

TIMETABLE

TRACK

12.00	60mH 60mH	Women Men	
13.00	60m 60m	Women Men	
14.15	800m 800m	Women Men	
14.50	60m 60m	Women Men	Series 2 Series 2
15.20	1500m	Women Men	
15.50	400m	Women Men	

FIELD

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

Events for Teams and Individuals:

60m, 60mH, 800m, Long Jump, Pole Vault, Shot Put

Events for Individuals:

400m, 1500m

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

ENTRY

Team Entries please email to: competition@athleticsireland.ie
Individual Entries taken on the day: €5.00