

# National Track & Field League 2014 Round 2 Athlone IT

## Timetable

| Track |            |   | Field |             |       |             |
|-------|------------|---|-------|-------------|-------|-------------|
|       |            |   | Men   |             | Women |             |
| 11.30 | 100m H     | W |       |             |       |             |
| 11.45 | 110m H     | M | 11.00 | Hammer      | 11.30 | High Jump   |
| 12.00 | 1500m Walk | W | 11.30 | Pole Vault  |       |             |
| 12.15 | 3000m Walk | M |       |             |       |             |
| 12.35 | 400m H     | W | 11.45 | Long Jump   |       |             |
| 12.50 | 400m H     | M |       |             | 12.00 | Shot Put    |
| 13.05 | 4 x 100m   | W |       |             | 12.15 | Hammer      |
| 13.20 | 4 x 100m   | M | 14.00 | Shot Put    | 13.30 | Triple Jump |
| 13.35 | 1500m      | W | 13.30 | High Jump   |       |             |
| 13.50 | 1500m      | M | 13.30 | Discus      | 14.30 | Pole Vault  |
| 14.05 | 400m       | W |       |             |       |             |
| 14.20 | 400m       | M | 14.45 | Triple Jump | 16.00 | Javelin     |
| 14.35 | 3000m      | W |       |             |       |             |
| 14.55 | 3000m S/C  | M |       |             |       |             |
| 15.15 | 200m       | W | 17.15 | Javelin     | 14.45 | Discus      |
| 15.30 | 200m       | M |       |             | 16.00 | Long Jump   |
| 15.45 | 800m       | W |       |             |       |             |
| 16.00 | 800m       | M | 16.30 | 56 lbs      |       |             |
| 16.15 | 5000m      | M |       |             |       |             |
| 16.35 | 100m       | W |       |             |       |             |
| 16.50 | 100m       | M |       |             |       |             |
| 17.05 | 4 x 400m   | W |       |             |       |             |
| 17.20 | 4 x 400m   | M |       |             |       |             |

**Scoring System: 9,7,6,5,4,3,2,1**

Sequence of events: Premier Women followed by Division 1 Women followed by Premier Men followed by Division 1 Men

Premier Division Men score in the best 17 events.

Premier Division Women score in the best 15 events

Division One Men and Women score in the best 15 events.

**This timetable is designed as a guide of event times. Events may run ahead of schedule and it is the team Managers responsibility to ensure that athletes attend for the start of their competition.**