

TRACK SCHEDULE

10:00	60m Sprint	Women	Heats
10:32	60m Sprint	Men	Heats
11:15	400m	Women	Heats
11:43	400m	Men	Heats
12:20	1500m	Women	Final
12:30	1500m	Men	Final
12:50	60m Sprint	Women	Final
13:00	60m Sprint	Men	Final
13:30	800m	Women	Heats
13:46	800m	Men	Heats
14:10	200m Sprint	Women	Heats
14:46	200m Sprint	Men	Heats
15:35	3000m Walk	Women	Final

15:55	3000m Walk	Men	Final
16:15	60m Hurdles	Women	Heats
16:35	60m Hurdles	Men	Heats
16:55	200m	Women	Final
17:05	200m	Men	Final
17:20	400m	Women	Final
17:30	400m	Men	Final
17:40	800m	Women	Final
17:45	800m	Men	Final
17:55	60m Hurdles	Women	Final
18:00	60m Hurdles	Men	Final
18:10	4x200m Relay	Women	Final
18:25	4x200m Relay	Men	Final

CALLROOM: 20 Minutes before Track Events

NOTES:

- Women Follow by Men, Junior Follow by U23
- If no heats are required Final will be at Heat Time
- Timed Finals will be done if required for the 1500m & Relays

123.ie NATIONAL JUNIOR & U23 INDOOR CHAMPIONSHIPS
SPORT IRELAND NATIONAL INDOOR ARENA

FIELD SCHEDULE

10:00	Shot Put (6kg/7.26kg)	Jun & U23 Men
10:10	Triple Jump	Jun & U23 Men
10:30	High Jump	Jun & U23 Women
11:00	Pole Vault	Jun & U23 Men
11:40	Shot Put (4kg)	Junior Women
11:50	Triple Jump	Jun & U23 Women
12:30	High Jump	Jun & U23 Men
11:40	Shot Put (4kg)	U23 Women
13:45	Pole Vault	Jun & U23 Women
14:00	Long Jump - Pit A	Junior Men
15:00	Weight (35lb)	Jun & U23 Men
15:00	Weight (28lb)	Jun & U23 Women
15:55	Long Jump	U23 Men
16:50	Long Jump - Pit B	Junior Women
17:20	Long Jump	U23 Women

CALLROOM:

- 40 Mins before Shot Put / Weight Throw
- 50 Mins before Long / Triple Jump
- 65 Mins before High Jump
- 80 Mins before Pole Vault

123.ie NATIONAL JUNIOR & U23 INDOOR CHAMPIONSHIPS
SPORT IRELAND NATIONAL INDOOR ARENA