

**BRITISH ATHLETICS LEAGUE
STANDARD TIMETABLES
SINGLE FIXTURES
Issued 2nd February 2009
Replaces all previous versions**

Premiership	SINGLE	Nat 1,2,3	Nat 4
Start 11.30		Start 12.30	Start 13.00
11.30 am	Hammer	12.30 pm	13.00 pm
	Long Jump		
	Pole Vault		
13.00 pm	100m non/sc	14.00 pm	14.00 pm
13.00 pm	Discus	14.00 pm	14.15 pm
13.30 pm	400m Hurdles	14.30 pm	14.30 pm
13.50 pm	800m	14.50 pm	14.50 pm
14.05 pm	100m	15.05 pm	15.05 pm
	High Jump		
	Triple Jump		
14.20 pm	3000m Steeplechase	15.20 pm	15.20 pm
14.30 pm	Javelin	15.30 pm	15.40 pm
14.35 pm	110m Hurdles	15.35 pm	15.35 pm
14.45 pm	Shot	15.45 pm	15.45 pm
15.00 pm	400m	16.00 pm	16.00 pm
15.15 pm	1500m	16.15 pm	16.15 pm
15.25 pm	200m	16.25 pm	16.25 pm
15.40 pm	5000m	16.40 pm	16.40 pm
16.05 pm	4 x 100m Relay	17.05 pm	17.05 pm
16.25 pm	4 x 400m Relay	17.25 pm	17.25 pm