



ESB National Track & Field League 2007



ATHLETICS
IRELAND

Timetable for all Venues and Dates

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

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