

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

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

- **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 18 throwing events, two in Under 14 shot and Under 16 Shot, discus and javelin. Four in U14 and U16 track events, 3 in U18 and 4 in 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

- The Field Referee may cancel an event if no level 2+ 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/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. 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.
- Judges should be at their events 15 minutes beforehand to supervise warm-ups, so that the actual competition starts on time.