



NAL Timetable StoneX Stadium, Saturday 2 July 2022, With All Long Throws Outside

Event	Time	Track		Field		Warm Up Time
F03	9.35			Hammer	Women	9.10
F06	11.05			Hammer	Men	10.40
F02	11.00			Pole Vault	Men	10.15
F01	11.00			Long Jump	Women	10.30
T01	11.40	100m N/Scoring	4 Races		Men	
T02	11.50	100m N/Scoring	4 Races		Women	
T03	12.00	400m hurdles	2 Races		Men	
T04	12.15	400m hurdles	2 Races		Women	
F05	12.30			High Jump	Women	11.50
T05	12.30	800m	2 Races		Men	
T06		800m	2 Races		Women	
F08	12.35			Discus	Women	12.10
F07	12.45			Long Jump	Men	12.15
T07	12.55	100m	2 Races		Men	
T08		100m	2 Races		Women	
T09	13.25	3000m S/C	1 Race		Men	
T10	13.55	110m Hurdles	2 Races		Men	
F04	13.55			Discus	Men	13.30
F16	13.55			Shot	Women	13.30
T11	14.15	3000m	1 Race		Women	
F09	14.20			Triple jump	Woman	13.55
T12	14.35	100m Hurdles	2 Race		Women	
T13	14.55	400m	2 Races		Men	
T14		400m	2 Races		Women	
T15		400m N/Scoring	1 Race		Men	
T16		400m N/Scoring	1 Race		Women	
F11	15.10			Shot	Men	14.45
F10	15.15			Javelin	Women	14.50
F12	15.20			Pole Vault	Women	14.40
T17	15.25	1500m	1 Races		Men	
T18		1500m	1 Races		Women	
F13	15.40			High Jump	Men	15.00
T19	15.40	200m	2 Races		Men	
T20		200m	2 Races		Women	
T21	15.55	200m N/Scoring	1 Race		Men	
T22		200m N/Scoring	1 Race		Women	
T23	16.15	5000m	1 Race		Men	
F14	16.05			Triple Jump	Men	15.40
F15	16.35			Javelin	Men	16.10
T24	16.40	4 x 100m Relay	1 Race		Men	
T25		4 x 100m Relay	1 Race		Women	
T26	17.00	2000m S/C	1 Race		Women	
T27	17.25	4 x 400m Relay	1 race		Women	
T28		4 x 400m Relay	1 Race		Men	