

Nat 4 2017	SINGLE
Start 13.00	
13.00 pm	Hammer
	Long Jump
	Pole Vault
13.30 pm	High Jump
14.00 pm	Discus
	100m non scoring
14.20 pm	400m Hurdles
14.35 pm	800m
14.50 pm	Triple Jump
	100m
15.05 pm	3000m Steeplechase
15.25 pm	110m Hurdles
15.40 pm	Javelin
	Shot
15.45 pm	400m (including 1 non scoring race)
16.00 pm	1500m
16.10 pm	200m (including 1 non scoring race)
16.25 pm	3000m in Matches 1 & 3 5000m in Matches 2 & 4
16.50 pm	4 x 100m Relay
17.10 pm	4 x 400m Relay