



# National Track & Field League 2009



## Timetable

Track				Field	
				Men	Women
11.30				Hammer Pole Vault Long Jump	Shot High Jump Javelin Pole Vault
12.15	100m H		W		
12.30	110m H		M		
12.50	1500m Walk		W		
13.05	3000m Walk		M	Discus	
13.25	400m H		W	High Jump	
13.35	400m H		M		Triple Jump
13.50	4 x 100m		W		Hammer
14.10	4 x 100m		M		
14.25	1500m	(2 Races)	W		
14.35				Shot	
14.45	1500m	(2 Races)	M		
15.00	400m		W	Javelin	
15.15	400m		M	Triple Jump	
15.30	3000m		W		
15.45	3000m S/C	(1 Race)	M		Long Jump
16.00	200m		W		
16.10	200m		M		
16.20	800m		W		
16.30	800m		M		
16.40	5000m		M	56 lbs	Discus
17.00	100m		W		
17.20	100m		M		
17.40	4 x 400m		W		
17.50	4 x 400m		M		

### Scoring System: 9,7,6,5,4,3,2,1

Sequence of events: Premier Women followed by Division 1 Women followed by Premier Men followed by Division 1 Men

Premier and Division One Men and Women score in the best 15 events.

This timetable is designed as a guide of event times. Events may run ahead of schedule and it is the team Managers responsibility to ensure that athletes attend for the start of their competition