



**National Outdoor Track & Field League Final**  
**Tullamore**  
**28th July 2024**

**123.ie**

**PROVISIONAL**

This timetable is designed as a guide of event times. Events may run ahead of schedule (30 minutes ahead up to 1pm, 60 minutes ahead after 1pm). It is the team Managers responsibility to ensure that athletes attend for the start of their competition.

Track			Field	
			Men	Women
11:00	110m H (1.067m)	M 3 races		
	100m H (0.838m)	W 3 races	10:30 Hammer 7.26K County/Div 1	
11:30	1500m Walk*	W 1 race	Hammer 7.26K Premier	
	1500m Walk*	M 1 race	11:00 Pole Vault All	11:00 High Jump* All
12:00	400m H (0.762m)	W 3 races	11:00 Long Jump County/Div 1	11:45 Hammer 4K County/Div 1
	400m H (0.914m)	M 3 races	Long Jump Premier	Hammer 4K Premier
12:30	4 x 100m	W 3 races	11:30 Shot Put 7.26K County/Div 1	13:00 Shot Put 4K County/Div 1
	4 x 100m	M 3 races	Shot Put 7.26K Premier	Shot Put 4K Premier
13:00	1500m**	W 2 races	13:30 Discus 2K County/Div 1	13:00 Long Jump County/Div 1
	1500m**	M 2 races	Discus 2K Premier	Premier
13:45	400m	W 3 races	13:00 High Jump* All	13:00 Pole Vault* All
	400m	M 3 races	14:30 Triple Jump* All	14:45 Discus 1K County/Div 1
14:15	3000m *	W 2 races	14:30 WFD 56lb County/Div 1	Premier
14:40	3000m S/C (0.914m)*	M 2 races	WFD 56lb Premier	15:30 Triple Jump* All
15:00	200m	W 3 races	15:00 Javelin 800g County/Div 1	16:00 WFD 28lb County/Div 1
	200m	M 3 races	Javelin 800g Premier	WFD 28lb Premier
15:30	800m	W 3 races		16:15 Javelin 600g County/Div 1
	800m	M 3 races		Premier
16:00	5000m*	M 1 race		
16:30	2000m S/C (0.762m)*	W 1 race		
17:00	100m	W 3 races	<b>Result</b> <a href="http://live.athleticsireland.ie">live.athleticsireland.ie</a>	
	100m	M 3 races		
17:30	4 x 400m	W 3 races	<b>Scorin</b> Premier - Best 17 Events, Div 1 & County Teams - Best 15 events	
	4 x 400m	M 3 races	9 pts for first, 7 pts for 2nd, 6 pts for 3rd.....1 pt for 8th	

**Order: County, Div1, Premier. \* All Categories compete together \*\* County & Div 1 compete together**

**Events:**

Athletes limited to 2 Track Events & 1 Field Event, or 2 Field Events & 1 Track Event. No limit on participation in Relays.

**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 1.10m, 10cm increments to 1.20m, 5 cm increments to 1.60m, 3cm increments thereafter
Men's High Jump	Opening height 1.40m, 10cm increments to 1.50m, 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