

National League Final Track & Field 14th of August 2022 Tullamore

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	3000m 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				
16:40	100m	M				
16:55	4 x 400m	W				
17:10	4 x 400m	M				

Scoring System: 9,7,6,5,4,3,2,1

Sequence of events: Division 1 Women followed by Premier Women followed
by Division 1 Men followed by Premier Men
Premier Division Men score in the best 17 events.
Premier Division Women score in the best 15 events
Division One Men and Women score in the best 15 events.

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.