



Haywards Heath Harriers

Event factsheet: Southern Athletics League (SAL)

What is it?

The Southern Athletics League (SAL) is the area track and field league for clubs in the [SEAA region](#) comprising both male and female athletes from U17 to senior age groups. The club is currently in Division 3 of the league and enters as a joint team with Lewes Athletics Club. There are five fixtures across the spring and summer.

There are a huge range of events to take part in (some of which vary between fixtures): **Throws** (discus, hammer, javelin, shot put), **Jumps** (high jump, long jump, pole vault, triple jump), **Hurdles** (100m, 110m, 400m), **Running** (steeplechase, 100m-5000m) and **Relays** (4x100m, 4x400m).

When is it?

Fixtures: the five fixtures, published on the [SAL website](#) are as follows: 1) 25 April: Winchester, 2) 17 May: Carshalton, 3) 7 June: Lewes, 4) 12 July: Walton, 5) 15 August: Winchester.

Timings: the first event is typically 11:00, with the last event at 16:30.

Participants need not stay for the duration of the fixture, but the support is appreciated!

How does scoring work?

For each event, teams nominate A and B string athletes who contribute to the score for their team. Other team members can also participate, but cannot contribute to the score for the fixture. Points are scored based on the position of the scoring athlete. This means that good attendance across the events in all fixtures is important. Your team needs you!

Who is it for?

Everyone can compete and club participation across all events is important for points.

If you are keen to take part, why not have a go – you may even try a new event!

Why is it good for the club?

Success in the league (and your individual performance) reflects well on the club, with the points you obtain counting towards our overall team position – we need members to participate!

Why is it good for me?

The fixtures are an excellent way to participate in reliably measured/timed events, with no entry cost to you. It is motivating to participate in, and contribute to, the team, and also provides you with an opportunity to try something new – an event you haven't done for many years perhaps!

How do I enter?

As this is a team event, please look out for emails sent by the club providing information about each fixture and asking you to register your interest with the Team Manager. You will also be informed as to whether group transport (mini-bus) is offered. A response is required by you to confirm your availability and then additional information will be sent out to you nearer the event.

How can I find out more?

Visit the event website: southernathletics.org.uk, listen out for announcements, look out for emails, or speak to a committee member or club members (Tim Popkin is the Team Manager).