

Proposed Timetable BAL Premier & Nat 3 Double-Header

Leigh Saturday 5th May 2018

Time	Event		Division
	Track	Field	
9.45		Hammer	3
10.00		Triple Jump	Both (Two pits)
11.05		Hammer	P
11.30	100 N/s		Both
12.00	400m Hurdles		P
12.15	400m Hurdles		3
		High Jump	P
		Pole Vault	P
12.25		Discus	3
12.30	800m		P
		Long Jump	3
12.45	800m		3
13.00	100m		P
13.10	100m		3
13.30	3k S/c		P
13.45		Discus	P
13.50	3k S/c		3
14.15	110m Hurdles		P
14.30	110m Hurdles		3
14.45	400m		P
		Shot	3
		High Jump	3
14.55	400m		3
15.00		Long Jump	P
15.05		Javelin	P
	400m N/s		
15.10	1500m		P
15.20	1500m		3
15.30	200m		P
		Pole Vault	3
15.40	200m		3
		Shot	P
15.50	200m N/s		
16.00	3000m		P
16.20	3000m		3
16.25		Javelin	3
16.40	4 x 100m Relay		P
16.50	4 x 100m Relay		3
17.00	4 x 400m Relay		P
17.10	4 x 400m Relay		3

1. The Triple Jump runway for the National Three match will be a maximum of 39m to the 13m board
2. Only two trials per athlete during warm-up for the HT, DT, JT