



Championship Timetable 2024

Event no	Time	Track	Heats	Field	Gender	Reporting time
F01	12.00			Long Jump	Women	11.45
F03	12.00			Hammer	Women	11.45
F06	13.00			Hammer	Men	12.45
F02	12.30			Pole Vault	Men	11.50
T03	12.00	400m hurdles	2 Races		Men	11.45
T04	12.10	400m hurdles	2 Races		Women	11.55
F05	12.25			High Jump	Women	11.45
T05	12.25	800m	2 Races		Men	12.10
T06	12.35	800m	2 Races		Women	12.20
T07	12.50	100m	2 Races		Men	12.35
T08		100m	2 Races		Women	
T01		100m N/Scoring	3 Races		Men	
T02		100m N/Scoring	3 Races		Women	
F07	13.20			Long Jump	Men	13.05
T09	13.45	Steeplechase	1 Race		Men	13.30
F08	14.00			Discus	Women	13.45
T10	14.05	110m Hurdles	2 Races		Men	13.50
T11	14.25	3k or 5k	1 Race		Women	14.10
F09	14.45			Triple jump	Woman	14.25
T12	14.50	100m Hurdles	2 Race		Women	14.35
F04	14.55			Discus	Men	14.40
T13	15.10	400m	2 Races		Men	14.55
T14		400m	2 Races		Women	
T15		400m N/Scoring	1 Race		Men	
T16		400m N/Scoring	1 Race		Women	
F12	15.15			Pole Vault	Women	14.40
F13	15.15			High Jump	Men	14.35
T17	15.40	1500m	1 Races		Men	15.25
T18	15.45	1500m	1 Races		Women	
F10	15.50			Javelin	Women	15.35
F11	15.55			Shot	Men	15.40
T19	15.55	200m	2 Races		Men	15.40
T20		200m	2 Races		Women	
T21		200m N/Scoring	1 Race		Men	
T22		200m	1 Race		Women	

		N/Scoring				
T23	16.25	3k or 5k	1 Race		Men	16.10
F14	16.10			Triple Jump	Men	15.50
F15	16.45			Javelin	Men	16.30
F16	16.50			Shot	Women	16.35
T24	16.45	4 x 100m Relay	1 Race		Men	16.30
T25		4 x 100m Relay	1 Race		Women	
T26	17.10	Steeplechase	1 Race		Women	16.55
T27	17.25	4 x 400m Relay	1 Race		Women	17.10
T28	17.30	4 x 400m Relay	1 Race		Men	

NAL Championship fixture timetable for Rounds 1, 2 and 3