

## PROVISIONAL TIMETABLE

TRACK			FIELD		
12.00	200m	Women	12.15	High Jump	Women
	200m	Men	13.30	High Jump	Men
13.00	1500m	Women	12.30	Triple Jump	Women
	1500m	Men		Triple Jump	Men
13.45	400m	Women	<p>Check in for <b>Individual Athletes</b> is 60minutes before timed event            Team Check in must be completed by 11.15  <b>Events for League Teams:</b>            200m, 400m, 1500m, High Jump, Triple Jump</p> <p><b>4x200m available to Teams Only</b></p> <p>.....</p> <p><b>Events for Individuals:</b>            200m, 400m, 800m, 1500m, 3000m, High Jump, Triple Jump</p>		
	400m	Men			
14.30	800m	Women			
	800m	Men			
	4x200m	Women			
	4X200m	Men			
15.00	3000m	Women			
	3000m	Men			

**Individual Entries online**

**and also accepted on the day €5.00**