

PROVISIONAL TIMETABLE

TRACK

12.00	60mH 60mH	Women Men
13.00	60m 60m	Women Men
14.30	800m 800m	Women Men

FIELD

12.15	Long Jump Long Jump	Women Men
12.15	Pole Vault Pole Vault	Men Women
13.45	Shot Putt Shot Putt	Men Women

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

NATIONAL INDOOR CLUB LEAGUE ROUND 1
AIT INTERNATIONAL ARENA, ATHLONE
SATURDAY 16TH JANUARY 2016