



AAI League 2006 - Round 1

Claremont Stadium, Navan				
Premier Men	Div 1 Men	Premier Women	Div 1 Women	
Abbey A.C. Nth Down D.S.D. Raheny Shamrock Crusaders Co Kildare	Pool 1 City of Derry Co Monaghan Olympians Finn Valley Sli Cualann Fingallians Pool 2 Letterkenny City of Lisburn Shercock Strabane Navan Westmeath	Abbey Lagan Valley Tir Chonaill D.S.D. Raheny Sli Cualann	City of Derry Letterkenny Co Monaghan City of Lisburn Co Cavan Nth Down Crusaders Finn Valley	
University Arena, Limerick				
Premier Men	Div 1 Men	Premier Women	Div 1 Women	
Co Limerick Co Tipperery Menepians Clonliffe Harriers Donore Harriers Tullamore	Pool 1 West Waterford S.L.O.T. Togher/ Belgooly Athletics Wexford Ríocht Meath Pool 2 Imokilly Leevale A.C. KCH Bree Tallaght Bandon	BB's Leevale Bandon Ríocht K.C.H. S.L.O.T.	Borrisokane West Waterford Co Limerick Clonliffe Bree Athletics Wexford Tallaght Meath	



Athletic Association of Ireland National Track & Field League 2006

Timetable

Track			Field	
			Men	
11.30				Hammer Pole Vault Long Jump
12.15	100m H		W	
12.30	110m H		M	
12.50	1500m Walk		W	
13.05	3000m Walk		M	Discus
13.25	400m H		W	High Jump
13.35	400m H		M	
13.50	4 x 100m		W	
14.10	4 x 100m		M	
14.25	1500m	(2 Races)	W	
14.35				Shot
14.45	1500m	(2 Races)	M	
15.00	400m		W	Javelin
15.15	400m		M	Triple Jump
15.30	3000m		W	
15.45	3000m S/C	(1 Race)	M	
16.00	200m		W	
16.10	200m		M	
16.20	800m		W	
16.30	800m		M	
16.40	5000m		M	56 lbs
17.00	100m		W	
17.20	100m		M	
17.40	4 x 400m		W	
17.50	4 x 400m		M	

Scoring System: 9,7,6,5,4,3,2,1

Sequence of events: Premier Women followed by Division 1 Women followed by Premier Men followed by Division 1 Men

This timetable is designed as a guide of event times. Events may run ahead of schedule and it is the team Managers responsibility to ensure that athletes attend for the start of their competition