

# National Outdoor League Prelim Round Track & Field 25<sup>th</sup> June 2023

## Provisional Timetable

Track			Field	
			Men	Women
11:00	100m H	W		
11:15	110m H	M	10.30 Hammer	
11:30	1500m Walk	W		
11:45	1500m 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	Scoring System: 9,7,6,5,4,3,2,1,	
16:40	100m	M		
16:55	4 x 400m	W		
17:10	4 x 400m	M		

**There will be a single round and a Final. To be held on June 25th / August 13th.**

- County / Composite Teams will compete in their own divisions. Best 15 events will be taken.
- For the first round there will be no differentiation between premier or division 1 for club teams, everyone will be at the same level. The best 15 events will be taken for everyone.
- Top 8 in round 1 will become Premier for the Final where best 17 Events Apply.
- Next 8 (9-16) in round 1 will become Division 1 for the Final where the best 15 Events Apply.
- These 8 teams will be allowed 2 guests to compete with the team in the Division 1 Final only.
- County / Composite Division will have the Top 8 go through to the Final, best 15 events will apply.
- There will be no Guests Events in either round of the outdoor League.

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.