

## Track and Field Programme

Meeting No. 5 22nd June Irishtown Stadium

<b>Time</b>	<b>Event</b>	<b>Grade</b>
<b>Track</b>		
19.00	200m Women	B
19.05	200m Women	A
19.15	200m Men	C
19.20	200m Men	B
19.30	200m Men	A
19.40	1500m Women	B
19.45	1500m Women	A
19.50	1500m Men	D
20.00	1500m Men	C
20.10	1500m Men	B
20.20	1500m Men	A
20.30	5000m Women	A + B
20.45	5000m Men	C
21.00	5000m Men	A + B
<b>Field</b>		
19.30	Javelin Women Javelin Men	
19.30	Pole Vault Women  Pole Vault Men	
19.40	Triple Jump Women Triple Jump Men	

All events will commence with Grade B (women) or Grade D (men).

The times shown for the events are approximate, these are subject to change on the evening of competition depending on the numbers entered.