

National Outdoor League Prelim Round Track & Field 25th 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:		
				17,15,14,13,12,11,		
				10,9,8,7,6,5,4,3,2,1		
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.