

National Track & Field League 2019 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			13.00	Hammer
13.20	4 x 100m	M	13.30	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	3000m S/C	W				
16.55	100m	W				
17.10	100m	M				
17.25	4 x 400m	W				
17.40	4 x 400m	M				

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

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

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.