



**National Outdoor League  
Prelim Round Track & Field  
6th July 2024**

**123.ie**

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) and it is the team Managers responsibility to ensure that athletes attend for the start of their competition.

Track		Field	
		Men	Women
11:00 100m H (0.838m)	W		
110m H (1.067m)	M	10:00 Hammer 7.26K	
11:30 1500m Walk	W		
1500m Walk	M	11:00 Pole Vault	11:00 High Jump
12:00 400m H (0.762m)	W	11:00 Long Jump	
400m H (0.914m)	M		11:30 Hammer 4K
12:30 4 x 100m	W	11:30 Shot Put 7.26K	
4 x 100m	M		13:00 Shot Put 4K
13:00 1500m	W	13:30 Discus 2K	13:00 Long Jump
1500m	M		
13:45 400m	W	13:00 High Jump	13:00 Pole Vault
400m	M		
14:15 3000m	W		14:00 Discus 1K
14:40 3000m S/C (0.914m)	M	14:30 Triple Jump	
15:00 200m	W	14:30 WFD 56lb	16:00 Triple Jump
200m	M		16:00 WFD 28lb
15:30 800m	W	15:00 Javelin 800g	
800m	M		16:30 Javelin 600g
16:00 5000m	M		
16:30 2000m S/C (0.762m)	W		
17:00 100m	W		
100m	M		
17:30 4 x 400m	W		
4 x 400m	M		

**Events:**

**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 1.25m, 10cm increments to 1.45m, 5 cm increments to 1.60m, 3cm increments thereafter
Men's High Jump	Opening height 1.45m, 10cm increments to 1.65m, 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

**Scoring:** Teams Score in best 15 events & must field a relay team

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

Scoring System: 1<sup>st</sup> team n+1 points, 2<sup>nd</sup> Team n-1 points, 3<sup>rd</sup> team n-2 points... where n = the number of teams taking part. (example 10 teams taking part, 1<sup>st</sup> team scores 11 points, 2<sup>nd</sup> team 9 points, 3<sup>rd</sup> team 8 points .....

Where less than 8 teams are entered the scoring to apply : 1<sup>st</sup> team scores 9 points, 2<sup>nd</sup> team 7points ....

**Results:** [live.athleticsireland.ie](http://live.athleticsireland.ie)