

PROVISIONAL TIMETABLE

GloHealth **INDOOR CHAMPIONSHIPS**

DAY 1 SATURDAY 27TH

	12.00	60m Heats	Women	12.00	PV Warm Up
	12.20	60m Heats	Men	13.00	Pole Vault
	12.55	3000m Walk	Women		
			PAR	12.30	Shot Put
	13.15	400m Heats	Women		
	13.35	5000m Walk	Men	TE	3 BEEN 18
Ì				14.00	High Jump
	14.05	400m Heats	Men		
l		7		13.30	Long Jump
	14.55	3000m Final	Women	15.00	Triple Jump
		ALL	New A		
	15.10	800m Heats	Women		
	15.25	800m Heats	Men		
	15.45	200m Heats	Men		
	16.05	200m Heats	Women		
	16.30	1500m Heats	Men		

16.45 1500m Heats Women

Men	11.30	60m H Heats
Men	11.45	60m H Heats
Women	12.05	3000m Times
AVIDES IS	12.35	60m Semi Fina
Women	12.50	60m Semi Fina
Women	13.05	1500m Final
Men		1500m Final
	13.45	400m Final
	II A NAME	400m Final
	14.05	60m H Final
	1 1 - 7 - 1	60m H Final
	14.25	60m Final
		60m Final
	18.08	800m Final
		800m Final
	AR OP	200m Final
	115.25	200m Final

15.35 200m Final

DAY 2 SUNDAY 28TH 11.30 PV Warm Up Women Women Men 12.30 Pole Vault Women Men 12.45 High Jump Women Men Men Men 13.30 Long Jump Women 14.15 Triple Jump Women Men Women Men 14.30 Shot Putt Men Women Men Women Men Women Men Men Women

NATIONAL SENIOR INDOOR CHAMPIONSHIPS AIT INTERNATIONAL ARENA, ATHLONE 27TH-28TH FEBRUARY 2016