

British Athletics League Standard Timetables
JOINT Fixtures - 2011

11.00 am	Pole Vault	Men
	Long Jump	Women
	Discus	Men(outside)
	Hammer	Women
11.30 am	100m	Men N/S
11.45 am	100m	Women N/S
12.00 pm	400m Hurdles	Men A&B
12.15 pm	400m Hurdles	Women A&B
12.30 pm	Long Jump	Men
	High Jump	Women
12.30 pm	800m	Men A&B
12.40 pm	800m	Women A&B
	Hammer	Men
	Discus	Women(outside)
12.55 pm	100m	Men A&B
13.10 pm	100m	Women A&B
13.25 pm	3000m Steeplechase	Men
13.55 pm	110m Hurdles	Men A&B
14.00 pm	Triple Jump	Women
14.15 pm	3000m	Women A&B
	Pole Vault	Women
	Javelin	Women
	Shot	Men
14.35 pm	100m Hurdles	Women A&B
14.45 pm	High Jump	Men
14.55 pm	400m	Men A&B
15.05 pm	400m	Women A&B
15.20 pm	1500m	Men A&B
15.30 pm	1500m	Women A&B
	Triple Jump	Men
15.40 pm	200m	Men A&B
	200m	Women A&B
15.45 pm	Shot	Women
	Javelin	Men
16.15 pm	5000m (3k in match 2&3)	Men A&B
16.40 pm	4 x 100m Relay	Men
16.45 pm	4 x 100m Relay	Women
16.50 pm	2000m Steeplechase	Women
17.10 pm	4 x 400m Relay	Women
17.20 pm	Result Women	
17.30 pm	4 x 400m Relay	Men
	Result Men	