

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



Club Women Competition

Rank	Team	Final Total (incl points dropped)	1500m Walk	1500m	Triple Jump	100m Sprint	4x400m Relay	400mH (0.762m)	4x100m Relay	3000m	2000m S/C (0.762m)	High Jump	Pole Vault	400m Sprint	100mH (0.838m)	Weight for Distance (20lbs)	Long Jump	Discus Throw (1Kg)	Javelin Throw (600g)	Hammer Throw (4Kg)	800m	Shot Put (4kg)	200m Sprint	Total	Drop	Final Total	
1	Dundrum South Dublin AC Women	225.5	17	17	17	17	17	15	15	15	15	14.5	14	14	13	13	12	12	12	10	10	9		278.5	53	225.5	
Rank	Team	Final Total (incl points dropped)	100mH (0.838m)	400mH (0.762m)	Pole Vault	Weight for Distance (20lbs)	Discus Throw (1Kg)	4x100m Relay	Shot Put (4kg)	Javelin Throw (600g)	Long Jump	4x400m Relay	Hammer Throw (4Kg)	400m Sprint	3000m	100m Sprint	800m	200m Sprint	High Jump	1500m Walk	1500m	Triple Jump	2000m S/C (0.762m)	Total	Drop	Final Total	
2	St. Laurence O Tooles AC Women	203	17	17	17	17	15	14	14	14	13	12	11	11	11	11	9	8	6						217	14	203
Rank	Team	Final Total (incl points dropped)	4x100m Relay	Javelin Throw (600g)	Triple Jump	4x400m Relay	100mH (0.838m)	Long Jump	800m	2000m S/C (0.762m)	High Jump	400mH (0.762m)	400m Sprint	200m Sprint	1500m	Weight for Distance (20lbs)	100m Sprint	3000m	Shot Put (4kg)	1500m Walk	Hammer Throw (4Kg)	Pole Vault	Discus Throw (1Kg)	Total	Drop	Final Total	
3	Ratoath AC Women	199	17	17	15	15	14	14	14	14	13	13	12	11	10	10	10	9	6						214	15	199
Rank	Team	Final Total (incl points dropped)	2000m S/C (0.762m)	800m	4x400m Relay	400mH (0.762m)	4x100m Relay	1500m	Pole Vault	Discus Throw (1Kg)	Triple Jump	High Jump	1500m Walk	Javelin Throw (600g)	Hammer Throw (4Kg)	400m Sprint	Shot Put (4kg)	3000m	Weight for Distance (20lbs)	100m Sprint	200m Sprint	Long Jump	100mH (0.838m)	Total	Drop	Final Total	
4	Clonliffe Harriers Women	169	17	15	13	12	12	12	12	11	11	10	10	10	9	8	7	7	6	6	4	3			195	26	169
Rank	Team	Final Total (incl points dropped)	Hammer Throw (4Kg)	4x100m Relay	Triple Jump	100mH (0.838m)	High Jump	Weight for Distance (20lbs)	800m	400mH (0.762m)	3000m	200m Sprint	1500m	Long Jump	Discus Throw (1Kg)	Javelin Throw (600g)	Shot Put (4kg)	100m Sprint	400m Sprint	1500m Walk	Pole Vault	2000m S/C (0.762m)	4x400m Relay	Total	Drop	Final Total	
5	Raheny Shamrock AC Women	164.5	17	17	15	13	13	12	11	11	10.5	10	9	7	7	6	6	5	5						174.5	10	164.5
Rank	Team	Final Total (incl points dropped)	Pole Vault	1500m	3000m	200m Sprint	Hammer Throw (4Kg)	100m Sprint	800m	Long Jump	Shot Put (4kg)	Triple Jump	1500m Walk	4x400m Relay	Discus Throw (1Kg)	Weight for Distance (20lbs)	Javelin Throw (600g)	100mH (0.838m)	High Jump	400mH (0.762m)	4x100m Relay	400m Sprint	2000m S/C (0.762m)	Total	Drop	Final Total	
6	Lagan Valley AC Women	164	17	13	13	12	12	12	11	10	10	10	9	9	9	9	8	7	6						177	13	164
Rank	Team	Final Total (incl points dropped)	Shot Put (4kg)	3000m	100mH (0.838m)	2000m S/C (0.762m)	Javelin Throw (600g)	Hammer Throw (4Kg)	1500m Walk	1500m	Pole Vault	400m Sprint	Weight for Distance (20lbs)	High Jump	Discus Throw (1Kg)	4x100m Relay	800m	200m Sprint	100m Sprint	400mH (0.762m)	Long Jump	Triple Jump	4x400m Relay	Total	Drop	Final Total	
7	Leevale AC Women	160	15	14	14	14	13	13	12	11	10	10	9	9	8	4	4								160	0	160
Rank	Team	Final Total (incl points dropped)	Long Jump	400m Sprint	1500m Walk	Discus Throw (1Kg)	Weight for Distance (20lbs)	200m Sprint	Shot Put (4kg)	Triple Jump	100m Sprint	4x100m Relay	High Jump	Hammer Throw (4Kg)	Javelin Throw (600g)	100mH (0.838m)	400mH (0.762m)	1500m	Pole Vault	3000m	800m	2000m S/C (0.762m)	4x400m Relay	Total	Drop	Final Total	
8	Finn Valley AC Women	156	17	17	14	14	14	13	12	12	12	10	8	8	5										156	0	156
Rank	Team	Final Total (incl points dropped)	800m	4x400m Relay	1500m Walk	1500m	400m Sprint	3000m	100mH (0.838m)	Pole Vault	Long Jump	400mH (0.762m)	200m Sprint	Hammer Throw (4Kg)	Discus Throw (1Kg)	Shot Put (4kg)	100m Sprint	Long Jump	Shot Put (4kg)	200m Sprint	100mH (0.838m)	Pole Vault	Triple Jump	Total	Drop	Final Total	
9	Rathfarnham AC Women	151.5	17	14	13	13	13	13	11	10.5	10	9	9	7	5	4	3								151.5	0	151.5
Rank	Team	Final Total (incl points dropped)	Discus Throw (1Kg)	Hammer Throw (4Kg)	1500m Walk	2000m S/C (0.762m)	High Jump	400mH (0.762m)	Javelin Throw (600g)	4x400m Relay	4x100m Relay	1500m	3000m	100m Sprint	400m Sprint	800m	Weight for Distance (20lbs)	Long Jump	Shot Put (4kg)	200m Sprint	100mH (0.838m)	Pole Vault	Triple Jump	Total	Drop	Final Total	
10	LSA Women	147	17	15	12	12	11	11	11	11	8	8	8	8	5	5	5	4	3	2					156	9	147
Rank	Team	Final Total (incl points dropped)	800m	4x400m Relay	1500m Walk	1500m	400m Sprint	3000m	100mH (0.838m)	Pole Vault	Long Jump	400mH (0.762m)	200m Sprint	Hammer Throw (4Kg)	Discus Throw (1Kg)	Shot Put (4kg)	100m Sprint	High Jump	4x100m Relay	Triple Jump	Weight for Distance (20lbs)	2000m S/C (0.762m)	Javelin Throw (600g)	Total	Drop	Final Total	
11	Tir Chonaill AC Women	136.5	15	14.5	14	13	12	11	10	7	7	7	6	6	5	5	4								136.5	0	136.5
Rank	Team	Final Total (incl points dropped)	Javelin Throw (600g)	Shot Put (4kg)	Pole Vault	2000m S/C (0.762m)	High Jump	4x100m Relay	100m Sprint	400mH (0.762m)	800m	Weight for Distance (20lbs)	400m Sprint	200m Sprint	Hammer Throw (4Kg)	Long Jump	Discus Throw (1Kg)	100mH (0.838m)	1500m Walk	1500m	3000m	Triple Jump	4x400m Relay	Total	Drop	Final Total	
12	Enniscorthy Athletics Women	135	15	13	13	11	9	9	9	8	8	8	7	7	6	6	6								135	0	135
Rank	Team	Final Total (incl points dropped)	200m Sprint	100m Sprint	Hammer Throw (4Kg)	Weight for Distance (20lbs)	Discus Throw (1Kg)	400m Sprint	Triple Jump	Long Jump	4x100m Relay	Javelin Throw (600g)	Shot Put (4kg)	100mH (0.838m)	High Jump	1500m Walk	400mH (0.762m)	1500m	Pole Vault	3000m	800m	2000m S/C (0.762m)	4x400m Relay	Total	Drop	Final Total	

13	Lucan Harriers AC Women	111	17	15	14	11	10	9	9	8	7	6	5											111	0	111
Rank	Team	Final Total (incl points dropped)	1500m	Long Jump	400m Sprint	Weight for Distance (20lbs)	100m Sprint	200m Sprint	4x100m Relay	100mH (0.838m)	High Jump	1500m Walk	Hammer Throw (4Kg)	400mH (0.762m)	Shot Put (4kg)	Pole Vault	3000m	Discus Throw (1Kg)	800m	Triple Jump	2000m S/C (0.762m)	Javelin Throw (600g)	4x400m Relay	Total	Drop	Final Total
14	UCD AC Women	97	15	15	15	15	14	12	11															97	0	97
Rank	Team	Final Total (incl points dropped)	Triple Jump	800m	Javelin Throw (600g)	1500m	Long Jump	4x100m Relay	200m Sprint	100mH (0.838m)	High Jump	1500m Walk	Hammer Throw (4Kg)	400mH (0.762m)	Shot Put (4kg)	Pole Vault	400m Sprint	3000m	Discus Throw (1Kg)	Weight for Distance (20lbs)	2000m S/C (0.762m)	100m Sprint	4x400m Relay	Total	Drop	Final Total
15	St Abbans AC Women	56	14	13	8	7	7	4	3															56	0	56
Rank	Team	Final Total (incl points dropped)	1500m Walk	Shot Put (4kg)	200m Sprint	High Jump	100mH (0.838m)	Hammer Throw (4Kg)	400mH (0.762m)	4x100m Relay	4x400m Relay	Pole Vault	Long Jump	400m Sprint	3000m	Discus Throw (1Kg)	800m	Triple Jump	Weight for Distance (20lbs)	2000m S/C (0.762m)	Javelin Throw (600g)	100m Sprint	1500m	Total	Drop	Final Total
-	Donore Harriers AC Women	-	8	15	15	17																		55	0	55

Rank	Team	Total	Women 100mH (0.838m)	Women High Jump	Women 1500m Walk	Women Hammer Throw (4Kg)	Women 400mH (0.762m)	Women 4x100m Relay	Women Shot Put (4kg)	Women 1500m	Women Pole Vault	Women Long Jump	Women 400m Sprint	Women 3000m	Women Discus Throw (1Kg)	Women 200m Sprint	Women 800m	Women Triple Jump	Women Weight for Distance (20lbs)	Women 2000m S/C (0.762m)	Women Javelin Throw (600g)	Women 100m Sprint	Women 4x400m Relay	
1	Dundrum South Dublin AC Women	278.5	13	14.5	17	10	15	15	9	17	14	12	14	15	12		10	17	13	15	12	17	17	
2	St. Laurence O Tooles AC Women	217	17	6		11	17	14	14		17	13	11	11	15	8	9		17		14	11	12	
3	Ratoath AC Women	214	14	13			13	17	6	10		14	12	9		11	14	15	10	14	17	10	15	
4	Clonliffe Harriers Women	195		10	10	9	12	12	7	12	12	3	8	7	11	4	15	11	6	17	10	6	13	
5	Lagan Valley AC Women	177	12	12		17	10	13	8	9		9	6	10	9	10	11	13	12		9	7		
6	Raheny Shamrock AC Women	174.5	15	7	11	12		6	17	11	10.5		10		17	7	5	6		9	13	13	5	
7	Leevale AC Women	160			9	13			10	14	15	11		14	8	14	12	10	4		4	13	9	
8	Finn Valley AC Women	156		8	14	8		10	12			17	17		14	13		12	14		5	12		
			Women Discus Throw (1Kg)	Women Hammer Throw (4Kg)	Women 1500m Walk	Women 2000m S/C (0.762m)	Women High Jump	Women 400mH (0.762m)	Women Javelin Throw (600g)	Women 4x400m Relay	Women 4x100m Relay	Women 1500m	Women 3000m	Women 100m Sprint	Women 400m Sprint	Women 800m	Women Weight for Distance (20lbs)	Women Long Jump	Women Shot Put (4kg)	Women 200m Sprint	Women 100mH (0.838m)	Women Pole Vault	Women Triple Jump	
9	LSA Women	156	17	15	12	12	11	11	11	11	8	8	8	8	5	5	5	4	3	2				
			Women 800m	Women 4x400m Relay	Women 1500m Walk	Women 1500m	Women 400m Sprint	Women 3000m	Women 100mH (0.838m)	Women Pole Vault	Women Long Jump	Women 400mH (0.762m)	Women 200m Sprint	Women Hammer Throw (4Kg)	Women Discus Throw (1Kg)	Women Shot Put (4kg)	Women 100m Sprint	Women High Jump	Women 4x100m Relay	Women Triple Jump	Women Weight for Distance (20lbs)	Women 2000m S/C (0.762m)	Women Javelin Throw (600g)	
10	Rathfarnham AC Women	151.5	17	14	13	13	13	13	11	10.5	10	9	9	7	5	4	3							
11	Tir Chonaill AC Women	136.5		14.5	15		14	5	11	6		5		12	13	6	7		7		7	4	10	
12	Enniscorthy Athletics Women	135		9		6	8	9	13		13	6	7		6	7	8		8	11	15	9		
13	Lucan Harriers AC Women	111				14		7	5			8	9		10	17		9	11		6	15		
14	UCD AC Women	97						11		15		15	15			12		15				14		
15	St Abbans AC Women	56						4		7		7				3	13	14			8			
16	Donore Harriers AC Women	55		17	8					15							15							