

National Indoor League R1 - 9th January 2022 - NIA, Dublin

| Races | Track              | Field                  |
|-------|--------------------|------------------------|
| 1     | 11:00 60mH Women   | 11:00 Pole Vault Women |
| 1     | 11:10 60mH Men     | 13:00 Pole Vault Men   |
| 6     | 11:20 60m Women    | 11:00 Shot Put Women   |
| 9     | 11:50 60m Men      | 12:00 Shot Put Men     |
| 3     | 12:35 800m Women   | 12:00 Long Jump Women  |
| 3     | 12:50 800m Men     | 13:15 Long Jump Men    |
| 2     | 13:10 60m S2 Women | 14:15 Long Jump G Men  |
| 4     | 13:20 60m S2 Men   |                        |
| 1     | 13:40 1500m Women  |                        |
| 3     | 13:50 1500m Men    |                        |
| 9     | 14:10 200m Women   |                        |
| 12    | 14:50 200m Men     |                        |
| 3     | 15:40 4x400m Women |                        |
| 3     | 15:50 4x400m Men   |                        |
| 4     | 16:10 400m Women   | League                 |
| 4     | 16:30 400m Men     | 12 Womens      13 Mens |

\*60mH, 400m & 1500m are Individual Guest Only Events for Round 1 of the League.