## National Outdoor League Preliminary Round, TUS Athlone July 6th 2024

**Club Men Competition** 

123.ie



Weight 3000m Final Total (incl. 100m 4x400m 400mH 110mH 1500m 200m High 4x100m for Pole 400m Shot Put Long Triple Final S/C 5000m Drop Rank Team 1500m Throw 800m Throw Throw Total points dropped) Relay Distance Vault Sprint (7.26kg) Jump Walk Sprint Relay Jump (0.914m (2Kg) (7.26kg (800g) (56lbs) 1 Dundrum South Dublin AC Men 221 18 18 16 16 15 15 15 14 14 14 14 13 13 13 13 12 12 11 11 10 277 56 221 Weight Hamme Discus lavelin 3000m Final Total (incl. Pole 4x100m 400m 100m 4x400m 200m Shot Put 110mF 1500m 400mH Long High for Triple Final 5000m Throw 800m S/C Total Drop Rank Throw 1500m Throw Team points dropped) Vault Relay Sprint Distance Sprint (7.26kg) Walk 0.914m Total Jump Jump Sprint Relay Jump (7.26kg) (2Kg) (800g) 0.914m) (56lbs) 218 Nenagh Olympic AC Men 218 18 18 18 16 16 16 15 14 14 13 13 12 12 12 11 8 6 232 14 Weight Hammer Discus Javelin 3000n Final Total (incl 110mH Pole Shot Put 200m 1500m High 100m 400mH Triple 400m 4x100m 4x400m Final for Long Rank Team Throw Throw 1500m S/C 800m Total Drop points dropped) (1.067m Distance Vault (7.26kg) Sprint Walk Jump Sprint (0.914m) Sprint Relay Relay Total (7.26kg) (2Kg) (800g) (0.914m (56lhs) Leevale AC Men 210.5 18 18 18 18 16 16 16 15 15 13.5 13 10 10 DNF 210.5 0 210.5 Weight 3000m lavelir Discus Final Total (incl 110mH 4x400m 400mH 4x100m 200m Triple 100m High Pole Shot Put 400m Long for Final 5000m Rank S/C 800m 1500m Throw Throw Throw Total Drop Team Jump points dropped) Jump (1.067m) Relay Vault (7.26kg) (0.914m) Sprint Relay Distance Sprint Jump Sprint Walk Total (0.914m (800g) (7,26kg) (2Kg) (56lbs) Ratoath AC Men 208 18 18 18 15 15 13 13 12 12 230 22 208 4 16 13 13 12 11 8 3000m lavelin Hamme Discus Final Total (incl 1500m 4x100m 400m 100m 4x400m Pole 400mH 200m High Shot Put 110mH Triple for Final Long Rank 1500m 800m 5000m Throw Drop points dropped) Walk Sprint Sprint Relay Vault (0.914m Sprint Jump (7.26kg) (1.067m) Distance Total (7.26kg) 0.914m) (800g) (2Kg) (56lbs) Clonliffe Harriers Men 199.5 18 16 16 16 16 15 15 15 14 14 12 7.5 199.5 0 199.5 16 Weight 3000m Javelin Hamme Discus Final Total (incl 200m 4x400m 400mH 100m Shot Put 4x100m Long High Triple Final 5000m Rank Team 1500m S/C Throw Throw 800m Throw Total Drop points dropped) Sprint Jump Jump Relay (0.914m) Sprint (7.26kg) Jump Relay Sprint 1.067m Vault Walk Distance Total (0.914m) (2Kg) (7.26kg) (800g) 6 Waterford AC Men 193.5 18 18 16 16 16 15 13.5 13 11 11 11 10 10 10 5 4 197.5 4 193.5 Weigh Javelin Discus 3000m Hamme Final Total (incl 1500m Triple 4x400m 110mH Shot Put 200m 4x100m 400m 400mH Rank Throw 5000m 1500m 800m Total Drop (7.26kg) points dropped) (1.067m) Vault (0.914m) Total Walk Jump Relay Sprint Distance Relav Sprint Jump lumn Sprint (7.26kg) (2Kg) (0.914m) (800g) (56lbs) Finn Valley AC Men 7 191 18 18 16 15 14 14 14 12 12 11 10 10 10 9 8 7 4 202 11 191 Weigh Hamme 3000m Javelin Discus Final Total (incl 400mH Triple 110mH High for Pole Long 4x100m Shot Put 4x400m 400m 200m 1500m 1500m 5000m Total Rank Team Throw Throw S/C 800m Throw Drop Sprint (0.914m) (1.067m) Distance (7.26kg) Walk Sprint Total points dropped) Jump Jump Vault Jump Relay Relay Sprint (7.26kg) (2Kg) (0.914m) (800g) (56lbs) Tir Chonaill AC Men 7 208 8 187 18 18 16 15 15 14 13 13 11 11 11 9 8 8 7 7 5 21 187 Hammer Javelin Discus 3000m Final Total (incl Shot Pu 100m 4x100m 200m 400mH 1500m Triple 4x400m Long 400m High 110mH Rank 1500m 800m Throw 5000m Throw Throw S/C Total Drop (7.26kg) (0.914m) points dropped) Sprint Relav Sprint Walk Jump Relay Jump Sprint Jump (1.067m) Vault Distance Total (7.26kg) (800g) (2Kg) 0.914m) (56lbs) Donore Harriers AC Men 163 18 12 4 10 15 13 13 12 11 11 167 163 15 10 9 6 6 5 4 Weight 3000m Discus Javelin Hammei Final Total (incl 1500m Pole for High 400m 4x100m Shot Put 200m 110mH Long 400mF Triple 100m 4x400m Final Total Drop Rank S/C 1500m 800m 5000m Throw Throw Throw points dropped) Distance Jump Relay (7.26kg) 1.067m) (0.914m) Jump Sprint Relay Total Walk Vault Sprint Sprint lump (0.914m (7.26kg) (2Kg) (800g) (56lbs) 9 Lagan Valley AC Men 157.5 14 14 12 12 11 11 10 10 10 7.5 5 174.5 17 157.5 11 11 8 Hamme Javelin 3000m Final Total (incl 4x100m 1500m 4x400m 110mH Shot Put 100m 200m 400mH Triple Long 400m High Pole Final 1500m Drop Rank Team 800m Throw 5000m Throw Throw S/C Total points dropped) (7.26kg) Sprint Relay Sprint (0.914m) Walk Jump Relay Sprint Jump (1.067m) Vault Distance Total (7.26kg) (800g) (2Kg) (0.914m) (56lhs) 11 Kilkenny City Harriers Men 136 18 14 13 12 11 10 10 9 136 0 136 Javelin Hamme Discus 3000m Final Total (incl. 400mH 4x400n Triple 200m Long 4x100m 110mH 400m 100m Shot Put 1500m High Final 1500m 5000m 800m Throw S/C Total Drop Rank Throw Team points dropped) (1.067m) (7.26kg) Walk (0.914m) Distance Relay Jump Relay Sprint (800g) (7.26kg) (2Kg) (0.914m) (56lbs) 12 Galway City Harriers Men 135 15 15 14 14 13 12 12 8 6 135 0 135 Weight Hamm Javelin Discus 3000m Final Total (incl 4x100m Pole 4x400m for 1500m Shot Put 400mH 400m Long High Triple 200m 110mH 100m Final Rank 1500m S/C 800m 5000m Total Drop Team Throw Throw Throw (7.26kg) (0.914m) (1.067m) Vault Relay Total points dropped) Distance Walk Sprint Jump Relay Sprint (2Kg) (7.26kg) (800g) (0.914m)

13	St Abbans AC Men	134	16	15	13	13	12	12	9	9	8	6	6	6	6	3								134	0	134
Rank	Team	Final Total (incl points dropped)	800m	400mH (0.914m)	4x100m Relay	400m Sprint	Pole Vault	5000m	4x400m Relay	200m Sprint	High Jump	Weight for Distance (56lbs)	100m Sprint	Shot Put (7.26kg)	Hammer Throw (7.26kg)	110mH (1.067m)	Long Jump	1500m Walk	1500m	Discus Throw (2Kg)	Triple Jump	3000m S/C (0.914m)	Javelin Throw (800g)	Total	Drop	Final Total
14	Raheny Shamrock AC Men	131	16	15	15	14	11	11	11	10	9	9	6	4										131	0	131
Rank	Team	Final Total (incl points dropped)	3000m S/C (0.914m)	Hammer Throw (7.26kg)	Long Jump	Discus Throw (2Kg)	Weight for Distance (56lbs)	Shot Put (7.26kg)	4x100m Relay	Triple Jump	200m Sprint	Javelin Throw (800g)	100m Sprint	1500m	800m	High Jump	400m Sprint	110mH (1.067m)	Pole Vault	1500m Walk	400mH (0.914m)	5000m	4x400m Relay	Total	Drop	Final Total
15	Enniscorthy Athletics Men	106	12	10	9	9	8	7	7	7	7	7	7	5	5	4	2							106	0	106
Rank	Team	Final Total (incl points dropped)	Javelin Throw (800g)	100m Sprint	200m Sprint	400m Sprint	Hammer Throw (7.26kg)	110mH (1.067m)	Pole Vault	Long Jump	Shot Put (7.26kg)	1500m Walk	400mH (0.914m)	4x100m Relay	4x400m Relay	High Jump	Discus Throw (2Kg)	Triple Jump	Weight for Distance (56lbs)	3000m S/C (0.914m)	800m	5000m	1500m	Total	Drop	Final Total
-	UCD AC Men	-	14	9	6	3																		32	0	32