

**British Athletics League Standard Timetables
Single Fixtures 2011**

Premiership	SINGLE	Nat 1,2,3	SINGLE	Nat 4	SINGLE
Start 11.30		Start 12.30		Start 13.00	
11.30 pm	Hammer	12.30 pm	Hammer	13.00 pm	Hammer
	Long Jump		Long Jump		Long Jump
	Pole Vault (pool B)		Pole Vault		Pole Vault
12.30 pm	High Jump	13.30 pm	High Jump	13.30pm	High Jump
13.00 pm	Discus	14.00 pm	Discus	14.00 pm	Discus
13.10 pm	100m non/sc	14.10 pm	100m non/sc		100m non/sc
13.30 pm	400m Hurdles	14.30 pm	400m Hurdles	14.20 pm	400m Hurdles
13.50 pm	800m	14.50 pm	800m	14.35 pm	800m
	Triple Jump		Triple Jump	14.50 pm	Triple Jump
	Pole Vault (pool A)				100m
	Starting Height 4m40cm				
14.05 pm	100m	15.05 pm	100m	15.05 pm	3000m Steeplechase
14.15 pm	3000m Steeplechase	15.15 pm	3000m Steeplechase	15.25 pm	110m Hurdles
14.35 pm	110m Hurdles	15.35 pm	110m Hurdles	15.40 pm	Javelin
					Shot
15.00 pm	400m	16.00 pm	400m	15.45 pm	400m
15.05 pm	Javelin	16.05 pm	Javelin		
	Shot		Shot	16.00 pm	1500m
15.15 pm	1500m	16.15 pm	1500m	16.10 pm	200m
15.25 pm	200m	16.25 pm	200m	16.25 pm	5000m (3k in match 2&3)
15.40 pm	5000m (3k in match 2&3)	16.40 pm	5000m (3k in match 2&3)	16.50 pm	4 x 100m Relay
16.05 pm	4 x 100m Relay	17.05 pm	4 x 100m Relay	17.10 pm	4 x 400m Relay
16.25 pm	4 x 400m Relay	17.25 pm	4 x 400m Relay		