

**Irish Universities Indoor Track and Field Championships
Athlone Institute of Technology**



IMPORTANT INFORMATION FOR ATHLETES AND CAPTAINS

All Captains and Athletes involved in the Championships should note the following:

- All athletes are required to check-in, in person with their student ID card at least one hour prior to the start of their event. No late entries accepted on the day.
- If you are competing in Pentathlon events as an individual and in the Pentathlon you must check-in for both the Pentathlon and the individual event.
- All captains must make any necessary substitutions and/or withdrawals in accordance with IUAA rules, and prior to close of check-in.
- All checked-in/qualified athletes must compete in the events in which they are checked-in/qualified to/for otherwise they will be ineligible to partake in the remainder of the championships.
- No warm-ups allowed on the track except immediately prior to the start of an event.
- Medal presentations will be made throughout the championship. Can athletes please attend promptly when called, or if the athlete is unavailable can a captain/representative please attend in their place.

CAPTAINS: PLEASE ENSURE THAT YOUR ATHLETES DO NOT GO DIRECTLY TO THEIR EVENTS WITHOUT FIRST HAVING CHECKED THEMSELVES IN, OR HAVING ENSURED THAT YOU (I.E. THEIR CAPTAIN) HAS CHECKED THEM IN. MISUNDERSTANDINGS CANNOT BE RECTIFIED AFTER CLOSE OF CHECK-IN.

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Programme of Events

Friday 8th Feb 2019

8.45am	Check-in opens				
Check-in Closes	Event Time	Track Events		Field Events	
9.45am	10.15am	400m (W)*	Heat	High Jump (M)	Final
9.45am	10.15am			20lb WF (W)	Final
9.45am	10.25am			Long Jump (W)	Final
10.00am	10.35am	400m (M)*	Heat		
10.00am	10.45am				
10.00am	10.55am			Pole Vault (W)	Final
10.00am	11.00am	3000m (M)**	Final		
10.25am	11.25am	1500m Walk (W)	Final	Triple Jump (M)	Final
10.40am	11.40am	200m (W)*	Heats		
11.00am	12.00pm	200m (M)*	Heats		
11.10am	12.10pm				
11.25am	12.25pm	60m Hurdles*** (W)	Semi		
11.40am	12.40pm	60m Hurdles*** (M)	Semi		
11.55am	12.55pm	800m (W)*	Semi		
12.10pm	1.10pm	800m (M)*	Semi		
12.30pm	1.30pm	60m Hurdles (W)	Final	35lb WF (M)	Final
12.45pm	1.45pm	60m Hurdles (M)	Final	Shot Putt (W)	Final
12.55pm	1.55pm			Long Jump (M)	Final
1.05pm	2.05pm	60m (W)	Semi	Pole Vault (M)	Final
1.20pm	2.20pm	60m (M)	Semi		
1.35pm	2.35pm	400m (W)	Final		
1.50pm	2.50pm	400m (M)	Final		
2.05pm	3.05pm	2000m Walk (M)	Final		
2.20pm	3.20pm	60m (W)	Final	High Jump (W)	Final
2.30pm	3.30pm	60m (M)	Final		
2.45pm	3.45pm	3000m (W)**	Final	Shot Putt (M)	Final
3.05pm	4.05pm	800m (W)	Final		
3.15pm	4.15pm	800m (M)	Final	Triple Jump (W)	Final
3.35pm	4.35pm	200m(W)	Final		
3.45pm	4.45pm	200m (M)	Final		
3.55pm	4.55pm	1500m (W)**	Final		
4.05pm	5.05pm	1500m (M)**	Final		
4.25pm	5.25pm	800m (W) pentathlon			
4.35pm	5.35pm	1000m (M) pentathlon			
4.45pm	5.45pm	4x200m (W)**	Final		
5.05pm	6.05pm	4x200m (M)**	Final		

Note:

- *** 200m, 400m, 800m Heats will be run as time-trials, if Semis aren't possible, with progression to the Final being determined by fastest times.**
- **** 1500m, 3000m & 4 x 200m will be run as time-trials, if Straight Finals aren't possible, with points being determined by fastest times.**
- *****All finals will be run at final times. Only exception is the 60m Hurdles which will be run at semi-final time if they are straight finals.**
- **If no semis are required in the 800m all checked-in athletes will be called to the start line to confirm that they are present and running and the Final will be held at Final time.**
- **All athletes are required to check-in, in person with their student ID card at least one hour prior to the start of their event. No late entries accepted on the day.**
- **All athletes must check-in for the first round and straight finals of all track events and for all field events, at least one hour prior to the start time of their event.**
- **Pits, jumps & throwing areas will open 30 minutes prior to the start of an event for warm up jumps & throws.**
- **No warm-ups allowed on the track except immediately prior to the start of an event.**

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Pentathlon Programme

Friday 8th Feb 2019

8.45am	Check-in opens	
9.45am	Check-in closes	
Event Time	Women's Events	Men's Events
10.15am		High Jump (M)
10.25am	Long Jump (W)	
12.25pm	60m Hurdles (W)	
12.40pm		60m Hurdles (M)
1.45pm	Shot Putt (W)	
1.55pm		Long Jump (M)
3.20pm	High Jump (W)	
3.45pm		Shot Putt (M)
5.25pm	800m (W)	
5.35pm		1000m (M)

Note:

- **Pentathlon Athletes must be declared by 9.45am on Friday.**
- **All Pentathlon Athletes are required to check-in, in person with their student ID cards before 9.45am on Friday morning.**
- **Any Pentathlon Athletes who are also competing as individuals in any of the events must ensure that they also check in for the individual event as well as the Pentathlon.**
- **No warm-ups allowed on the track except immediately prior to the start of an event.**
- The scoring events for the Pentathlon Championship for men shall consist of: (i) 60m Hurdles, (ii) High Jump, (iii) Long Jump, (iv) Putting the Shot and (v) 1000m and for women (i) 60m Hurdles, (ii) Long Jump, (iii) Putting the Shot, (iv) High Jump and (v) 800m. The Scoring Tables in these championships shall be the current Tables of the IAAF Pentathlon Indoor Competitions.
- Pentathlon athletes will participate with the regular indoor Track & Field athletes in all events except the 800m (W) and 1000m (M). Performances will if required count for both the Pentathlon competition and the individual indoor Track & Field Championships but only if the athlete is entered in both events. If an athlete is entered in the hurdles as an Individual and as a Pentathlon competitor and heats are required in the hurdles then heat times only will count for that athletes Pentathlon score. In field events, first 3 attempts only count for combined-event competition, except for the high jump.
- **Colleges can enter up to two male and two female undergraduate/postgraduate athletes and one male and one female 'one year down' athlete in the Pentathlon. A maximum of two male and two female athletes from each college can score points towards the Indoor Track & Field Championships.**