

## Championship Timetable 2024

no         Long Jump         Women         11.45           F03         12.00         Hammer         Women         11.45           F06         13.00         Hammer         Men         12.45           F02         12.30         Pole Vault         Men         11.50           T03         12.00         400m hurdles         2 Races         Men         11.45           T04         12.10         400m hurdles         2 Races         Women         11.45           F05         12.25         High Jump         Women         11.45           T05         12.25         800m         2 Races         Men         12.10           T06         12.35         800m         2 Races         Women         12.20           T07         12.50         100m         2 Races         Women         12.35           T08         100m         2 Races         Women         Men           T01         100m         3 Races         Women           T02         100m         3 Races         Women	F01 F03
F03         12.00         Hammer         Women         11.45           F06         13.00         Hammer         Men         12.45           F02         12.30         Pole Vault         Men         11.50           T03         12.00         400m hurdles         2 Races         Men         11.45           T04         12.10         400m hurdles         2 Races         Women         11.55           F05         12.25         High Jump         Women         11.45           T05         12.25         800m         2 Races         Men         12.10           T06         12.35         800m         2 Races         Women         12.20           T07         12.50         100m         2 Races         Men         12.35           T08         100m         2 Races         Women         Men           T01         100m         3 Races         Men         Men           T02         100m         3 Races         Women         Women	F03
F06         13.00         Hammer         Men         12.45           F02         12.30         Pole Vault         Men         11.50           T03         12.00         400m hurdles         2 Races         Men         11.45           T04         12.10         400m hurdles         2 Races         Women         11.55           F05         12.25         High Jump         Women         11.45           T05         12.25         800m         2 Races         Men         12.10           T06         12.35         800m         2 Races         Women         12.20           T07         12.50         100m         2 Races         Men         12.35           T08         100m         2 Races         Women           T01         100m         3 Races         Men           N/Scoring         N/Scoring         Women	
F02         12.30         Pole Vault         Men         11.50           T03         12.00         400m hurdles         2 Races         Men         11.45           T04         12.10         400m hurdles         2 Races         Women         11.55           F05         12.25         High Jump         Women         11.45           T05         12.25         800m         2 Races         Men         12.10           T06         12.35         800m         2 Races         Women         12.20           T07         12.50         100m         2 Races         Men         12.35           T08         100m         2 Races         Women           T01         100m         3 Races         Men           N/Scoring         Women         Women	
T03         12.00         400m hurdles         2 Races         Men         11.45           T04         12.10         400m hurdles         2 Races         Women         11.55           F05         12.25         High Jump         Women         11.45           T05         12.25         800m         2 Races         Men         12.10           T06         12.35         800m         2 Races         Women         12.20           T07         12.50         100m         2 Races         Men         12.35           T08         100m         2 Races         Women           T01         100m         3 Races         Men           N/Scoring         Women         Women	F06
T04         12.10         400m hurdles         2 Races         Women         11.55           F05         12.25         High Jump         Women         11.45           T05         12.25         800m         2 Races         Men         12.10           T06         12.35         800m         2 Races         Women         12.20           T07         12.50         100m         2 Races         Men         12.35           T08         100m         2 Races         Women           T01         100m         3 Races         Men           N/Scoring         N/Scoring         Women	F02
F05         12.25         High Jump         Women         11.45           T05         12.25         800m         2 Races         Men         12.10           T06         12.35         800m         2 Races         Women         12.20           T07         12.50         100m         2 Races         Men         12.35           T08         100m         2 Races         Women         Women           T01         100m         3 Races         Men         Women           T02         100m         3 Races         Women         Women	T03
T05         12.25         800m         2 Races         Men         12.10           T06         12.35         800m         2 Races         Women         12.20           T07         12.50         100m         2 Races         Men         12.35           T08         100m         2 Races         Women           T01         100m         3 Races         Men           N/Scoring         Women         Women           T02         100m         3 Races         Women           N/Scoring         Women         Women	T04
T06         12.35         800m         2 Races         Women         12.20           T07         12.50         100m         2 Races         Men         12.35           T08         100m         2 Races         Women           T01         100m         3 Races         Men           N/Scoring         Women         Women           T02         100m         3 Races         Women           N/Scoring         Women         Women	F05
T07         12.50         100m         2 Races         Men         12.35           T08         100m         2 Races         Women           T01         100m         3 Races         Men           N/Scoring         Women         Women           T02         100m         3 Races         Women           N/Scoring         Women         Women	T05
T08         100m         2 Races         Women           T01         100m         3 Races         Men           N/Scoring         T02         100m         3 Races         Women           N/Scoring         Women         Women	T06
T01 100m 3 Races Men N/Scoring 3 Races Women N/Scoring 100m 3 Races	T07
N/Scoring T02 100m 3 Races Women N/Scoring	T08
T02 100m 3 Races Women N/Scoring	T01
N/Scoring	
	T02
F07 43.20	
F07   13.20   Long Jump   Men   13.05	F07
T09         13.45         Steeplechase         1 Race         Men         13.30	T09
F08         14.00         Discus         Women         13.45	F08
T10         14.05         110m Hurdles         2 Races         Men         13.50	T10
T11 14.25 3k or 5k 1 Race Women 14.10	T11
F09 14.45 Triple jump Woman 14.25	F09
T12 14.50 100m Hurdles 2 Race Women 14.35	T12
F04 14.55 Discus Men 14.40	F04
T13 15.10 400m 2 Races Men 14.55	T13
T14 400m 2 Races Women	T14
T15 400m 1 Race Men	T15
N/Scoring N/Scoring	
T16 400m 1 Race Women	T16
N/Scoring	
F12         15.15         Pole Vault         Women         14.40	F12
F13         15.15         High Jump         Men         14.35	
T17         15.40         1500m         1 Races         Men         15.25	T17
T18 15.45 1500m 1 Races Women	
F10         15.50         Javelin         Women         15.35	F10
F11         15.55         Shot         Men         15.40	F11
T19         15.55         200m         2 Races         Men         15.40	T19
T20 200m 2 Races Women	T20
T21         200m         1 Race         Men	T21
N/Scoring	
T22 200m 1 Race Women	T22

		N/Scoring				
T23	16.25	3k or 5k	1 Race		Men	16.10
F14	16.10			Triple Jump	Men	15.50
F15	16.45			Javelin	Men	16.30
F16	16.50			Shot	Women	16.35
T24	16.45	4 x 100m Relay	1 Race		Men	16.30
T25		4 x 100m Relay	1 Race		Women	
T26	17.10	Steeplechase	1 Race		Women	16.55
T27	17.25	4 x 400m Relay	1 Race		Women	17.10
T28	17.30	4 x 400m Relay	1 Race		Men	

NAL Championship fixture timetable for Rounds 1, 2 and 3  $\,$