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| NAL Four & Five Club Match Timetable 2021 |  |  |  |
| Time | Event |  |  |
| Track | Field |  |  |
| 12.50 |  | Hammer | Men & Women |
| 12.55 | 100m N/S |  | Men |
| 100m N/S |  | Women |  |
| 13.00 |  | Long Jump | Men |
| 13.05 |  | High Jump | Women |
| 13.10 |  | Pole Vault | Men |
| 13.15 | 400m hurdles |  | Men |
| 400m hurdles |  | Women |  |
| 13.35 | 800m |  | Men |
| 800m |  | Women |  |
| 13.40 |  |  |  |
| 13.50 | 100m |  | Men |
| 100m |  | Women |  |
| 14.05 |  | Long Jump | Women |
| 14.10 | 3000m S/C |  | Men |
| 14.30 |  | Discus | Men & Women |
| 14.40 | 110m Hurdles |  | Men |
| 15.05 | 3000m |  | Women |
| 15.10 |  | Triple Jump | Women |
| 15.15 |  |  |  |
| 15.20 |  | Shot | Women |
| 15.20 |  | Pole Vault | Women |
| 15.20 | 100m Hurdles |  | Women |
| 15.40 |  | High Jump | Men |
| 15.40 | 400m |  | Men |
| 400m |  | Women |  |
| 16.00 |  | Javelin | Women |
| 16.00 | 1500m |  | Men |
| 1500m |  | Women |  |
| 16.20 | 200m |  | Men |
| 200m |  | Women |  |
| 16.25 |  | Shot | Men |
| 16.25 |  | Triple jump | Men |
| 16.35 | 3/5000m |  | Men |
| 16.50 |  | Javelin | Men |
| 16.50 | 4x100m relay |  | Men |
| 4x100m relay |  | Women |  |
| 17.05 | 2000m S/C |  | Women |
| 17.20 | 4x400m relay |  | Women |
| 4x400m relay |  | Men |  |
| NAL Four & Five Club Match Timetable 2021 |  |  |  |
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