

National League Final 2019

Tullamore Harriers Stadium, Saturday 20th July

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