

**Athletic Association of Ireland**  
**National Track & Field League 2008**



**Round 1**

Men	Premier	Antrim
1	Raheny Shamrocks	
2	North Down A.C.	
3	Clonliffe Harriers	
4	Shercock A.C.	
5	Donore Harriers	
6	Abbey A.C.	

Women	Premier	Antrim
19	Abbey A.C.	
20	Lagan Valley A.C.	
22	Tir Chonaill A.C.	
23	City of Lisburn	

Men	Division 1	Antrim
7	Ballymena & Antrim	
8	City of Derry	
9	Tir Chonaill A.C.	
10	Finn Valley A.C.	
11	Strabane Track Club	
12	County Monaghan	
13	Lagan Valley A.C.	
14	City of Lisburn	

Women	Division 1	Antrim
15	Finn Valley A.C.	
16	Derry City	
17	Clonliffe Harriers	
18	Monaghan County	
21	Raheny Shamrock A.C.	
24	Ballymena & Antrim A.C.	

Men	Premier	Tullamore
25	Crusaders A.C.	
26	West Waterford A.C.	
27	Menapians A.C.	
28	Dundrum South Dublin	
29	Leevale A.C.	
30	Tullamore Harriers A.C.	

Women	Premier	Tullamore
31	Dundrum South Dublin	
32	Wexford	
33	Leevale A.C.	
34	Crusaders A.C.	
35	Borrisokane A.C.	
36	Bandon A.C.	

Men	Division 1	Tullamore
37	Menapians B	
38	St Abbans A.C.	
39	Riocht A.C.	
40	Meath Athletics	
41	Galway County	

Women	Division 1	Tullamore
42	West Waterford A.C.	
43	St Abbans A.C.	
44	Galway County	
45	Meath Athletics	
46	Tullamore A.C.	
47	Kildare County	

# National Track & Field League 2008



## Timetable

				Field	
				Men	Women
11.30				Hammer Pole Vault Long Jump	Shot Javelin High Jump
12.15	100m H		W		
12.30	110m H		M		
12.50	1500m Walk		W		
13.05	3000m Walk		M	Discus	
13.25	400m H		W	High Jump	
13.35	400m H		M		Triple Jump
13.50	4 x 100m		W		Hammer
14.10	4 x 100m		M		
14.25	1500m	(2 Races)	W		
14.35				Shot	
14.45	1500m	(2 Races)	M		
15.00	400m		W	Javelin	
15.15	400m		M	Triple Jump	
15.30	3000m		W		
15.45	3000m S/C	(1 Race)	M		Long Jump
16.00	200m		W		
16.10	200m		M		
16.20	800m		W		
16.30	800m		M		
16.40	5000m		M	56 lbs	Discus
17.00	100m		W		
17.20	100m		M		
17.40	4 x 400m		W		
17.50	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 and 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