



**National Outdoor League**  
**Prelim Round Track & Field**  
**6th July 2025 (PROVISIONAL)**

**123.ie**

This timetable is designed as a guide of event times. Events may run ahead of schedule (30 minutes ahead up to 1pm, 60 minutes ahead after 1pm) and it is the team Managers responsibility to ensure that athletes attend for the start of their competition.

Track			Field	
			Men	Women
11:00	110m H (1.067m)	M	10:30 Hammer 7.26K	11:00 High Jump
	100m H (0.838m)	W		
11:30	1500m Walk	W	11:00 Pole Vault	
	1500m Walk	M		
12:00	400m H (0.762m)	W	11:00 Long Jump	11:30 Hammer 4K
	400m H (0.914m)	M	11:30 Shot Put 7.26K	
12:30	4 x 100m	W		
	4 x 100m	M	13:00 High Jump	13:00 Shot Put 4K
13:00	1500m	W		
	1500m	M		
13:45	400m	W	13:30 Discus 2K	13:00 Long Jump
	400m	M		
14:15	3000m	W	14:30 Triple Jump	
14:40	3000m S/C (0.914m)	M		
15:00	200m	W		
	200m	M	14:30 WFD 56lb	14:30 Discus 1K
15:30	800m	W		
	800m	M		
16:00	5000m	M	15:30 Javelin 800g	16:00 Triple Jump
16:30	2000m S/C (0.762m)	W		
17:00	100m	W		16:00 WFD 28lb
	100m	M		
17:30	4 x 400m	W	16:30 Javelin 600g	
	4 x 400m	M		

**Order: Club followed by County**

**Events:**

**Track**

100m, 100mH/110mH, 200m, 400m, 400mH, 800, 1500m, 3000m/5000m, 2000mSC/3000mSC, 1500mW, 4x100m, 4x400m,

**Field**

HJ, LJ, PV, TJ, SP, JT, HT, DT, WfD.

4 attempts for the Throws and Horizontal jumps.

Max 4 Fouls in the Vertical Jumps, 3 consecutive Foul Rule still applies

Women's High Jump	Opening height 1.25m, 10cm increments to 1.45m, 5 cm increments to 1.60m, 3cm increments thereafter
Men's High Jump	Opening height 1.45m, 10cm increments to 1.65m, 5 cm increments to 1.80m, 3 cm increments thereafter
Women's Pole Vault	Opening height 1.55m, 30cm increments to 2.45m, 15 cm increments to 2.90m, 10cm increments thereafter
Men's Pole Vault	Opening height 2.00m, 30cm increments to 3.20m, 15 cm increments to 3.80m, 10cm increments thereafter

**Scoring:** Teams Score in best 15 events & must field a relay team

Athletes limited to 2 Track Events & 1 Field Event, or 2 Field Events & 1 Track Event. No limit on participation in Relays.

Winning team gets n+1 points where n = number of teams taking part. 2nd team n-1 points, 3rd team n-2 points...

**Results:** [live.athleticsireland.ie](http://live.athleticsireland.ie)