

# *National League Final Timetable*



## TRACK

11.30	100m H	W
11.45	110m H	M
12.00	1500m Walk	W
12.15	3000m Walk	M
12.35	400m H	W
12.50	400m H	M
13.05	4 x 100m	W
13.20	4 x 100m	M
13.35	1500m	W
13.50	1500m	M
14.05	400m	W
14.20	400m	M
14.35	3000m	W
14.55	3000m S/C	M
15.15	200m	W
15.30	200m	M
15.45	800m	W
16.00	800m	M
16.15	5000m	M
16.35	100m	W
16.50	100m	M
17.05	4 x 400m	W
17.20	4 x 400m	M

## FIELD

### MEN

11.30	Hammer
11.30	Pole Vault
11.45	Long Jump
14.00	Shot
14.00	High Jump
14.30	Discus
14.45	Triple Jump
16.00	Javelin
16.45	56 lbs

### WOMEN

11.30	High Jump
12.00	Shot
13.30	Hammer
13.30	Triple Jump
14.30	Pole Vault
14.45	Javelin
16.00	Discus
16.00	Long Jump

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