

PROVISIONAL TIMETABLE

TRACK

12.00	200m	Women
	200m	Men
13.00	1500m	Women
	1500m	Men
13.45	400m	Women
	400m	Men
14.30	800m	Women
	800m	Men
15.00	4x200m	Women
	4X200m	Men
15.00	3000m	Women
	3000m	Men

FIELD

12.15	High Jump	Women
13.30	High Jump	Men
12.30	Triple Jump	Women
	Triple Jump	Men

Check in for **Individual Athletes** is 60minutes before timed event
Team Check in must be completed by 11.15

Events for Teams and Individuals:
200m, 400m, 1500m,
High Jump, Triple Jump

Events for Teams:
4x200m

Events for Individuals:
800m, 3000m

Individual Entries taken on the day €5.00