

NESDL TIMETABLE FOR SHILDON - Division 1

Track

Start	Event	Gender	Lane Draw					
			4	3	1	2	6	5
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

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

Field

Start	Report by	Event	Gender	Duty Team
10.30	10.00	Hammer	All	1
11.00	10.00	Pole Vault	All	2
11.00	10.45	High Jump	Female	4
11.25	11.10	Long Jump	Male	5
12.00	11.45	Discus	All	1
12.15	12.00	Triple Jump	Female	6
12.25	12.10	High Jump	Male	3
12.55	12.40	Shot Putt	Female	4
13.05	12.50	Triple Jump	Men	5
13.45	13.30	Javelin	Female	2
13.45	13.30	Shot Putt	Male	1
14.25	14.10	Long Jump	Women	6
14.45	14.30	Javelin	Men	3

Team	M1	M2	M3	M4
NSP	1	1	1	1
Blaydon/Elswic	2	3	4	5
Darlington	3	4	5	6
Gateshead	4	5	6	2
Morpeth	5	6	2	3
Wallsend/Blyth	6	2	3	4

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 10.00am