



National Track & Field League 2019

Round 2: Athlone IT & Morton Stadium

Timetable (Subject to Change)

Track			Field			
			Men		Women	
11.30	100m H	W	11.30	Hammer	11.30	High Jump
11.45	110m H	M	11.30	Pole Vault		
12.00	1500m Walk	W	11.45	Long Jump	12.00	Shot
12.15	3000m Walk	M			13.00	Hammer
12.35	400m H	W			13.30	Triple Jump
12.50	400m H	M				
13.05	4 x 100m	W				
13.20	4 x 100m	M	13.30	Shot		
13.35	1500m	W	14.00	High Jump		
13.50	1500m	M	14.30	Discus	14.30	Pole Vault
14.05	400m	W				
14.20	400m	M	14.45	Triple Jump	14.45	Javelin
14.35	3000m	W				
14.55	3000m S/C	M				
15.15	200m	W	16.00	Javelin	16.00	Discus
15.30	200m	M			16.00	Long Jump
15.45	800m	W				
16.00	800m	M		56 lbs		
16.15	5000m	M				
16.35	3000m S/C	W				
16.55	100m	W				
17.10	100m	M				
17.25	4 x 400m	W				
17.40	4 x 400m	M				

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.

This timetable is designed as a guide of event times. Events may run ahead of schedule and it is the team Managers responsibility to ensure that athletes attend for the start of their competition.