

BAL Double-Header Timetable - Nat 4 & another Division v2

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

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