

**British Athletics League Standard Timetable  
DOUBLE Fixtures - 2011**

2011	Match 1 = Higher division	
11.00 am	Pole Vault	Match 1
	Long Jump	Match 2
	Discus	Match 1 (outside)
	Hammer	Match 2
11.30 am	100m	N/S Match 2
	100m	N/S Match 1
12.00 pm	400m Hurdles	Match 2 A&B
12.10 pm	400m Hurdles	Match 1 A&B
12.15 pm	High Jump	Match 2
12.30 pm	Long Jump	Match 1
12.30 pm	800m	Match 2 A&B
12.40 pm	800m	Match 1 A&B
	Hammer	Match 1
	Discus	Match 2 (outside)
13.00 pm	100m	Match 2 A&B
13.10 pm	100m	Match 1 A&B
13.30 pm	3000m Steeplechase	Match 2 A&B
13.50 pm	3000m Steeplechase	Match 1 A&B
14.00 pm	Triple Jump	Match 2
14.15 pm	Pole Vault	Match 2
	Shot	Match 1
	Javelin	Match 2
14.20 pm	110m Hurdles	Match 2 A&B
14.30 pm	110m Hurdles	Match 1 A&B
14.45 pm	400m	Match 2 A&B
14.45 pm	High Jump	Match 1
14.55 pm	400m	Match 1 A&B
15.10 pm	1500m	Match 2 A&B
15.20 pm	1500m	Match 1 A&B
15.30 pm	200m	Match 2 A&B
15.30 pm	Triple Jump	Match 1
15.40 pm	200m	Match 1 A&B
15.45 pm	Shot	Match 2
	Javelin	Match 1
15.55 pm	5000m (3k in match 2&3)	Match 2 A&B
16.15 pm	5000m (3k in match 2&3)	Match 1 A&B
16.40 pm	4 x 100m Relay	Match 2
16.45 pm	4 x 100m Relay	Match 1
16.55 pm	4 x 400m Relay	Match 2
17.05 pm	Result match 2	
17.10 pm	4 x 400m Relay	Match 1
	Result match 1	