

National Track & Field League 2016 Round 1

Timetable provisional

Track			Field			
			Men		Women	
11.30	100m H	W				
11.45	110m H	M	11.30	Hammer	11.30	High Jump
12.00	1500m Walk	W	11.30	Pole Vault		
12.15	3000m Walk	M				
12.35	400m H	W	11.45	Long Jump		
12.50	400m H	M			12.00	Shot
13.05	4 x 100m	W			13.30	Hammer
13.20	4 x 100m	M	14.00	Shot	13.30	Triple Jump
13.35	1500m	W	14.00	High Jump		
13.50	1500m	M	14.30	Discus	14.30	Pole Vault
14.05	400m	W				
14.20	400m	M	14.45	Triple Jump	14.45	Javelin
14.35	3000m	W				
14.55	3000m S/C	M				
15.15	200m	W	16.00	Javelin	16.00	Discus
15.30	200m	M			16.00	Long Jump
15.45	800m	W				
16.00	800m	M		56 lbs		
16.15	5000m	M				
16.35	100m	W				
16.50	100m	M				
17.05	4 x 400m	W				
17.20	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 score in the best 17 events.
Premier Division Women score in the best 15 events
Division One Men and Women score in the best 15 events.