

# NESDL TIMETABLE FOR SHILDON - Division 1

## Track

Start	Event	Gender	Lane Draw					
11.00	100mH	Female	4	3	1	2	6	5
11.10	110mH	Male	4	3	1	2	6	5
11.20	3000m	Female	6	1	5	4	2	3
11.45	3000m	Male	6	1	5	4	2	3
12.00	400mH	Female	1	4	6	3	5	2
12.10	400mH	Male	1	4	6	3	5	2
12.20	100m	Female	1	4	6	3	5	2
12.30	100m	Male	1	4	6	3	5	2
12.40	800m	Female	2	5	3	6	4	1
12.50	800m	Male	2	5	3	6	4	1
13.00	400m	Female	1	4	6	3	5	2
13.10	400m	Male	1	4	6	3	5	2
13.20	1500m	Female	5	6	2	1	3	4
13.30	1500m	Male	5	6	2	1	3	4
13.40	200m	Female	4	3	1	2	6	5
13.50	200m	Male	4	3	1	2	6	5
14.00	2000m S/C	Female	1	4	6	3	5	2
14.20	3000m S/C	Male	1	4	6	3	5	2
14.50	4x100m	Female	6	5	1	2	4	3
15.00	4x100m	Male	6	5	1	2	4	3
15.10	4x400m	Female	1	6	4	5	3	2
15.20	4x400m	Male	1	6	4	5	3	2
15.30	4x400m	Mixed N/S	1	6	4	5	3	2

## Field

Start	Report by	Event	Gender	Duty Team
10.00	9.45	Hammer	Female	2
11.00	10.45	Hammer	Male	4
11.00	10.30	Pole Vault	All	3
11.00	10.45	High Jump	Female	5
11.25	11.10	Long Jump	Male	6
12.15	12.00	Discus	Female	2
13.15	13.00	Discus	Male	4
12.15	12.00	Triple Jump	Female	1
12.25	12.10	High Jump	Male	5
12.55	12.40	Shot Putt	Female	3
13.05	12.50	Triple Jump	Men	6
14.15	14.00	Javelin	Female	3
13.45	13.30	Shot Putt	Male	2
14.25	14.10	Long Jump	Women	1
15.15	15.00	Javelin	Men	4

Team	M1	M2	M3	M4
Blaydon/Elswic	1	5	4	3
Darlington	2	6	5	4
Gateshead	3	1	6	5
Middlesbrough,	4	2	1	6
North Shields Pi	5	3	2	1
Wallsend/Blyth	6	4	3	2

Team	M1	M2	M3	M4
Blaydon/Elswick	1	5	4	3
Darlington	2	6	5	4
Gateshead	3	1	6	5
Middlesbrough/Crook	4	2	1	6
North Shields Poly (NSP)	5	3	2	1
Wallsend/Blyth	6	4	3	2

Athletes to report to event at least 15 mins before start time for practice throws/jumps - max of 2 per athlete - report times are shown on the timetable

All Field Officials to report to Chief Field Referee by 09.30am  
 Competitors to be advised to listen to the Announcer for changes to the timetable  
 Field Referee has the discretion to cancel events where clubs do not provide qualified officials