

Session 1

Track			Field		
11:00	60m	Women	11:00	Pole Vault	Women
11:10	60m	Men	12:30	Pole Vault	Men
11:30	800m	Women	11:00	Shot Put	Women
11:40	800m	Men	12:00	Shot Put	Men
12:00	200m	Women	11:00	Long Jump	Men
12:20	200m	Men	12:00	Long Jump	Women
12:40	3000m	Women			
13:00	3000m	Men			
13:20	4x400m	Women			
13:30	4x400m	Men			

Session 2

Track			Field		
14:00	60m S1	Women	14:00	Long Jump	Guests
14:20	60m S1	Men	14:00	Shot Put	Guest Women
15:00	1500m	Women	14:00	Pole Vault	Guests
15:10	1500m	Men			
15:25	60m S2	Women			
15:35	60m S2	Men			
16:05	400m	Women			
16:25	400m	Men			
16:45	60mH	Women			
17:00	60mH	Men			
17:10	200m	Women			
17:30	200m	Men			

League in Session 1
Guests in Session 2
(Bar some Field)



National Indoor League R1
8th January 2022
NIA, Dublin

123.ie