



# National Outdoor Track & Field League Final

## Tullamore

### Sunday 27th July 2025

123.ie

# PROVISIONAL

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). 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	3 races	10:30 Hammer 7.26K County/Div 1 Hammer 7.26K Premier	11:00 High Jump* All
100m H (0.838m)	W	3 races		
11:30 1500m Walk*	W	1 race	11:00 Pole Vault All	11:30 Hammer 4K County/Div 1
1500m Walk*	M	1 race	11:00 Long Jump County/Div 1	Hammer 4K Premier
12:00 400m H (0.762m)	W	3 races	Long Jump Premier	13:00 Shot Put 4K County/Div 1
400m H (0.914m)	M	3 races	11:30 Shot Put 7.26K County/Div 1	Shot Put 4K Premier
12:30 4 x 100m	W	3 races	Shot Put 7.26K Premier	13:00 Shot Put 4K County/Div 1
4 x 100m	M	3 races	13:00 High Jump* All	Shot Put 4K Premier
13:00 1500m**	W	2 races	13:30 Discus 2K County/Div 1	13:00 Long Jump County/Div 1
1500m**	M	2 races	Discus 2K Premier	Premier
13:45 400m	W	3 races	14:30 Triple Jump* All	13:00 Pole Vault* All
400m	M	3 races	14:30 WFD 56lb County/Div 1	14:45 Discus 1K County/Div 1
14:15 3000m *	W	1 Race	WFD 56lb Premier	Premier
14:40 3000m S/C (0.914m)*	M	1 Race	15:00 Javelin 800g County/Div 1	15:30 Triple Jump* All
15:00 200m	W	3 races	Javelin 800g Premier	16:00 WFD 28lb County/Div 1
200m	M	3 races		WFD 28lb Premier
15:30 800m**	W	2 races		16:15 Javelin 600g County/Div 1
800m	M	3 races		Premier
16:00 5000m*	M	1 race		
16:30 2000m S/C (0.762m)*	W	1 race		
17:00 100m	W	3 races	<b>Results: live.athleticsireland.ie</b>	
100m	M	3 races		
17:30 4 x 400m	W	3 races	<b>Scorin Premier - Best 17 Events, Div 1 &amp; County Teams - Best 15 events</b> 9 pts for first, 7 pts for 2nd, 6 pts for 3rd.....1 pt for 8th	
4 x 400m	M	3 races		

Order: County, Div1, Premier. \* All Categories compete together \*\* County & Div 1 compete together

#### Events:

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

**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 1.10m, 10cm increments to 1.20m, 5 cm increments to 1.60m, 3cm increments thereafter
Men's High Jump	Opening height 1.40m, 10cm increments to 1.50m, 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

No Call Room in operation, Athletes report to the event when it is called

Implement Check in : 9.30- 11am, 12-1pm, 2- 3pm