

General Timetable for East Anglian League matches 2025 (matches 1 and 3)

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**	11.00	Hammer	Sen Men/U17M/U15B (see notes)**	Club 1
			11.15	Longjump	U17 Men (Pit 1)	Club 2
				Highjump	U13/U15 Girls	Club 5
				Shot	Under 13 Boys	Club 6
				Triplejump	Sen Women/U17W/U15 Boys (Pit 2)**	Club 3
			11.50	Longjump	U13 Boys (Pit 1)	Club 7
				Shot	U13 Girls	Club 2
12.15	600m	U11 Boys & Girls	11.50	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	U15 Girls (Pit 1)	Club 4
				Shot	Sen Men	Club 5
				Highjump	Sen Women/U17 Women **	Club 6
				Javelin	U13 Girls**/U13 Boys**	Club 3
			12.45	Discus	U15 Boys	Club 2
			1.00	Shot	U17 Men **	Club 7
				Longjump	Sen Men (Pit 1)	Club 4
1.25	100m	U13 Girls U15 Girls U17 Women Sen. Women U13 Boys U15 Boys U17 Men Sen Men	1.05	Javelin	Sen Women and U17Women **	Club 3
			1.35	Shot	U15 Girls/U17 Women**	Club 4
				Discus	U17 Men**	Club 1
				Long jump	U11 B&G (Pit 2)	Club 6
				Highjump	U13/U15 Boys	Club 5
2.15	80m	U11 Boys & Girls	2.10	Javelin	U15 Boys	Club 2
				Discus	Sen Men	Club 1
2.30	400m	Sen. Women U17 Men** Sen Men	2.15	Shot	Senior Women	Club 7
2.50	300m	U15 Girls Under 17 Women** U15 Boys	2.20	Longjump	U13 Girls (Pit 1)	Club 4
			2.50	Javelin	U17 Men**	Club 2
				Discus	U15 Girls	Club 1
				Highjump	U17 Men**/Sen Men	Club 5
				Shot	U15 Boys	Club 6
3.15	1500m	U13 Girls U15 Girls U17 Women** + Sen. Wom U13 Boys U15 Boys U17 Men** + Sen Men	3.00	Longjump	U17 Women (Pit 2)	Club 7
			3.25	Javelin	Sen Men	Club 1
				Discus	U13 Girls**/ U13 Boys**	Club 3
4.05	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	U15 Girls	Club 2
				Triplejump	Sen Men**/U17 Men ** (Pit 2)	Club 3
				Longjump	U15 Boys (Pit 1)	Club 5
				Discus	Sen Women/U17 Women**	Club 4
				Shot	U11 B&G	Club 7
4.50	4x100 Relays	U13 Girls U15 Girls U17 Women Sen. Women U13 Boys U15 Boys U17 Men Sen Men		Highjump Progressions	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 (fixed starting height) 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.	

- **All Clubs must provide a track judge and a timekeeper, or willing helpers to work with these teams and a team of 4 field officials and helpers led by a suitably qualified field judge. 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.**
- 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. four in U13 and U15 track events , 3 in U17 and 4 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.

- Under 17 men and Under 17 women have B strings in 100m, 200m and Longjump only
- The Field Referee may cancel an event if no qualified 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 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.