



National Outdoor Track & Field League Final

Morton Stadium, Santry

9th August 2026



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	10:00 Hammer 7.26K County/Div 1	
100m H (0.838m)	W	3 races		
11:30 1500m Walk*	W	1 race	Hammer 7.26K Premier	
1500m Walk*	M	1 race	11:00 Pole Vault All	11:00 High Jump* All
12:00 400m H (0.762m)	W	3 races	11:00 Long Jump County/Div 1	11:00 Hammer 4K County/Div 1
400m H (0.914m)	M	3 races	Long Jump Premier	Hammer 4K Premier
12:30 4 x 100m	W	3 races	11:30 Shot Put 7.26K County/Div 1	12:30 Long Jump County/Div 1
4 x 100m	M	3 races	Shot Put 7.26K Premier	Long Jump Premier
13:00 1500m**	W	2 races	12:30 Discus 2K County/Div 1	13:00 Shot Put 4K County/Div 1
1500m**	M	2 races	Discus 2K Premier	Shot Put 4K Premier
TRACK BREAK			13:00 High Jump* All	13:00 Pole Vault* All
14:00 400m	W	3 races	14:30 Triple Jump* All	
400m	M	3 races		
14:30 3000m *	W	1 Race	14:30 WFD 56lb County/Div 1	13:30 Discus 1K County/Div 1
15:00 3000m S/C (0.914m)*	M	1 Race	WFD 56lb Premier	Discus 1K Premier
15:30 200m	W	3 races		15:30 Triple Jump* All
200m	M	3 races	15:00 Javelin 800g County/Div 1	16:00 WFD 28lb County/Div 1
16:00 800m**	W	2 races	Javelin 800g Premier	WFD 28lb Premier
800m**	M	2 races		16:00 Javelin 600g County/Div 1
16:20 5000m*	M	1 race		Javelin 600g Premier
16:50 2000m S/C (0.762m)*	W	1 race		
17:10 100m	W	3 races	Results: live.athleticsireland.ie	
100m	M	3 races		
17:30 4 x 400m	W	3 races	Scoring: Premier - Best 17 Events, Div 1 & County Teams - Best 15 events	
4 x 400m	M	3 races	9 pts for first, 7 pts for 2nd, 6 pts for 3rd.....1 pt for 8th	

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

No Call Room in operation, Athletes report to the event when it is called.	
Women's High Jump	Implement Check in : 9.30- 11am, 12-1pm, 2- 3pm
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