

<b>BAL/UKWAL JOINT Fixture timetable</b>		
11.00	Pole Vault	Men
	Long Jump	Women
	Discus	Men(outside)
	Hammer	Women
11.30	100m	Men n/s
11.50	100m	Women n/s
12.00	400m Hurdles	Men A&B
12.15	400m Hurdles	Women A&B
12.30	Long Jump	Men
	High Jump	Women
12.30	800m	Men A&B
12.40	800m	Women A&B
	Hammer	Men
	Discus	Women(outside)
12.55	100m	Men A&B
13.10	100m	Women A&B
13.25	3000m Steeplechase	Men
13.55	110m Hurdles	Men A&B
14.00	Triple Jump	Women
14.15	3000m	Women A&B
	Pole Vault	Women
	Javelin	Women
	Shot	Men
14.35	100m Hurdles	Women A&B
14.45	High Jump	Men
14.55	400m	Men A&B (including n/s)
15.10	400m	Women A&B
15.20	1500m	Men A&B
15.30	1500m	Women A&B
	Triple Jump	Men
15.40	200m	Men A&B (including n/s)
15.45	Shot	Women
	Javelin	Men
16.00	200m	Women A&B

16.15	5000m (3k in match 1 and 4)	Men A&B
16.40	4 x 100m Relay	Men
16.45	4 x 100m Relay	Women
16.50	2000m Steeplechase	Women
17.10	4 x 400m Relay	Women
17.20	Result Women	
17.30	4 x 400m Relay	Men
	Result Men	