

# Woodie's DIY National Track & Field League 2010 Timetable

Track			Field			
			Men		Women	
11.30	100m H	W				
11.45	110m H	M	11.30	Hammer	11.30	Hammer
12.00	1500m Walk	W	11.30	High Jump	11.30	Pole Vault
12.15	3000m Walk	M			11.30	Long Jump
12.35	400m H	W				
12.50	400m H	M	13.00	Javelin	13.00	Discus
13.10	4 x 100m	W	13.00	Discus Paralympics	13.00	Discus Paralympics.
13.25	4 x 100m	M	13.00	Javelin Paralympics	13.00	Javelin Paralympics
13.35	1500m	Paralympics	13.30	Long Jump		
13.40	1500m	W			14.00	High Jump
13.55	1500m	M	14.00	Pole Vault		
14.10	400m	W				
14.25	400m	M	14.15	Discus	14.15	Club Paralympics
14.40	3000m	W	14.15	Club Paralympics	14.30	Javelin
15.00	3000m S/C	M			14.45	Triple Jump
15.20	200m	W	15.00	Shot Paralympics	15.00	Shot Paralympics
15.35	200m	M				
15.50	800m	W	15.30	Shot Putt		
16.05	800m	M				
16.20	5000m	M	16.00	Triple Jump	16.00	Shot Putt
16.45	100m	W	16.00	Discus Paralympics	16.00	Discus Paralympics
17.00	100m	M				
17.20	4 x 400m	W	16.45	56 lbs		
17.35	4 x 400m	M				

### Scoring System: 9, 7, 6, 5, 4, 3, 2,1

Sequence of events: Premier Women followed by Division 1 Women followed by Premier Men followed by Division 1 Men

Premier Division Men and Women score in the best 17 events.

Division One Men and Women score in the best 15 events

This timetable is designed as a guide of event times. Events may run ahead of schedule and it is the team Managers responsibility to ensure that athletes attend for the start of their competition