

NBL TRACK AND FIELD CHAMPIONSHIPS
TRACK EVENT SCHEDULE

CHECK-IN DEADLINE	TUESDAY	TRACK EVENT	HEATS	ENTRANTS
3:30 PM	4:00 PM	JVG 100m H	2	9
3:39 PM	4:09 PM	JVB 400m	3	19
3:48 PM	4:18 PM	VB 400m	3	24
3:58 PM	4:28 PM	JVG 100m	6	46
4:10 PM	4:40 PM	JVB 100m	9	67
4:30 PM	5:00 PM	VG 100m	5	37
4:42 PM	5:12 PM	VB 100m	5	38
SPRINTER-FRIENDLY BREAK (No 300m Hurdles)				
5:10 PM	5:40 PM	JVG 200m	5	38
5:23 PM	5:53 PM	JVB 200m	5	37
5:36 PM	6:06 PM	VG 200m	5	39
5:49 PM	6:19 PM	VB 200m	5	38
6:02 PM	6:32 PM	JVG/VG 4 x 800m	1	5 (3 V; 2 JV)
6:16 PM	6:46 PM	JVB/VB 4 x 800m	1	7 (4 V; 3 JV)

CHECK-IN DEADLINE	THURSDAY	TRACK EVENT	HEATS	ENTRANTS
3:30 PM	4:00 PM	UB 4 x 100m	1	2
3:34 PM	4:04 PM	JVG 4 X 100M	1	5
3:38 PM	4:08 PM	JVB 4 X 100M	1	5
3:42 PM	4:12 PM	VG 4 X 100M	1	7
3:46 PM	4:16 PM	VB 4 x 100M	1	8
3:50 PM	4:20 PM	JVG 1600M	2	32
4:07 PM	4:37 PM	JVB 1600M	3	63
4:28 PM	4:58 PM	VG 1600M	2	27
4:42 PM	5:12 PM	VB 1600M	2	25
4:56 PM	5:26 PM	VB 110m Hurdles	2	11
5:04 PM	5:34 PM	JVB 110m Hurdles	1	2
5:08 PM	5:38 PM	JVG 100m Hurdles	1	8
5:12 PM	5:42 PM	VG 100m Hurdles	2	11
5:19 PM	5:49 PM	JVG 400M	1	3
5:22 PM	5:52 PM	JVB 400M	1	8
5:26 PM	5:56 PM	VG 400M	2	15
5:32 PM	6:02 PM	VB 400M	2	16
5:39 PM	6:09 PM	UB 100m	2	14
5:44 PM	6:14 PM	JVG 100M	1	8
5:46 PM	6:16 PM	JVB 100M	1	8
5:49 PM	6:19 PM	VG 100M	2	16
5:54 PM	6:24 PM	VB 100M	2	16
6:00 PM	6:30 PM	JVG 800M	1	21
6:05 PM	6:35 PM	JVB 800M	2	36
6:12 PM	6:42 PM	VG 800M	1	17
6:17 PM	6:47 PM	VB 800M	2	22
6:24 PM	6:54 PM	JVG 300M Hurdles	1	5
6:27 PM	6:57 PM	VG 300M Hurdles	2	16
6:33 PM	7:03 PM	JVB 300M Hurdles	1	2
6:36 PM	7:06 PM	VB 300M Hurdles	2	16
6:45 PM	7:15 PM	JVG 200M	1	8
6:48 PM	7:18 PM	JVB 200M	1	8
6:51 PM	7:21 PM	VG 200M	2	16
6:58 PM	7:28 PM	VB 200M	2	16
7:03 PM	7:33 PM	JVG 3200M	1	5
7:20 PM	7:50 PM	JVB 3200M	1	15
7:37 PM	8:07 PM	VG 3200M	1	13
7:51 PM	8:21 PM	VB 3200M	1	25
8:05 PM	8:35 PM	JVG 4 X 400M	1	2
8:11 PM	8:41 PM	JVB 4 X 400M	1	4
8:17 PM	8:47 PM	VG 4 X 400M	1	7
8:23 PM	8:53 PM	VB 4 X 400M	1	8