

BRITISH ATHLETICS LEAGUE

Divisions 2, 3 & 4

Standard Timetable 2004 Edition

Time	Track Event	Field Event
13.00		Hammer
13.00		Pole Vault
13.00		Long Jump
14.30	400m Hurdles	
14.30		High Jump
14.50	800m	
14.50		Discus
15.00		Triple Jump
15:05	100m	
15.20	3000m SC	
15.35	110m Hurdles	
15.50		Shot
15:55	400m	
16:10	1500m	
16.15		Javelin
16.25	200m	
16.40	5000m	
17.05	4x100m	
17.30	4x400m	

A non scoring 100m confined to BAL teams within the Division can be held if it is requested

The Remainder of this document has been copied from the 2003 timetable and is not from the 2004 source:

SCORING A strings 16-14-12-10-8-6-5-4
 B strings 12-10-8-6-4-3-2-1

GENERAL COMPETITION RULES

The rules of UK Athletics shall apply except as varied by BAL
Club vest and correct number must be worn by all competitors

Two competitors per event per club except relays

In events where A&B strings are combined, the better placed to be
scored as the A string

Athletes taking part in BAL competitions are liable to drug
Testing