



# Premiership Timetable 2025

Event	Time	Track Event		Field Event		Report time
F01	11.10			Long Jump	Women	10.40
F04	11.10			Discus	Men	10.40
F03	11.20			Hammer Outside	Women	10.50
F02	11.25			Pole Vault	Men	10.40
T03	11.40	400m hurdles	2 Races		Men	11.25
T04	12.00	400m hurdles	2 Races		Women	11.45
T05	12.15	800m	2 Races		Men	12.00
T06	12.25	800m	2 Races		Women	
F05	12.30			High Jump	Women	12.00
T07	12.40	100m	2 Races		Men	12.25
T08		100m	2 Races		Women	
T01		100m N/Scoring	4 Races		Men	
T02		100m N/Scoring	4 Races		Women	
F07	12.50			Long Jump	Men	12.20
F08	12.50			Discus	Women	12.20
F06	13.05			Hammer Outside	Men	12.35
T09	13.45	2k/3k Steeple-chase	1 Race		Men	13.30
T10	14.05	110m Hurdles	2 Races		Men	13.50
T26	14.25	2k/3k Steeple-chase	1 Race	Women	Women	14.10
F10	14.30			Javelin	Women	14.00
F09	14.30			Triple jump	Woman	14.00
F12	14.55			Pole Vault	Women	14.10
T12	14.45	100m Hurdles	2 Race		Women	14.30
F11	15.05			Shot	Men	14.25
T13	15.05	400m	2 Races		Men	14.50
T14		400m	2 Races		Women	

T15		400m N/Scoring	1 Race		Men		
T16		400m N/Scoring	1 Race		Women		
F13	15.20			High Jump	Men	14.40	
T17	15.40	1500m	1 Races		Men	15.25	
T18		1500m	1 Races		Women		
T19	15.55	200m	2 Races		Men	15.40	
T20		200m	2 Races		Women		
T21		200m N/Scoring	1 Race		Men	15.55	
T22		200m N/Scoring	1 Race		Women		
F14	16.15			Triple Jump	Men	15.45	
F15	16.15			Javelin	Men	15.45	
F16	16.20			Shot	Women	15.50	
T23	16.30	3k or 5k	1 Race		Men	16.15	
T24	16.50	4 x 100m Relay	1 Race		Men	16.30	
T25		4 x 100m Relay	1 Race		Women		
T11	17.10	3k or 5k	1 Race		Women	16.55	
T27	17.30	4 x 400m Relay	1 race	Women		17.10	
T28	17.35	4 x 400m Relay	1 Race	Men			
	17.40	FINAL TEAM SCORE					