

## Session 1 (League R1)

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

Track			Field		
10:30	60mH	Women	10:00	Pole Vault	Women
10:45	60mH	Men	11:30	Pole Vault	Men
11:00	800m	Women			
11:15	800m	Men	10:30	Weight	Women
11:30	200m	Women	12:00	Weight	Men
11:45	200m	Men			
12:00	3000m	Women	10:00	Triple Jump	Men
12:05	3000m	Men	11:30	Triple Jump	Women
12:45	4x400m	Women			
12:55	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
14:40	60m S1	Women			
15:10	60m S1	Men			
15:30	400m	Women			
15:45	400m	Men			
16:00	60m S2	Women			
16:20	60m S2	Men			
16:40	200m	Women			
17:00	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**  
**Saturday, February 8th, 2025**  
**Athlone Indoor Arena**

**123.ie**