



ESB National Track & Field League 2007



Round 1 – 1st July 2007

Claremont Stadium, Navan

Premier Division				Division 1			
Men		Women		Men			
					Pool 1		Pool 2
1	North Down	8	Lagan Valley	13	Ballymena	18	Letterkenny
2	Abbey A.C.	9	Abbey A.C.	14	Olympian	19	City of Lisburn
3	Shercock A.C.	10	Tir Chonaill A.C.	15	Tir Chonaill	20	City of Derry
4	Clonliffe Hrs	11	City of Lisburn	16	Finn Valley	21	Lagan Valley
5	Donore Hrs	45	DSD	17	Galway	22	Tallaght
6	Crusaders						
7	Meath						
				Women			
				Pool 1		Pool 2	
				23	Crusaders	29	Tallaght
				24	Nth Down	30	Ballymena
				25	Finn Valley	31	Meath
				26	City of Derry	32	Letterkenny
				27	Kildare County	33	Clonliffe
				28	Borrisokane A.C.	12	Galway

RSC, Waterford

Premier Division				Division 1			
Men		Women		Men		Women	
34	Limerick	41	Bandon	46	St Abbans	51	Tullamore
35	Menapians	42	Leevale	47	West Waterford	52	Raheny
36	Togher-Belgooly	43	Riocht	48	KCH	53	West Waterford
37	Leevale	44	Athletics Wexford	49	Ath Wexford	54	KCH
38	Raheny			50	Riocht	55	St Abbans A.C.
39	Tullamore					56	Gneeveguilla A.C.
40	DSD					57	Limerick A.C.



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Timetable for all Venues and Dates

ATHLETICS
IRELAND

Track			Field	
			Men	Women
11.30			Hammer Pole Vault Long Jump	Shot High Jump
12.15	100m H	W		Javelin
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		Triple Jump
13.50	4 x 100m	W		Hammer
14.10	4 x 100m	M		
14.25	1500m	W		
14.35			(2 Races)	
14.45	1500m	M		Pole Vault
15.00	400m	W	Shot	
15.15	400m	M	Javelin	
15.30	3000m	W	Triple Jump	
15.45	3000m S/C	M		Long Jump
16.00	200m	W		
16.10	200m	M		
16.20	800m	W		
16.30	800m	M		
16.40	5000m	M	56 lbs	Discus
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