National Track & Field League 2009

Timetable

Track			Field			
			Men		Women	
11.30	100m H	W				
11.45	110m H	M	11.30	Hammer	11.30	H.J
12.00	1500m Walk	W	11.30	P.V.		
12.15	3000m Walk	M				
12.35	400m H	W	11.45	L. J.		
12.50	400m H	M	12.00	Shot		
13.05	4 x 100m	W			13.30	Hammer
13.20	4 x 100m	M			13.30	T.J.
14.35	1500m	W	14.00	H.J.	14.00	Shot
14.50	1500m	M	14.30	Discus	14.30	P.V.
15.05	400m	W				
15.20	400m	M	14.45	T.J.	14.45	Javelin
15.35	3000m	W				
15.50	3000m S/C	M				
16.05	200m	W	16.00	Javelin	16.00	Discus
16.20	200m	M			16.00	L.J.
16.35	800m	W				
16.50	800m	M		56 lbs		
17.05	5000m	M				
17.25	100m	W				
17.40	100m	M				
17.55	4 x 400m	W				
18.05	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 and 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

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