

Session 1 (League R1)

** Scheduled times
 are **ONLY** a guide and
 may change
 the week of event **

Track			Field		
11:00	60mH	Women	11:00	Pole Vault	Women
11:15	60mH	Men	12:30	Pole Vault	Men
11:30	800m	Women			
11:45	800m	Men	11:00	Weight	Women
12:00	200m	Women	13:00	Weight	Men
12:20	200m	Men			
12:35	3000m	Women	11:00	Triple Jump	Men
13:00	3000m	Men	12:00	Triple Jump	Women
13:20	4x400m	Women			
13:30	4x400m	Men			

Session 2 (Guest Event)

Track			Field		
14:00	60mH	Men	14:00	Triple Jump	Men
14:10	60mH	Women	14:00	Triple Jump	Women
14:20	800m	Women	14:00	Pole Vault	Men
14:30	800m	Men	14:00	Pole Vault	Women
15:00	60m S1	Women			
15:10	60m S1	Men			
15:30	400m	Women			
15:45	400m	Men			
16:00	60m S2	Women			
16:10	60m S2	Men			
16:30	200m	Women			
16:45	200m	Men			
17:20	End				

League take place in Session 1
 Guest events in Session 2
 Guest Weight Throw takes place
 with League in Session 1
 League Points will depend on
 amount of teams entered



National Indoor League R1
Sunday, January 5th, 2025
NIA, Dublin

123.ie