

Southern Athletics League Timetable 2023

(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
12.00	Women's & Men's 400m Hurdles	11.30 Women's Hammer	1
		12.00 Mixed Pole Vault A	4
		12.00 Men's High Jump	2
		12.00 Women's Long Jump	3
12.30	Women's & Men's 800m	12.30 Men's Hammer	1
		12.35 Women's Shot	5
1.00	Women's & Men's 100m		
1.35	Women's & Men's 400m	1.20 Men's Long Jump	3
		1.30 Women's Javelin	2
		1.35 Men's Shot	5
		2.00 Mixed Pole Vault B	1
2.15	Women's 100m Hurdles		
2.30	Women's & Men's 3000m (1,3)	2.30 Men's Javelin	2
	Women's & Men's 5000m (2,4)		
		2.45 Women's Triple Jump	5
3.05	Men's 110mH		
3.20	Women's & Men's 200m	3.30 Women's Discus	4
		3.30 Women's High Jump	3
3.50	Men's & Women's 1500m		
4.10	Men's 3000m S/C (1,3)	4.10 Men's Triple Jump	5
	Men's 2000m S/C (2,4)		
4.30	Women's & Men's 4x100m	4.30 Men's Discus	4
4.45	Women's 2000m S/c (1,3)		
	Women's 1500m S/c (2/4)		
5.00	Women's & Men's 4x400m (1,3)		
	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

Track events: Women's event will always precede the Men's event (except the 1500m where the Men will run first). Where it is sensible to do so, the Men's and Women's 3000m/5000m can be combined. A & B must compete together at 1500m and above in all track events.

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).

Warm-ups: Throws, Horizontal Jumps: 15 minutes before start; Vertical Jumps: 30 minutes before start.

Field events, except HJ & PV: the first four scoring athletes, after three attempts, will have a further three attempts. Pole Vault: Pool A: First Height is the higher of the minimum requested and lowest height possible. Second Height is 1.70m (Rounds 1 and 3) and 1.75m (Rounds 2 and 4). Pool B: First Height is the higher of the minimum requested and lowest height possible. Second Height is 2.50m. Athletes can only compete in one Pool.

The host club must provide chiefs and referees, starters/marksmen, announcers, officials, refreshments and recorder(s).

Field Team 6 must report to the Field Referee at 11am to be assigned their duties.