



National League Final 2018

Tullamore Harriers Stadium, Sunday 19th August

TIMETABLE

TRACK

11.30	100mH	W
11.45	110mH	M
12.00	1500m Walk	W
12.15	3000m Walk	M
12.35	400mH	W
12.50	400mH	M
13.05	4x100m	W
13.20	4x100m	M
13.35	1500m	W
13.50	1500m	M
14.05	400m	W
14.20	400m	M
14.35	3000m	W
14.55	3000m S/C	M
15.15	200m	W
15.30	200m	M
15.45	800m	W
16.00	800m	M
16.15	5000m	M
16.35	3000m S/C	W
16.55	100m	W
17.10	100m	M
17.25	4x400m	W
17.40	4x400m	M

FIELD

MEN

11.30	Hammer
11.30	Pole Vault
11.45	Long Jump
13.30	Shot
14.00	High Jump
14.30	Discus
14.45	Triple Jump
16.00	Javelin
16.45	56lbs

WOMEN

11.30	High Jump
12.00	Shot
13.30	Hammer
13.30	Triple Jump
14.30	Pole Vault
14.45	Javelin
16.00	Discus
16.00	Long Jump

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

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