

Premiership	Division 1,2,3 SINGLE Match Timetable	
11.30	12.30	Event Start
11.30	12.30	Hammer
		Long Jump
12.00	13.00	High Jump
13.10	14.10	100m non/sc
13.15	14.15	Pole Vault (single pool)
13.20	14.20	Discus
13.30	14.30	400m Hurdles
13.50	14.50	800m
14.05	15.05	100m
14.15	15.15	3000m Steeplechase
14.20	15.20	Triple Jump
14.35	15.35	110m Hurdles
14.45	15.45	Javelin
15.00	16.00	400m (including 1 non scoring race)
15.05	16.05	Shot
15.15	16.15	1500m
15.25	16.25	200m (including 1 non scoring race)
15.40	16.40	3000m in matches 1 & 3 5000m in matches 2 & 4
16.05	17.05	4 x 100m Relay
16.25	17.25	4 x 400m Relay