

National Indoor League



TUS, Athlone 22nd January 2023

Track Field

Session 1 (League)

Time	Event	Gender	Time	Event	Gender
10:30	60mH	CE YJS Men			
11:00	60mH	Men	11:00	Triple Jump	Women +G
11:15	60mH	Women	12:00	Triple Jump	Men +G
11:30	1500m	Women	11:00	Pole Vault	CE YJS Men
11:45	1500m	Men	14:00	Pole Vault	G Men & Women
12:00	400m	Women	11:45	Weight	Women +G
12:20	400m	Men	12:45	Weight	Men +G
12:40	Walks	Women+G	11:00	High Jump	Men
13:00	Walks	Men+G	12:00	High Jump	Women
13:20	4x200m	Women	14:30	High Jump	G Men & Women
13:30	4x200m	Men			

Session 2 (Guests)

14:00	60mH	Guest Women
14:10	60mH	Guest Men
14:20	800m	Guest Women
14:30	800m	Guest Men
14:50	1000m	CE YJS Men
15:00	60m	G Women S1
15:10	60m	G Men S1
15:30	400m	Guest Men
15:45	400m	Guest Women
16:00	60m	G Women S2
16:10	60m	G Men S2
16:30	200m	Women
16:45	200m	Men
17:00	3000m	Women
17:15	3000m	Men

League to Happen in Session 1
Guest Session in Session 2
*Day 2 of the Indoor CE will be with Round 2 of
the League
Points will depend on amount of teams entered