

TRACK TIMETABLE

1.00	400m Hurdles	A, B
1.20	800m	A, B
1.35	100m 100m	A, B Non Scoring
2.00	400m 400m	A, B Non Scoring
2.15	3000m	A & B
2.45	100m Hurdles	A, B
3.15	200m	A, B
2.45	100m Hurdles	A, B
3.15	200m	A, B
3.35	1500m	A & B
3.55	4 x 100m Relay	
4.05	2000m Steeplechase	A*
4.20	4 x 400m Relay (Short stagger)	

*Two competitors can run, the highest placed competitor scoring.

FIELD TIMETABLE

12.00	Hammer	A & B
12.00	Pole Vault	*Pool 1 opening height 2.10m
12.00	Long Jump	A & B
1.30	High Jump	A & B Starting height 1.25m
1.40	Discus	A & B
2.00	Triple Jump	A & B
2.30	Pole Vault	*Pool 2 opening height 3.20m
3.00	Shot Putt	A & B
3.20	Javelin	A & B

*In most league meetings it will not be necessary to run two pools for the Pole Vault. If this does occur Pool 1 must be completed before Pool 2 starts. Pool 2 competitors will NOT be allowed to join in when Pool 1 reaches Pool 2 opening height. Results will be decided on heights attained.

FIELD DECLARATIONS BY 11.30

TRACK DECLARATIONS BY 12.30

Alterations must be made by the TEAM MANAGER before the event starts.

BRITISH ATHLETICS LEAGUE STANDARD TIMETABLE JOINT FIXTURES

11.00 am	Pole Vault	Men
	Long Jump	Women
	Discus	Men(outside)
	Hammer	Women
11.40 am	100m	Men N/S
11.50 am	100m	Women N/S
12.00 pm	400m Hurdles	Men A&B
12.15 pm	400m Hurdles	Women A&B
12.30 pm	Long Jump	Men
	High Jump	Women
12.30 pm	800m	Men A&B
12.40 pm	800m	Women A&B
	Hammer	Men
	Discus	Women(outside)
12.55 pm	100m	Men A&B
13.10 pm	100m	Women A&B
13.25 pm	3000m Steeplechase	Men
13.55 pm	110m Hurdles	Men A&B
14.00 pm	Triple Jump	Women
14.15 pm	3000m	Women A&B
	Pole Vault	Women
	Javelin	Women
	Shot	Men
14.35 pm	100m Hurdles	Women A&B
14.45 pm	High Jump	Men
14.55 pm	400m	Men A&B
15.05 pm	400m	Women A&B
15.20 pm	1500m	Men A&B
15.30 pm	1500m	Women A&B
	Triple Jump	Men
15.40 pm	200m	Men A&B
	200m	Women A&B
15.45 pm	Shot	Women
	Javelin	Men
16.15 pm	5000m(3k in match 2&3)	Men A&B
16.40 pm	4 x 100m Relay	Men
16.45 pm	4 x 100m Relay	Women
16.50 pm	2000m Steeplechase	Women
17.10 pm	4 x 400m Relay	Women
17.20 pm	Result Women	
17.30 pm	4 x 400m Relay	Men
	Result Men	