

BAL DOUBLE Fixture timetable		
11.00	Pole Vault	Match 1
	Long Jump	Match 2
	Discus	Match 1(outside)
	Hammer	Match 2
11.30	100m	N/S (both matches)
12.00	400m Hurdles	Match 2 A&B
12.10	400m Hurdles	Match 1 A&B
12.15	High Jump	Match 2
12.30	Long Jump	Match 1
12.30	800m	Match 2 A&B
12.40	800m	Match 1 A&B
	Hammer	Match 1
	Discus	Match 2 (outside)
13.00	100m	Match 2 A&B
13.10	100m	Match 1 A&B
13.30	3000m Steeplechase	Match 2 A&B
13.50	3000m Steeplechase	Match 1 A&B
14.00	Triple Jump	Match 2
14.15	Pole Vault	Match 2
	Shot	Match 1
	Javelin	Match 2
14.20	110m Hurdles	Match 2 A&B
14.30	110m Hurdles	Match 1 A&B
14.45	400m	Match 2 A&B
14.45	High Jump	Match 1
14.55	400m	Match 1 A&B (and n/s race(s))
15.10	1500m	Match 2 A&B
15.20	1500m	Match 1 A&B
15.30	200m	Match 2 A&B
15.30	Triple Jump	Match 1
15.40	200m	Match 1 A&B (and n/s race(s))
15.45	Shot	Match 2
	Javelin	Match 1
15.55	5000m (3k in match 2&3)	Match 2 A&B
16.15	5000m (3k in match 2&3)	Match 1 A&B
16.40	4 x 100m Relay	Match 2
16.45	4 x 100m Relay	Match 1
16.55	4 x 400m Relay	Match 2
17.10	4 x 400m Relay	Match 1