

NATIONAL ATHLETIC LEAGUE

Timetable 2 (No Outside Cage, Single Run-up)

AMENDED

Tuesday, 10 March 2020

TIME	EVENT TRACK	EVENT FIELD	MEN/WOMEN
10:00		Hammer	Men
11:00		Long Jump	Women
11:15		Hammer	Women
11:30		Pole Vault	Men
11:40	100m		N/S
12:00	400m Hurdles		Men
12:15	400m Hurdles		Women
12:30		Discus	Men
12:30		High Jump	Women
12:30		Long Jump	Men
12:30	800m		Men
12:40	800m		Women
12:55	100m		Men
13:05	100m		Women
13:20	3000m Steeplechase		Men
13:45		Discus	Women
13:55	110m Hurdles		Men
14:00		Triple Jump	Women
14:05	3000m		Women
14:30		Pole Vault	Women
14:30		Shot	Men
14:30	100m Hurdles		Women
14:45		High Jump	Men
14:45	400m		Men
15:00		Javelin	Women
15:05	400m		Women
15:15	400m		N/S
15:30	1500m		Men
15:40		Triple Jump	Men
15:40	1500m		Women
15:45		Shot	Women
15:50	200m		Men
16:00	200m		Women
16:10	200m		N/S
16:15		Javelin	Men
16:20	5000m (3k matches 2 and 4)		Men
16:45	4 x 100m Relay		Women
16:50	4 x 100m Relay		Men
16:55	2000m Steeplechase		Women
17:15	4 x 400m Relay		Women
17:25	4 x 400m Relay		Men