

National Track & Field Premier League
15th August 2021
Provisional Timetable

Track

Field

Time	Event	Gender	Time	Event	Gender
11:00	100m H	Women	11:00	Hammer	Men
11:10	110m H	Men	11:00	Pole Vault	Men
			11:00	High Jump	Women
11:25	1500m Walk	Women	11:15	Long Jump	Men
11:40	3000m Walk	Men	11:30	Shot	Women
12:10	400m H	Women			
12:20	400m H	Men	12:30	Hammer	Women
12:35	4 x 100m	Women			
12:45	4 x 100m	Men			
13:00	1500m	Women	13:00	Shot	Men
13:10	1500m	Men	13:00	Long Jump	Women
			13:30	High Jump	Men
13:40	400m	Women			
13:50	400m	Men			
14:00	3000m	Women	14:00	Discus	Men
			14:00	Pole Vault	women
			14:15	Triple Jump	Men
14:20	3000m S/C	Men	14:15	Javelin	Women
14:40	200m	Women			
14:50	200m	Men			
15:05	800m	Women	15:00	Javelin	Men
15:15	800m	Men			
15:30	5000m	Men	15:30	Discus	Women
			15:30	Triple Jump	Women
			15:30	56 lbs Distance	Men
15:55	3000m S/C	Women			
			16:00	28lb Distance	Women
16:20	100m	Women			
16:30	100m	Men			
16:45	4 x 400m	Women			
16:55	4 x 400m	Men			

