



Woodie's DIY / AAI Juvenile Track & Field 12 – 19 years Championships of Ireland Day 1 – Saturday 11th July



Check in Opens 9.00am

The Committee reserve the right to alter the timetable

Check in closes 9.30 a.m. Hurdles

10.00 a.m. Hurdles

| | | | |
|----------|--------------|------|--------|
| Girls 13 | 60m Hurdles | 2'3" | 68.6cm |
| Boys 13 | 60m Hurdles | 2'3" | 68.6cm |
| Girls 14 | 75m Hurdles | 2'3" | 68.6cm |
| Boys 14 | 75m Hurdles | 2'6" | 76.2cm |
| Girls 15 | 80m Hurdles | 2'6" | 76.2cm |
| Girls 16 | 80m Hurdles | 2'6" | 76.2cm |
| Boys 15 | 80m Hurdles | 2'9" | 84.0cm |
| Girls 17 | 100m Hurdles | 2'6" | 76.2cm |
| Girls 18 | 100m Hurdles | 2'6" | 76.2cm |
| Boys 16 | 100m Hurdles | 2'9" | 84.0cm |
| Girls 19 | 100m Hurdles | 2'9" | 84.0cm |
| Boys 17 | 100m Hurdles | 3'0" | 91.4cm |
| Boys 18 | 110m Hurdles | 3'0" | 91.4cm |
| Boys 19 | 110m Hurdles | 3'3" | 99.0cm |

HURDLE FINALS

Check in closes 12.00 p.m. Steeplechase

1.00 p.m.

| | | |
|------------|----------|-------|
| Girls 17 | 1200 S/C | Final |
| Girls 18 | 1500 S/C | Final |
| Girls 19 | 2000 S/C | Final |
| Boys 17 | 1500 S/C | Final |
| Boys 18/19 | 2000 S/C | Final |

Check in closes 1.30 p.m. Sprints

2.30 p.m.

| | | |
|-----------------|------|-------|
| Girls & Boys 12 | 60m | Heats |
| Girls & Boys 13 | 80m | Heats |
| Girls & Boys 14 | 80m | Heats |
| Girls & Boys 15 | 100m | Heats |
| Girls & Boys 16 | 100m | Heats |
| Girls & Boys 17 | 100m | Heats |
| Girls & Boys 18 | 100m | Heats |
| Girls & Boys 19 | 100m | Heats |

SPRINT FINALS



10.00 a.m.

| | | |
|-------|----|-----------------|
| Girls | 14 | Hammer (2.5k)SW |
| Boys | 14 | Hammer (2.5k)SW |
| Girls | 15 | Hammer (2.5k)SW |

10.00 a.m. Pole Vault

| | |
|-------|---------------|
| Girls | 16,17,18 & 19 |
|-------|---------------|

10.00a.m.

| | | |
|--------------|----|-----------|
| Boys & Girls | 14 | Long Jump |
| Girls | 16 | High Jump |
| Boys | 15 | Shot |
| Girls | 19 | Discus |
| Boys | 16 | Javelin |

11.00 a.m.

| | | |
|--------------|----|-----------|
| Boys & Girls | 17 | Long Jump |
| Boys | 16 | High Jump |
| Boys | 18 | Shot |
| Girls | 15 | Discus |
| Boys | 19 | Javelin |

12.00 p.m.

| | | |
|--------------|----|-------------|
| Boys & Girls | 15 | Long Jump |
| Boys | 13 | High Jump |
| Girls | 14 | Shot |
| Boys | 14 | Discus |
| Girls | 16 | Javelin |
| Boys | 18 | Triple Jump |

1.00 p.m.

| | | |
|-------|----|-------------|
| Boys | 17 | High Jump |
| Girls | 19 | Shot |
| Boys | 19 | Discus |
| Boys | 18 | Javelin |
| Girls | 18 | Triple Jump |

2.00pm

| | | |
|-------|----|-----------|
| Boys | 15 | Javelin |
| Girls | 15 | High Jump |
| Boys | 12 | Long Jump |
| Girls | 12 | Shot Putt |

3.00 p.m.

| | | |
|-------|----|-----------|
| Boys | 12 | Shot Putt |
| Girls | 12 | High Jump |



Woodie's DIY / AAI
Juvenile Track & Field 12 – 19 years
Championships of Ireland
Day 2 – Sunday 12th July



Check in Opens 9.30am

The Committee reserve the right to alter the timetable.

Check in Closes 10.00 a.m Hurdles

| | | | |
|-------------------|--------------|------|--------|
| 10.30 a.m. | | | |
| Girls 15 | 250m Hurdles | 2'3" | 68.6cm |
| Girls 16 | 250m Hurdles | 2'3" | 68.6cm |
| Boys 15 | 250m Hurdles | 2'6" | 76.2cm |
| Boys 16 | 250m Hurdles | 2'6" | 76.2cm |
| Girls 17 | 300m Hurdles | 2'6" | 76.2cm |
| Boys 17 | 300m Hurdles | 2'6" | 76.2cm |
| Girls 18 | 300m Hurdles | 2'6" | 76.2cm |
| Girls 19 | 400m Hurdles | 2'6" | 76.2cm |
| Boys 18 | 400m Hurdles | 2'9" | 84.0cm |
| Boys 19 | 400m Hurdles | 3'0" | 91.4cm |

HURDLE FINALS

Check in closes 11.30 a.m 300m/400m

12.30 p.m

| | | |
|-----------------|------|-------|
| Girls 17 & 18 | 300m | Heats |
| Boys 17,18 & 19 | 400m | Heats |
| Girls 19 | 400m | Heats |

Check in 800m closes 12.30p.m. 600m/800m

1.30 p.m.

| | | | |
|--------------|----|------|-------|
| Girls & Boys | 12 | 600m | Heats |
| Girls & Boys | 13 | 600m | Heats |
| Girls & Boys | 14 | 800m | Heats |
| Girls & Boys | 15 | 800m | Heats |
| Girls & Boys | 16 | 800m | Heats |
| Girls & Boys | 17 | 800m | Heats |
| Girls & Boys | 18 | 800m | Heats |
| Girls & Boys | 19 | 800m | Heats |

3.00 p.m.

300m, 400m FINALS

Check in closes 2.30 p.m. 3000m

3.30 p.m. FINALS

| | | |
|-------|-------------|-------|
| Boys | 16,17,18,19 | 3000m |
| Girls | 18, 19 | 3000m |

4.30 pm.

600m, 800m FINALS

10.00 a.m.

| | | |
|-------|----|--------------|
| Girls | 18 | Hammer (4kg) |
| Boys | 16 | Hammer (4kg) |
| Girls | 19 | Hammer (4kg) |
| Boys | 17 | Hammer (5kg) |
| Boys | 18 | Hammer (5kg) |

10.00 a.m. Pole Vault

Boys 15,16,17,18 & 19

10.00 a.m.

| | | |
|-------|----|-------------|
| Girls | 16 | Long Jump |
| Girls | 14 | High Jump |
| Boys | 14 | Shot |
| Girls | 17 | Discus |
| Boys | 13 | Javelin |
| Boys | 15 | Triple Jump |

11.00 a.m.

| | | |
|-------|----|-------------|
| Girls | 19 | High Jump |
| Boys | 13 | Shot |
| Girls | 18 | Discus |
| Boys | 14 | Javelin |
| Boys | 19 | Triple Jump |

12,00 p.m.

| | | |
|-------|----|-----------|
| Boys | 16 | Long Jump |
| Girls | 13 | Shot |
| Boys | 14 | High Jump |
| Girls | 13 | Javelin |
| Girls | 14 | Discus |
| Girls | 12 | Long Jump |

1.00 p.m.

| | | |
|-------|----|-----------|
| Girls | 13 | Long Jump |
| Girls | 16 | Shot |
| Girls | 14 | Javelin |
| Boys | 15 | High Jump |

2,00 p.m.

| | | |
|-------|----|-------------|
| Boys | 13 | Long jump |
| Boys | 19 | Shot |
| Boys | 17 | Triple Jump |
| Girls | 13 | High Jump |

3.00 p.m.

| | | |
|------|----|-----------|
| Boys | 12 | High Jump |
|------|----|-----------|



Woodie's DIY / AAI
Juvenile Track & Field 12 – 19 years
Championships of Ireland
Day 3 – Saturday 18th July 2009
Inter Club Relays / Inter County Relay



Check-in Opens 9.00 a.m.

Order of Events

10.00 a.m.

| | | Age | Event | |
|----|-------|------------|--------------|-------|
| 1 | Girls | 18 | 4 x 300 | Heats |
| 2 | Boys | 18 | 4 x 400 | Heats |
| 3 | Girls | 13 | 4 x 100m | Heats |
| 4 | Boys | 13 | 4 x 100m | Heats |
| 5 | Girls | 15 | 4 x 100m | Heats |
| 6 | Boys | 15 | 4 x 100m | Heats |
| 7 | Girls | 17 | 4 x 100m | Heats |
| 8 | Boys | 17 | 4 x 100m | Heats |
| 9 | Girls | 19 | 4 x 100m | Heats |
| 10 | Boys | 19 | 4 x 100m | Heats |

Finals in the same order

1.00 p.m.

| | | | | |
|----|-------|----|----------|-------|
| 12 | Girls | 17 | 4 x 300m | Heats |
| 12 | Boys | 17 | 4 x 400m | Heats |
| 13 | Girls | 19 | 4 x 400m | Heats |
| 14 | Boys | 19 | 4 x 400m | Heats |
| 15 | Girls | 12 | 4 x 100m | Heats |
| 16 | Boys | 12 | 4 x 100m | Heats |
| 17 | Girls | 14 | 4 x 100m | Heats |
| 18 | Boys | 14 | 4 x 100m | Heats |
| 19 | Girls | 16 | 4 x 100m | Heats |
| 20 | Boys | 16 | 4 x 100m | Heats |
| 21 | Girls | 18 | 4 x 100m | Heats |
| 22 | Boys | 18 | 4 x 100m | Heats |

Finals in the same order

3.30 p.m. Inter County Relays

| | | | | |
|----|-------|----|----------|-------|
| 23 | Girls | 13 | 4 x 100m | Heats |
| 24 | Boys | 13 | 4 x 100m | Heats |
| 25 | Girls | 15 | 4 x 100m | Heats |
| 26 | Boys | 15 | 4 x 100m | Heats |
| 27 | Girls | 17 | 4 x 100m | Heats |
| 28 | Boys | 17 | 4 x 100m | Heats |
| 29 | Girls | 19 | 4 x 100m | Heats |
| 30 | Boys | 19 | 4 x 100m | Heats |

Finals in the same order



Woodie's DIY / AAI
Juvenile Track & Field 12 – 19 years
Championships of Ireland
Day 4 – Sunday 19th July 2009



Check in opens 9.00am

The Committee reserve the right to alter the timetable.

Check in closes 9.30a.m 1500m

10.00 a.m

| | | |
|-----------------|-------|-------|
| Girls & Boys 14 | 1500m | Heats |
| Girls & Boys 15 | 1500m | Heats |
| Girls & Boys 16 | 1500m | Heats |
| Girls & Boys 17 | 1500m | Heats |
| Girls & Boys 18 | 1500m | Heats |
| Girls & Boys 19 | 1500m | Heats |

Check in closes 10.30 Walks

Walks Girls

| | | |
|----------------|-------|--------------|
| Girls 14,15,16 | 2000m | Walks Finals |
| Girls 17,18,19 | 3000m | Walks Finals |

Check in closes 10.30 200m

11.30 a.m

| | | |
|-----------------|------|-------|
| Girls & Boys 14 | 200m | Heats |
| Girls & Boys 15 | 200m | Heats |
| Girls & Boys 16 | 200m | Heats |
| Girls & Boys 17 | 200m | Heats |
| Girls & Boys 18 | 200m | Heats |
| Girls & Boys 19 | 200m | Heats |

Check in closes 12.00 noon Walks

1.00 p.m

| | | | |
|-------------|-------|-------|--------|
| Boys 14, 15 | 2000m | Walks | Finals |
| Boys 16, 17 | 3000m | Walks | Finals |
| Boys 18, 19 | 5000m | Walks | Finals |

2.30 p.m.

| | |
|--------------|---------------|
| 1500m | FINALS |
| 200m | FINALS |

10.00 a.m

| | | |
|-------|----|----------------|
| Girls | 16 | Hammer (3.25k) |
| Boys | 15 | Hammer (3.25k) |
| Girls | 17 | Hammer (3.25k) |
| Boys | 19 | Hammer (6kg) |

10.00 a.m

| | | |
|-------|----|-----------|
| Boys | 19 | Long Jump |
| Boys | 17 | Discus |
| Girls | 17 | Shot |
| Girls | 18 | Javelin |
| Girls | 19 | Long Jump |

11.00 a.m.

| | | |
|-------|----|-------------|
| Girls | 17 | High Jump |
| Boys | 16 | Triple Jump |
| Girls | 18 | Long Jump |
| Girls | 15 | Shot |
| Boys | 15 | Discus |
| Boys | 17 | Javelin |

12.00 noon

| | | |
|-------|----|-------------|
| Boys | 19 | High Jump |
| Boys | 16 | Shot |
| Girls | 16 | Discus |
| Girls | 15 | Javelin |
| Girls | 17 | Triple Jump |

2.00 p.m.

| | | |
|-------|----|-------------|
| Boys | 17 | Shot |
| Boys | 16 | Discus |
| Girls | 17 | Javelin |
| Girls | 19 | Triple Jump |
| Boys | 18 | High Jump |

3.00 p.m.

| | | |
|-------|----|-----------|
| Girls | 19 | Javelin |
| Boys | 18 | Long Jump |
| Boys | 18 | Discus |
| Girls | 18 | Shot |
| Girls | 18 | High Jump |