

NORTH EAST SENIOR DEVELOPMENT LEAGUE

Shildon timetable

Start	Event	Lane Draw					
11.00	100mH F	4	3	1	2	6	5
11.10	110mH M	4	3	1	2	6	5
11.25	3000m F	6	1	5	4	2	3
11.45	3000m M	6	1	5	4	2	3
12.00							
12.05	400mH F	1	4	6	3	5	2
12.15	400mH M	1	4	6	3	5	2
12.25	100m F	1	4	6	3	5	2
12.35	100m M	1	4	6	3	5	2
12.45	800m F	2	5	3	6	4	1
12.55	800m M	2	5	3	6	4	1
13.05	400m F	1	4	6	3	5	2
13.15	400m M	1	4	6	3	5	2
13.25	1500m F	5	6	2	1	3	4
13.35	1500m M	5	6	2	1	3	4
13.45	200m F	4	3	1	2	6	5
13.55	200 M	4	3	1	2	6	5
14.05	2000m S/C, F	1	4	6	3	5	2
14.25	3000m S/C, M	1	4	6	3	5	2
14.50	4 x 100m F	6	5	1	2	4	3
15.00	4 x 100m M	6	5	1	2	4	3
15.10	4 x 400m F	1	6	4	5	3	2
15.20	4 x 400m M	1	6	4	5	3	2
15.30	4 x 400m Mix	1	6	4	5	3	2

Call up times for field events for athletes and officials are 15 minutes before the start time unless the previous event in that area has not finished.

Start Time	Event	Gender	Duty Team
11.00	Hammer	All	1
	Pole Vault	All	2
	high Jump	Female	4
11.25	Long jump	Male	5
12.00	Discus	All	1
12.15	Triple Jump	Female	6
12.25	High Jump	Male	3
12.55	Shot Putt	Female	4
13.05	Triple Jump	Men	5
13.35	Javelin	Female	2
13.45	Shot Putt	Men	1
14.25	Long Jump	Women	6
14.30	Javelin	Men	3

Duty No.	Team name
Lane No.	
1, Host	
2	
3	
4	
5	
6	

See Team identification, lane and duty rotation sheet, before filling in details in the box above for your match.