

# NATIONAL JUNIOR ATHLETIC LEAGUE

## PREMIER DIVISION TIMETABLE

TRACK	FIELD (Men)	Standard	FIELD (Women)	Standard
1.00 400 metre Hurdles	11.00 Hammer (6k)	35.00m	11.00 Pole Vault	
1.30 100 metres	11.00 Long Jump	5.50m	11.00 Shot (4k)	8.00m
1.55 800 metres	12.00 High Jump			
2.20 400 metres			12.10 Hammer (4k)	25.00m
2.40 100 metre Hurdles			12.30 Long Jump	4.50m
2.50 3000 metres	1.10 Javelin (800g)	35.00m		
3.20 110 metre Hurdles	2.20 Shot (6k)	10.50m	2.20 Javelin (600g)	25.00m
3.35 200 metres	2.30 Pole Vault		2.30 High Jump	
4.00 1500 metres	2.30 Triple Jump	11.50m		
4.25 1500 metre S/C Women			3.20 Discus (1k)	25.00m
4.45 4 x 100 metre Relay			4.00 Triple Jump	9.00m
5.05 2000 metre S/C Men	4.30 Discus (1.75k)	35.00m		
5.25 Athlete of the Match Award				
5.30 4 x 400 metre Relay				

**In ALL track events women compete before men**

## REGIONAL DIVISION TIMETABLE

TRACK	FIELD (Men)	Standard	FIELD (Women)	Standard
1.15 400 metre Hurdles	11.45 Hammer (6k)	32.00m	11.45 Pole Vault	
1.45 100 metres	11.45 Long Jump	5.50m	11.45 Shot (4k)	8.00m
2.10 800 metres	12.30 High Jump			
2.35 400 metres			12.45 Hammer (4k)	22.00m
2.55 100 metre Hurdles			1.15 Long Jump	4.50m
3.10 3000 metres	1.30 Javelin (800g)	32.00m		
3.40 110 metre Hurdles	2.30 Shot (6k)	10.50m	2.30 High Jump	
3.55 200 metres	2.30 Pole Vault		2.30 Javelin (600g)	22.00m
4.20 1500 metres	3.15 Triple Jump	11.00m	3.15 Discus (1k)	22.00m
4.45 4 x 100 metre Relay	4.15 Discus	32.00m	4.15m Triple Jump	8.50m
5.05 2000 metre S/C Men				
5.25 Athlete of the Match Award				
5.30 4 x 400 metre Relay				

**In ALL track events women compete before men**