EBBISHAM LEAGUE 2019 MATCH 1

SUNDAY 5th MAY 2019

DAVID WEIR LEISURE CENTE

MIDDLETON ROAD

CARSHALTON

SM5 1SL

DIVISION 1	DIVISION 2
C: CROYDON.	A: LONDON CITY
Z HERNE HILL.	D: DORKING & REIGATE.
K: KINGSTON & POLYTECHNIC.	H. HERCULES WIMBLEDON
L: SOUTH LONDON.	O: HOLLAND SPORTS.
E: EPSOM & EWELL.	S: SUTTON & DISTRICT.
G: GUILDFORD & GODALMING.	W:WALTON

NOTE CLUBS SUPPLY YOUR OWN LETTERS

TRACK TIMETABLE

1.00	80M HURDLES	U15 A & B
1.10	75M HURDLES	U13 A & B
1.20	75M	U11 N/S
1.40	100M	U13 A & B
1.50	100M	U15 A & B
2.10	100M	U17 N/S
2.30	800M	U13 A & B
2.45	800M	U15 A & B
3.00	800M	U17 N/S
3.10	150M	U11 N/S
3.20	200M	U13 A & B
3.30	200M	U15 A & B
3.40	200M	U17 N/S
4.00	600M	U11 N/S
4.10	1500M	U13 A & B
4.20	1500M	U15 A & B + U17 N/S
4.35	300M	U15 A & B
4.45	400M	U17 N/S
4.55	4 X100M	U13
5.00	4 X100M	U15
5.05	4 X100M	U17 N/S

FIELD TIMETABLE

1.00	LONG JUMP	U13 A & B
1.00	JAVELIN	U13 A & B
1.00	HIGH JUMP	U15 A & B + U17 N/S
2.30	SHOT	U13 A & B
2.30	DISCUS	U15 A & B + U17 N/S
3.15	HIGH JUMP	U13 A & B
3.30	LONG JUMP	U15 A & B
3.30	JAVELIN	U15 A & B
4.15	LONG JUMP	NON-SCORING U11 U13 U15 U17

U13's to compete before U15's except for the hurdles when the older boys compete first to enable the hurdles to be dropped. Run off both divisions at each age group, Division 1 first, before moving to next age group

Letters must be worn front & back for all scoring track events

Non scoring events for all track, plus field where gaps allow,