

General Timetable for East Anglian League matches 2026 (matches 1 and 3)

Track			Field			Judges club	
11.15	Hurdles	U14 Girls 75m	11.00	Hammer	Senior Men/U18M/U16B (see notes)**	Club 1	
		U16 Girls 80m	11.15	Longjump	U18 Men (Pit 1)	Club 2	
		U14 Boys 80m		Highjump	U14/U16 Girls	Club 5	
		U18 Women 100m**		Shot	Under 14 Boys	Club 6	
		U16 Boys 100m		Triplejump	Senior Women/U18W/U16 Boys (Pit 2)**	Club 3	
		Senior Women 100m**					
		U18 Men 110m**	11.50	Longjump	U14 Boys (Pit 1)	Club 7	
		Senior Men 110m**		Shot	U14 Girls	Club 2	
12.15	600m	U12 Boys & Girls	11.50	Hammer	Senior Women/U18W/U16G (see notes)**	Club 1	
12.30	800m	U14 Girls	12.25	Longjump	U16 Girls (Pit 1)	Club 4	
		U16 Girls		Shot	Senior Men	Club 5	
		U18 Women**		Highjump	Senior Women/U18 Women **	Club 6	
		Senior Women		Javelin	U14 Girls**/U14 Boys**	Club 3	
		U14 Boys	12.45	Discus	U16 Boys	Club 2	
		U16 Boys	1.00	Shot	U18 Men **	Club 7	
		U18 Men**		Longjump	Senior Men (Pit 1)	Club 4	
		Senior Men					
1.25	100m	U14 Girls	1.05	Javelin	Senior Women and U18Women **	Club 3	
		U16 Girls	1.35	Shot	U16 Girls/U18 Women**	Club 4	
		U18 Women		Discus	U18 Men**	Club 1	
		Senior Women		Long jump	U12 B&G (Pit 2)	Club 6	
		U14 Boys		Highjump	U14/U16 Boys	Club 5	
		U16 Boys					
		U18 Men					
		Senior Men					
2.15	75m	U12 Boys & Girls	2.10	Javelin	U16 Boys	Club 2	
				Discus	Senior Men	Club 1	
2.30	400m	U18 Women**	2.15	Shot	Senior Women	Club 7	
		Senior Women					
		U18 Men**					
		Senior Men					
2.50	300m	U16 Girls	2.20	Longjump	U14 Girls (Pit 1)	Club 4	
		U16 Boys	2.50	Javelin	U18 Men**	Club 2	
				Discus	U16 Girls	Club 1	
				Highjump	U18 Men**/Senior Men	Club 5	
				Shot	U16 Boys	Club 6	
3.15	1500m	U14 Girls	3.00	Longjump	U18 Women (Pit 2)	Club 7	
		U16 Girls	3.25	Javelin	Senior Men	Club 1	
		U18 Wom** & Snr Women		Discus	U14 Girls**/ U14 Boys**	Club 3	
		U14 Boys	3.35	Longjump	Senior Women (Pit 1)	Club 6	
		U16 Boys					
		U18 Men** & Senior Men					
4.05	200m	U14 Girls	4.15	Javelin	U16 Girls	Club 2	
		U16 Girls		Triplejump	Senior Men**/U18 Men ** (Pit 2)	Club 3	
		U18 Women		Longjump	U16 Boys (Pit 1)	Club 5	
		Senior Women		Discus	Senior Women/U18 Women**	Club 4	
		U14 Boys		Shot	U12 B&G	Club 7	
		U16 Boys					
		U18 Men					
		Senior Men					
4.50	4x100 Relays	U14 Girls		Highjump	U14 Girls 1.00, 1.10m		
		U16 Girls		Progressions	U16G – 1.05, 1.15, 1.20m		
		U18 Women			U18 Women – 1.10, 1.20, 1.30m		
		Senior Women		(fixed starting height)	Senior Women – 1.10, 1.20, 1.30m		
		U14 Boys			U14 Boys – 1.00, 1.10, 1.20		
		U16 Boys			U16 Boys – 1.20, 1.30, 1.40, 1.50		
		U18 Men			U18 Men – 1.25, 1.35, 1.45, 1.55		
		Senior Men			Senior Men – 1.25, 1.35, 1.45, 1.55. 1.65		
					Thereafter up in 5cm steps.		

The competition is held under UKA rules and follows guidance for new age groups.

UKA rules apply for all other age-groups. U18 women and U20 men and women competing as seniors are limited by the UKA rules for their actual age-groups.

Please see following page for information on required officials, non-scorers and A string only events

- **All Clubs must provide the following minimum number of officials:**
 - **Track: one track judge and one timekeeper**
 - **Field: A team including one level two field official, one level one field official and additional qualified officials / unqualified persons to cover allocated duties**
 - **Unqualified helpers should be encouraged and supported to assist the track and field teams**
 - **The Club 8 field team should report to the field referee by 11.00 and provide help to other teams on events as requested by the field referee.**
- The Field Referee may cancel an event if no qualified official is provided to lead the team (allocated Club responsibility).
- Field Officials should be at their events 15 minutes beforehand to supervise warm-ups, so that the actual competition starts on time. A strict limit of two warm-up attempts in all field events.
- Age group events marked ** are A string only plus permitted non-scorer(s)
- Maximum of non scorers
 - one non-scorer per club/per age group in all jumps
 - one non-scorer per club in Senior and Under 18 throwing events
 - two non-scorers in Under 14 shot and Under 16 Shot, discus and javelin
 - four non-scorers in all age groups (U14+) in 100m
 - three non-scorers in all age groups (U14+) in 200m
 - two non-scorers in all eligible age groups (U16+) in 300m
 - In all other track events: four in U14, U16, U18 and Senior track events
- All Hammer events, and U14's Javelin and Discus – "A" string only to score, plus max. 1 non-scorer for each agegroup from each club.
- Under 18 men and Under 18 women have B strings in 100m, 200m and Longjump only•
- 800m races to be run as one race whenever possible. 1500m to be run as one race per age-group (Sen/U18's combined)
- Under 18's may compete in all Senior events but must remain in that age-group for the day.
- U12's may only compete in 3 events maximum.
- U20s and Seniors are combined but U20s must throw the U20 weight implement and jump U20 Hurdle height.