

NATIONAL ATHLETICS LEAGUE - PREMIERSHIP PROMOTION - WOMEN**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**

START TIME		REPORT TIME	A	B
11.30	LONG JUMP	11.05		
11.30	HAMMER	11.00		
11.45	HIGH JUMP	11.05		
12.00	400m HURDLES	11.45		
12.25	800m	12.10		
12.50	100m	12.35		
13.00	DISCUS	12.35		
14.25	3000m	14.10		
14.30	JAVELIN	14.05		
14.35	TRIPLE JUMP	14.05		
14.50	100m HURDLES	14.35		
15.00	POLE VAULT	14.25		
15.20	400m	15.05		
15.45	1500m	15.30		
16.00	200m	15.45		
16.30	SHOT	16.05		
16.50	4 x 100m RELAY	16.00		
17.00	2000m S/C	16.45		
17.20	4 x 400m RELAY	17.10		