

# Southern Athletics League Division 1 and 2 Timetable 2025

(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 Women's Pole Vault	4
		12.00 Men's High Jump	2
		12.00 Women's Long Jump	3
12.25	Women's & Men's 800m	12.30 Men's Hammer	1
		12.35 Women's Shot	5
12.50	Women's & Men's 100m	1.20 Men's Long Jump	3
		1.30 Women's Javelin	2
		1.35 Men's Shot	5
1.40	Women's & Men's 400m		
2.00	Women's 100m Hurdles	2.00 Men's Pole Vault	1
2.15	Women's 3000m(1,3) Men's 3000m(2,4)	2.30 Men's Javelin	2
2.35	Men's 5000m(1,3) Women's 5000m(2,4)	2.45 Women's Triple Jump	5
3.10	Men's 110mH		
3.25	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	Women's 2000m S/C (1,3)	4.10 Men's Triple Jump	5
	Women's 1500m S/C (2,4)		
4.25	Women's & Men's 4x100m	4.30 Men's Discus	4
4.40	Men's 3000m S/c (1,3)		
	Men's 2000m 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.

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: First Height is the minimum requested.

Second Height is

Women 1.70m (Rounds 1 and 3) and 1.75m (Rounds 2 and 4),

Men 2.00m (Rounds 1 and 3) and 2.05m (Rounds 2 and 4) then increments of 20cm until only 3 competitors remain.

High Jump will similarly be First Height is the minimum requested. Second Height is Women 1.00m (Rounds 1 and 3) and 1.03m (Rounds 2 and 4), Men 1.20m (Rounds 1 and 3) and 1.23m (Rounds 2 and 4) then increments of 5 cm until only 3 competitors remain.

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