

TIMETABLE

TRACK

12.00	60mH	Women	
	60mH	Men	
13.00	60m	Women	
	60m	Men	
14.15	800m	Women	
	800m	Men	
14.50	60m	Women	Series 2
	60m	Men	Series 2
15.20	1500m	Women	
		Men	
15.50	400m	Women	
		Men	

FIELD

12.15	Long Jump	Women
	Long Jump	Men
12.15	Pole Vault	Men
	Pole Vault	Women
13.45	Shot Put	Men
	Shot Put	Women

Events for Both Teams and Individuals:

60m, 60mH, 800m, Long Jump, Pole Vault, Shot Put

Events for Individuals Only:

400m, 1500m

Check in for **Individual Athletes** is 60 minutes before timed event
Team Check in must be completed by 11.15

ENTRY

Team Entries: ONLINE

Individual Entries ONLINE and on the day: €5.00

**NATIONAL INDOOR CLUB LEAGUE ROUND 1
NIA, SPORT IRELAND CAMPUS
SATURDAY 11TH JANUARY 2020**