women and Men where both run together.

800m races to be run as one race whenever possible

U17 Women may compete in all Senior Women's events but must remain in that age-group for the whole match

U11's may only compete in 3 events maximum and may not compete as under 13's. UKA rules apply for all other age-groups.

U17 and U20 men and women competing as seniors are limited by the UKA rule for their actual age-group.

### **Club 1**

11.45 Hammer males  
12.25 Hammer females  
13.15 Discus U17/Senior women men  
13.45 Discus u17 men  
14.30 Discus Senior men  
15.00 Discus u15 Girls  
15.30 Discus U13B/U13G  
16.00 Triplejump SW,U17W  
16.30 Triplejump Sen men/U17M/U15B

### **Club 2**

11.45 Longjump U17 men  
12.15 Longjump U13 Boys  
12.45 Shot Sen Men/U17 men  
13.15 Javelin U13B/U13G  
13.45 Shot U15 Girls /U17 Women  
14.30 Javelin U15 Boys  
15.00 Javelin Sen men/U17 Men  
15.30 Javelin Sen Women  
16.30 Javelin U15Girls/u17 Women

### **Club 3**

11.45 Highjump U13/U15 Girls  
12.45 Highjump Sen/U17 Women  
13.45 Longjump U11 B&G  
14.30 Longjump U13 Girls  
15.00 Highjump Sen & U17 men  
16.00 Shot U11 B&G  
16.30 Discus U15 Boys

### **Club 4**

11.45 Shot U13 Boys  
12.15 Shot U13 Girls  
12.45 Longjump U15 Girls  
13.15 Longjump Sen Men  
13.45 Highjump U13/u15 Boys  
15.00 Shot Sen Women/U15 Boys  
15.30 Longjump U17 Women  
16.00 Longjump Under 15 Boys  
16.30 Longjump Senior women

