

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

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

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