

Indoor Interclub Relay Championships of Ireland

Sunday 16th March 2008

TIMETABLE OF EVENTS

<u>TRACK</u>				<u>FIELD</u>		
				12.00	56 lbs x 2	Men
				12.00	High Jump x 2	Women
				12.00	Long Jump x 2	Men
12.45	4x200m	Women	Heats			
12.55	4x200m	Men	Heats			
				13.00	Shot Putt x 2	Women
13.15	60m Hdls	Women				
13.25	60m Hdls	Men		13.15	Long Jump x 2	Women
13.35	3x800m	Women		13.30	High Jump x 2	Men
13.45	3x800m	Men		13.45	Shot Putt x2	Men
13.55	4x400m	Women	Heats			
14.10	4x400m	Men	Heats			
14.25	3000m *	Men				
14.40	4x200m	Women	Final	14.30	Triple Jump x 2	Women
14.50	4x200m	Men	Final	14.30	Triple Jump x 2	Men
15.00	4x400m	Women	Final			
15.10	4x400m	Men	Final			
15.15	3x1000m Walk	Inter County	Final			

*** Team Race 6 to Run 3 to Score**

Finals will be held at Final time

All athletes who enter for Senior & Junior Competition may be subject for selection for testing under the Anti Doping Policy