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|  | **National League Final****Track & Field** **14th of August 2022****Tullamore** **Provisional Timetable** |  |

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| **Track** | **Field** |
|  |  |  |  |  | **Men** | **Women** |
| 11:00 | 100m H |  | W |  |  |  |  |  |
| 11:15 | 110m H |  | M |  | 10.30 | Hammer |  |  |
| 11:30 | 1500m Walk |  | W |  |  |  |  |  |
| 11:45 | 3000m Walk |  | M |  | 11.00  | Pole Vault | 11.00  | High Jump |
| 12:05 | 400m H |  | W |  | 11.00  | Long Jump |  |  |
| 12:20 | 400m H |  | M |  |  |  | 11:30  | Hammer |
| 12:35 | 4 x 100m |  | W |  | 11:30  | Shot Put |  |  |
| 12:50 | 4 x 100m |  | M |  |  |  | 12:30  | Shot Put |
| 13:05 | 1500m |  | W |  | 12:30  | Discus | 12:30  | Long Jump |
| 13:20 | 1500m |  | M |  |  |  |  |  |
| 13:35 | 400m  |  | W |  | 13:00  | High Jump | 13.00  | Pole Vault |
| 13:50 | 400m  |  | M |   |  |  |  |  |
| 14:05 | 3000m  |  | W |  |  |  | 13:30 | Discus |
| 14:25 | 3000m S/C |  | M |  | 14:15  | Triple Jump |  |  |
| 14:45 | 200m |  | W |  | 14:15 | WFD 56lbs | 14:30  | Javelin |
| 15:00 | 200m |  | M |  |  |  |  |  |
| 15:15 | 800m |  | W |  | 15:30  | Javelin | 15:30 | Triple Jump |
| 15:30 | 800m |  | M |  |  |  | 15:30 | WFD 28lb |
| 15:45 | 5000m |  | M |  |  |  |  |  |
| 16:05 | 3000m S/C |  |  W |  |  |  |  |  |
| 16:25 | 100m  |  | W |  |  |  |  |  |
| 16:40 | 100m  |  | M |  |  |  |  |  |
| 16:55 | 4 x 400m |  | W |  |  |  |  |  |
| 17:10 | 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.

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| 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. |