

National League Round 1 Track & Field 2022

Provisional Timetable

Track			Field			
			Men		Women	
11:00	100m H	W				
11:15	110m H	M	11.00	Hammer	11.00	High Jump
11:30	1500m Walk	W	11.00	Pole Vault		
11:45	3000m Walk	M	11.15	Long Jump		
12:05	400m H	W			11:30	Shot Put
12:20	400m H	M	13:00	Shot Put	13.00	Hammer
12:35	4 x 100m	W	13:00	High Jump	13.00	Triple Jump
12:50	4 x 100m	M				
13:05	1500m	W				
13:20	1500m	M	14.00	Discus	14.00	Pole Vault
13:35	400m	W				
13:50	400m	M	14:15	Triple Jump	14:15	Javelin
14:05	3000m	W				
14:25	3000m S/C	M	15:00	WFD 56lbs		
14:45	200m	W	15:30	Javelin	15:30	Discus
15:00	200m	M			15:30	Long Jump
15:15	800m	W			16:00	WFD 28lbs
15:30	800m	M				
15:45	5000m	M				
16:05	3000m S/C	W				
16:25	100m	W				
16:40	100m	M				
16:55	4 x 400m	W				
17:10	4 x 400m	M				

Scoring System: 9,7,6,5,4,3,2,1

Sequence of events: Division 1 Women followed by Premier Women followed
by Division 1 Men followed by Premier Men
Premier Division Men score in the best 17 events.
Premier Division Women score in the best 15 events
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.