

UKWAL NEW TIMETABLE

2009

"A" event followed by "B" event
1500m, 3000m 2000m S/Chase A and B run together

TRACK

- 1.00 400m Hurdles
- 1.20 800m
- 1.35 100m
100m non scorer
- 2.00 400m
400m non scorer
- 2.15 3000m
- 2.45 100m Hurdles
- 3.15 200m
- 3.35 1500m
- 3.55 4 x 100m Relay
- 4.04 2000m Steeple Chase
- 4.20 4 x 400m Relay (short stagger)

FIELD

- 12.00 Hammer
- 12.00 Pole Vault pool A opening height 2.10m
- 12.00 Long Jump
- 1.30 High Jump
- 1.40 Discus
- 2.00 Triple Jump
- 2.30 Pole Vault pool B opening height 3.20m
- 3.00 Shot
- 3.20 Javelin