

## **BAL Double Header Timetable – Nat 4 & Any other Division**

Time	Event		Division
	Track	Field	
9.45		Hammer	Nat 4
10.00		Triple Jump	Both ( Two pits )
11.05		Hammer	Higher Division
11.30	100 N/s		Both
12.00	400m Hurdles		Higher
12.15	400m Hurdles		Nat 4
12.15		High Jump	Higher
12.15		Pole Vault	Higher
12.25		Discus	Nat 4
12.30	800m		Higher
12.30		Long Jump	Nat 4
12.45	800m		Nat 4
13.00	100m		Higher
13.10	100m		Nat 4
13.30	3k S/c		Higher
13.45		Discus	Higher
13.50	3k S/c		Nat 4
14.15	110m Hurdles		Higher
14.30	110m Hurdles		Nat 4
14.45	400m		Higher
14.45		Shot	Nat 4
14.45		High Jump	Nat 4
14.55	400m		Nat 4
15.00		Long Jump	Higher
15.05		Javelin	Higher
15.05	400m N/s		Both
15.10	1500m		Higher
15.20	1500m		Nat 4
15.30	200m		Higher
15.30		Pole Vault	Nat 4
15.40	200m		Nat 4
15.40		Shot	Higher
15.50	200m N/s		Both
16.00	3000m		Higher
16.20	3000m		Nat 4
16.25		Javelin	Nat 4
16.40	4 x 100m Relay		Higher
16.50	4 x 100m Relay		Nat 4
17.00	4 x 400m Relay		Higher
17.10	4 x 400m Relay		Nat 4

1. Only Two trials per athlete during warm-up for the HT, DT, JT