

# National Track & Field League 2009



## Amended Timetable

Track			Field	
			Men	Women
11.30	100m H	W		
11.45	110m H	M	11.30 Hammer	11.30 H.J.
12.00	1500m Walk	W	11.30 P.V.	
12.15	3000m Walk	M		
12.35	400m H	W	11.45 Long Jump	
12.50	400m H	M		<b>12.00 Shot</b>
13.05	4 x 100m	W		13.30 Hammer
13.20	4 x 100m	M	<b>14.00 Shot</b>	13.30 T.J.
14.35	1500m	W	14.00 H.J.	
14.50	1500m	M	14.30 Discus	14.30 P.V.
15.05	400m	W		14.45 Javelin
15.20	400m	M	14.45 T.J.	
15.35	3000m	W		
15.50	3000m S/C	M		
16.05	200m	W	16.00 Javelin	16.00 Discus
16.20	200m	M		16.00 L.J.
16.35	800m	W		
16.50	800m	M		
17.05	5000m	M		
17.25	100m	W		
17.40	100m	M		
17.55	4 x 400m	W		
18.05	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