

## NATIONAL JUNIOR ATHLETIC LEAGUE - FINALS TIMETABLE 2009

### TRACK EVENTS

12.00	400mH	Women
12.15	400mH	Men
12.30	100m	Women
12.45	100m	Men
13.00	800m	Women
13.15	800m	Men
13.30	400m	Women
13.45	400m	Men
14.00	3000m	Women
14.15	100mH	Women
14.35	3000m	Men
14.50	110mH	Men
15.10	200m	Women
15.25	200m	Men
15.40	1500m	Women
15.55	1500m	Men
16.10	1500m S/C	Women
16.30	4 x 100m	Women
16.45	4 x 100m	Men
17.00	2000m S/C	Men
17.20	4 x 400m	Women
17.35	4 x 400m	Men

### FIELD EVENTS

11.00	Hammer	Men
	Long Jump	Men
	Pole Vault	Women
	Shot	Women
12.00	High Jump	Men
12.15	Hammer	Women
13.00	Long Jump	Women
13.15	Javelin	Men
14.00	Shot	Men
14.30	Triple Jump	Men
	Pole Vault	Men
	Javelin	Women
	High Jump	Women
15.30	Discus	Men
16.00	Triple Jump	Women
16.40	Discus	Women