

First day on NM 2024

Saturday	Running	High Jump 1	High Jump 2	Shot Put	Long Jump
11:00	MU18 100m				
11:10	WU18 100mh				
11:15	WU20 100mh				
11:20	Women 100mh				
11:30	MU20 100m				
11:35	Men 100m				MU18
11:45		WU18			11:35-12:15
12:00		11:45-12:45	WU20		
12:15			12:10-13:00		
12:30					MU20
12:45					12:30-13:15
13:00		Women			
13:15		13:00-14:00			
13:30				MU18	Men
13:45				13:30-14:00	13:30-14:00
14:00					
14:15				WU18	
14:30			MU18	14:15-14:45	
14:45			14:30-15:30		
15:00				WU20	
15:15				15:00-15:30	
15:30					
15:45				MU20	
16:00	WU18 200m			15:45-16:15	
16:05	WU20 200m				
16:15	MU18 400m				
16:30				Men	
16:45		MU20		16:30-17:00	
17:00		16:45-18:00			

17:15				Women	
17:30			Men	17:15-17:45	
17:45			17:30-18:15		
18:00					
18:25	Women 200m				
18:40	MU20 400m				
18:45	Men 400m				
19:00					

Second day on NM 2024

Sunday	Running	Long Jump	Discus/Javelin	Pole Vault 1	Pole Vault 2
08:00					
08:15					
08:30					
08:45					
09:00	MU18 110mh				
09:05					
09:30					
09:45			MU18 - Disc		
10:00		WU18	09:45-10:15		
10:15		10:00-10:45			
10:30					
10:45	MU20 - 110mh			MU18	
11:00	Men 110 mh	WU20		10:45-12:45	
11:15		11:00-11:45	WU18 -Javelin		
11:30			11:15-12:15		
11:45					
12:00		Women			
12:15		12:00-12:45			
12:30			Men S & U20 - Disc		
12:45			12:30-13:15		
13:00					
13:15					
13:30			WU20 - Javelin		
13:45			13:30-14:15		
14:00					
14:15				Men S & U20	
14:30			MU18 Javelin	14:15-16:00	
14:45			14:30-15:15		
15:00					
15:15					
15:30	WU18 800m		Women - Javelin		
15:45	WU20 800m		15:30-16:15		
16:00					
16:15					
16:30			M S & MU20 Javelin		
16:35			16:45-17:30		
16:40					
16:45	Woman 800m				
17:00	MU18 1500m				
17:15					
17:30					
17:45					
18:00	M S & MU20 1500m				
18:15					
18:30					

18:40				
18:45				
19:00				
19:15				
19:45				
20:00				
20:15				
20:30				
20:45				
21:00				
21:15				