

2008 NJAL Timetable - Shortened Version

TRACK	FIELD Men	FIELD Women
	11.45 Hammer (6K) 32.00m	11.45 Pole Vault
	11.45 Long Jump 5.50m	11.45 Shot (4K) 8.00m
	12.20 High Jump	12.30 Hammer (4K) 22.00m
1.15 400 metre Hurdles		1.00 Long Jump 4.50m
	1.15 Javelin (800g) 32.00m	
	1.15 Shot (6K) 10.50m	
1.30 100 metres		
1.50 800 metres		
2.10 400 metres	2.00 Pole Vault	2.00 High Jump
2.30 100 metre Hurdles		2.00 Javelin (600g) 22.00m
2.45 3000 metres	2.45 Triple Jump 11.00m	2.45 Discus (1K) 22.00m
3.10 110m Hurdles		
3.20 200 Metres		
3.40 1500 Metres	3.30 Discus (1.75K) 32.00m	3.45 Triple Jump 8.50m
4.00 4 x 100 Relay		
4.15 2000m Steeplechase		
4.30 Athlete of Match Award		
4.35 4 x 400 Metres Relay		