



# National Outdoor Track & Field League Final

## Tullamore

### 27th July 2025

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). 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	Pole Vault* All
13:45 400m	W	3 races	14:30 Triple Jump* All	14:45 Discus 1K County/Div 1
400m	M	3 races	14:30 WFD 56lb County/Div 1	Pole Vault* All
14:15 3000m *	W	1 Race	WFD 56lb Premier	15:30 Triple Jump* All
14:40 3000m S/C (0.914m)*	M	1 Race	15:00 Javelin 800g County/Div 1	16:00 WFD 28lb County/Div 1
15:00 200m	W	3 races	Javelin 800g Premier	WFD 28lb Premier
200m	M	3 races	<b>Results: <a href="https://live.athleticsireland.ie">live.athleticsireland.ie</a></b>	16:15 Javelin 600g County/Div 1
15:30 800m**	W	2 races		Pole Vault* All
800m	M	3 races		14:45 Discus 1K County/Div 1
16:00 5000m*	M	1 race		Pole Vault* All
16:30 2000m S/C (0.762m)*	W	1 race	Scoring: Premier - Best 17 Events, Div 1 & County Teams - Best 15 events 9 pts for first, 7 pts for 2nd, 6 pts for 3rd.....1 pt for 8th	
17:00 100m	W	3 races		
100m	M	3 races		
17:30 4 x 400m	W	3 races		
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.

Athletes must be 18 years old on 31st December to compete in the men's Shot, Discus, Hammer & Weight

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