

PROVISIONAL TIMETABLE

TRACK

12.00 200m Women
200m Men

13.00 1500m Women
1500m Men

13.45 400m Women
400m Men

14.30 800m Women
800m Men

4x200m Women
4X200m Men

15.00 3000m Women
3000m Men

FIELD

12.15 High Jump Women
13.30 High Jump Men

12.30 Triple Jump Women
Triple Jump Men

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

Events for Teams and Individuals:
200m, 400m, 1500m,
High Jump, Triple Jump

Events for Teams:
4x200m

Events for Individuals:
800m, 3000m

Individual Entries **ONLINE** and on the day €5.00