

**Special Timetable for East Anglian League matches 2023 (match 2)**

Track			Field		Judges club	
11.15	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**	11.15	Hammer Longjump Highjump Shot Triplejump	Sen Men/U17M/U15B (see notes)** U17 Men (Pit 1) U13/U15 Girls Under 13 Boys Sen Women/U17W/U15 Boys (Pit 2)**	Club 1 Club 2 Club 5 Club 6 Club 3
			11.50	Longjump Shot	U13 Boys (Pit 1) U13 Girls	Club 2 Club 6
12.15	600m	U11 Boys & Girls	12.05	Hammer	Sen Women/U17W/U15G (see notes)**	Club 1
12.30	800m	U13 Girls U15 Girls U17 Women** Sen. Women U13 Boys U15 Boys U17 Men** Sen Men	12.25	Longjump Shot Highjump Javelin	U15 Girls (Pit 1) Sen Men Sen Women/U17 Women ** U13 Girls**/U13 Boys**	Club 4 Club 5 Club 6 Club 3
1.25	100m	U13 Girls U15 Girls U17 Women Sen. Women U13 Boys U15 Boys U17 Men Sen Men	1.00	Shot Longjump Discus	U17 Men** Sen Men (Pit 1) U15 Boys	Club 5 Club 4 Club 2
			1.05	Javelin	Sen Women and U17Women **	Club 3
			1.35	Shot Discus Long jump Highjump	U15 Girls/U17 Women** U17 Men** U11 B&G (Pit 1) U13/U15 Boys	Club 4 Club 1 Club 6 Club 5
2.15	80m	U11 Boys & Girls	2.10	Javelin Discus	U15 Boys Sen Men	Club 2 Club 1
2.30	400m	Sen. Women U17 Men** Sen Men	2.15	Shot	Senior Women	Club 3
2.50	300m	U15 Girls Under 17 Women** U15 Boys	2.20	Longjump	U13 Girls (Pit 1)	Club 4
3.15	1500m	U13 Girls and Boys (1 race)	2.50	Javelin Discus Highjump	U17 Men** U15 Girls U17 Men**/Sen Men	Club 2 Club 1 Club 5
3.25	1500m	U15 Girls and Boys (1 race)	Shot	U15 Boys	Club 6	
3.40	3000m	U17 Wom** and Sen Wom.	3.00	Longjump	U17 Women (Pit 2)	Club 4
3.55	3000m	U17 Men** and Sen Men	3.25	Javelin Discus	Sen Men U13 Girls**/ U13 Boys**	Club 1 Club 3
4.10	200m	U13 Girls U15 Girls U17 Women Sen. Women U13 Boys U15 Boys U17 Men Sen Men	3.35	Longjump	Sen Women (Pit 1)	Club 6
			4.15	Javelin Triplejump Longjump Discus Shot	U15 Girls Sen Men**/U17 Men ** (Pit 2) U15 Boys (Pit 1) Sen Women/U17 Women** U11 B&G	Club 2 Club 3 Club 5 Club 4 Club 1
4.50	4x100 Relays	U13 Girls U15 Girls U17 Women Sen. Women U13 Boys U15 Boys U17 Men Sen Men		Highjump Progressions  <b>(fixed starting height)</b>	U13 Girls 1.00, 1.10m U15G – 1.05, 1.15, 1.20m U17 Women – 1.10, 1.20, 1.30m Senior Women – 1.10, 1.20, 1.30m 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 Thereafter up in 5cm steps until only two left	

- Agegroup events marked \*\* are A string only plus permitted non-scorer(s)
- Maximum of one non-scorer per club/per agegroup in all jumps, and Senior and Under 17 throwing events, two in Under 13 shot and Under 15 Shot, discus and javelin. five in U13 and U15 track events , 3 in U17 and 4 in Senior track events (Host Club only may have 2 additional non-scorers in Senior track events)
- All Hammer events, and U13's Javelin and Discus – “A” string only to score, plus max. 1 non-scorer for each agegroup from each club. (Host Club only may have one additional Senior non-scorer)
- Under 17 men and Under 17 women have B strings in 100m, 200m and Longjump only
- All Club should also provide a track judge and a timekeeper, or willing helpers to work with these teams. In 7 and 8 club matches, Club 7&8 will be allocated field events and should provide help on other events as requested by the field referee.
- The Field Referee may cancel an event if no graded official is provided to lead the team (allocated Club responsibility).

- Strict limit of two warm-up attempts in all field events
- 800m races to be run as one race whenever possible. 1500m/3000m to be run as one race per age-group (Sen/U17's combined)
- Under 17's may compete in all Senior events. But must remain in that age-group for the day.
- U11's may only compete in 3 events maximum. UKA rules apply for all other age-groups. U17 women and U20 men and women competing as seniors are limited by the UKA rules for their actual age-groups.
- Judges should be at their events 15 minutes beforehand to supervise warm-ups, so that the actual competition starts on time.