

123.ie National Senior Indoor Championships 2023							
18th & 19th Feb 2023							
	Saturday						
	Track				Field		
11:00	200m	W	Heats		11:00	PV - Warm Up	Women
11:24	200m	M	Heats				
12:05	800m	W	Heats		11:30	Weight	Women
12:20	800m	M	Heats		12:00	Pole Vault	Women
12:45	3k Walk	W	Final		12:15	Long Jump	Men
13:05	5k Walk	M	Final		13:00	Shot Put	Men
13:30	400m	W	Heats		14:30	Triple Jump	Women
13:55	400m	M	Heats		15:00	High Jump	Men
14:30	60mH	W	Heats				
14:45	3000m	M	Finals				
15:20	200m	W	Final	Checkin Closes	90 Minutes		
15:30	200m	M	Final				
15:40	1500m	W	Heats	Callroom			
15:50	1500m	M	Heats	Track	20 Minutes		
16:10	60mH	W	Final	Throws	40 Minutes		
16:20	60mH	M	Final	Long / Triple	50 Minutes		
16:30	400m	W	Semi	High Jump	65 Minutes		
16:40	400m	M	Semi	Pole Vault	80 Minutes		
	Sunday						
	Track				Field		
11:00	60m	M	Heats		11:00	PV - Warm Up	Men
12:00	3000m	W	Final				
12:30	60m	W	Semi		11:00	Long Jump	Women
12:50	60m	M	Semi		11:45	Shot Put	Women
13:10	1500m	W	Final		12:00	Pole Vault	Men
13:20	1500m	M	Final		13:00	Triple Jump	Men
13:35	400m	W	Final		13:15	High Jump	Women
13:45	400m	M	Final		14:30	Weight	Men
14:00	60m	W	Final				
14:10	60m	M	Final				
14:25	800m	W	Final				
14:35	800m	M	Final				
14:50	4x200m	W	Final				
15:00	4x200m	M	Final				