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**Athletics NI Open Meet- April 2024**

**Mary Peters Track, Belfast**

**27th April 2024**

**12pm REGISTRATION**

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| **Track** | **Field** |
|  |  | 12.30pm | Men & Women HammerMen and Women’s Pole Vault |
| 12.45pm | Men & Women 3000m  | 1.30pm | Men and Women Long Jump |
| 1.00pm | Men 200m (3 heats) | 2.30pm | Men & Women Javelin |
| 1.30pm | Women 200m (2 heats) |  |  |
| 1.45pm | Men’s 800m  |  |  |
| 1.45pm | Women 800m |  |  |
| 2.00pm | Men 400m (3 heats) |  |  |
| 2.30pm | Women 400m |  |  |

Notes:

1. Senior Competition (u17 upwards) only (Note: senior implements only)
2. Field Events will be given 6 attempts subject to entry numbers.
3. Athletes are allowed to bring up to two personal implements, and these must be given into the registration for weighing.