



**National Outdoor League
Prelim Round Track & Field
6th July 2024 (Provisional)**

123.ie

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.

Track		Field	
		Men	Women
11:00 100m H (0.838m)	W		
11:15 110m H (1.067m)	M	10:00 Hammer 7.26K	
11:30 1500m Walk	W		
11:45 1500m Walk	M	11:00 Pole Vault	11:00 High Jump
12:05 400m H (0.762m)	W	11:00 Long Jump	
12:20 400m H (0.914m)	M		11:30 Hammer 4K
12:35 4 x 100m	W	11:30 Shot Put 7.26K	
12:50 4 x 100m	M		13:00 Shot Put 4K
13:05 1500m	W	13:00 Discus 2K	13:00 Long Jump
13:20 1500m	M		
13:35 400m	W	13:00 High Jump	13:00 Pole Vault
13:50 400m	M		
14:05 3000m	W		14:00 Discus 1K
14:25 3000m S/C (0.914m)	M	14:00 Triple Jump	
14:45 200m	W	15:00 WFD 56lb	15:30 Triple Jump
15:00 200m	M		15:30 WFD 28lb
15:15 800m	W	15:00 Javelin 800g	
15:30 800m	M		16:00 Javelin 600g
15:45 5000m	M		
16:10 2000m S/C (0.762m)	W		
16:25 100m	W		
16:40 100m	M		
17:00 4 x 400m	W		
17:15 4 x 400m	M		

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 increments thereafter
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

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.

Scoring System: 1st team n+1 points, 2nd Team n-1 points, 3rd team n-2 points... where n = the number of teams taking part. (example 10 teams taking part, 1st team scores 11 points, 2nd team 9 points, 3rd team 8 points).

Where less than 8 teams are entered the scoring to apply : 1st team scores 9 points, 2nd team 7points

Results: live.athleticsireland.ie