

<b>Track</b>			<b>Field</b>		
<b>11:00</b>	60m Sprint	Women	<b>11:00</b>	Pole Vault	Men
<b>11:05</b>	60m Sprint	Men	<b>13:00</b>	Pole Vault	Women
<b>11:15</b>	1500m	Women			
<b>11:25</b>	1500m	Men	<b>12:00</b>	High Jump	Men
			<b>13:30</b>	High Jump	Women
<b>11:45</b>	400m	Women			
<b>11:55</b>	400m	Men	<b>11:00</b>	Long Jump	Men
<b>12:10</b>	1500mW	Women	<b>11:45</b>	Long Jump	Women
<b>12:25</b>	1500mW	Men			
<b>12:40</b>	60mH	Women	<b>13:00</b>	Triple Jump	Men
<b>12:50</b>	60mH	Men	<b>14:00</b>	Triple Jump	Women
<b>13:30</b>	800m	Women			
<b>13:40</b>	800m	Men	<b>11:00</b>	Weight Throw	Women
			<b>11:45</b>	Weight Throw	Men
<b>13:50</b>	200m	Women			
<b>14:00</b>	200m	Men	<b>13:30</b>	Shot Put	Women
<b>14:15</b>	3000m	Women	<b>14:15</b>	Shot Put	Men
<b>14:30</b>	3000m	Men			
<b>14:50</b>	4x400m	Women			
<b>15:00</b>	4x400m	Men			

**Results available @ [live.athleticsireland.ie](https://live.athleticsireland.ie)**  
**Scoring 9,7,6,5,4,3,2,1 points**  
**Scoring will apply to 14 of the 15 events**  
**Events may be brought forward by up to 15 minutes**