

**NATIONAL ATHLETICS LEAGUE - PREMIERSHIP PROMOTION - MEN**

**SATURDAY 3 AUGUST 2024 - BEDFORD INTERNATIONAL STADIUM, BARKERS LANE, BEDFORD, MK41 9SB**

**SBH v BELGRAVE v CARDIFF v CITY OF SHEFFIELD v HAVERING v TONBRIDGE v TRAFFORD v SWANSEA**

<b>START TIME</b>		<b>REPORT TIME</b>	<b>A</b>	<b>B</b>
11.30	DISCUS	11.05		
11.45	POLE VAULT	11.00		
11.45	400m HURDLES	11.30		
12.15	800m	12.00		
12.40	100m	12.25		
13.00	LONG JUMP	12.35		
13.10	HAMMER	12.40		
13.40	3000m S/C	13.25		
14.05	110m H	13.50		
15.00	HIGH JUMP	14.20		
15.00	SHOT	14.25		
15.10	400m	14.55		
15.40	1500m	15.25		
15.55	200m	15.40		
16.10	JAVELIN	15.40		
16.15	TRIPLE JUMP	15.45		
16.25	3000m	16.10		
16.45	4 x 100m RELAY	16.20		
17.25	4 x 400m RELAY	17.10		