



# National League Final 2018

Tullamore Harriers Stadium, Sunday 19th August

## TIMETABLE

### TRACK

11.30	100mH	W
11.45	110mH	M
12.00	1500m Walk	W
12.15	3000m Walk	M
12.35	400mH	W
12.50	400mH	M
13.05	4x100m	W
13.20	4x100m	M
13.35	1500m	W
13.50	1500m	M
14.05	400m	W
14.20	400m	M
14.35	3000m	W
14.55	3000m S/C	M
15.15	200m	W
15.30	200m	M
15.45	800m	W
16.00	800m	M
16.15	5000m	M
16.35	3000m S/C	W
16.55	100m	W
17.10	100m	M
17.25	4x400m	W
17.40	4x400m	M

### FIELD

MEN		WOMEN	
11.30	Hammer	11.30	High Jump
11.30	Pole Vault		
11.45	Long Jump		
		12.00	Shot
		13.30	Hammer
13.30	Shot	13.30	Triple Jump
14.00	High Jump		
14.30	Discus	14.30	Pole Vault
14.45	Triple Jump	14.45	Javelin
16.00	Javelin	16.00	Discus
		16.00	Long Jump
16.45	56lbs		

Scoring System: 9,7,6,5,4,3,2,1

**Sequence of Events: Division 1 Women followed by Premier Women followed by Division 1 Men followed by Premier Men.**

Premier Division Men Score in the best 17 events

Premier Division Women score in the best 15 events

Division One Men and Women score in the best 15 events