Irish Life health

National Indoor Championships

PROVISIONAL TIMETABLE





Order of Events may change throughout the day Check in commences at 9.00 am closes at 9.45 am

TRACK EVENTS

FIELD EVENTS

					N MI A
10.00	Girls 14	60m H 2'3"	10.00	Girls 16	Long Jump Pit 1
	Boys 14	60m H 2'6"	10.00	Boys 16	Long Jump Pit 2
	Girls 15	60m H 2'6"		Girls 15	Long Jump
A	Girls 16	60m H 2'6"		Boys 15	Long Jump
	Boys 15	60m H 2'9"		Girls 14	Long Jump
	Boys 16	60m H 2'9"		Boys 14	Long Jump
N	Youth Girls 17-18	60m H 2'6"		Youth Girls 17-18	Long Jump
	Youth Boys 17-18	60m H 3'0"		Youth Boys 17-18	Long Jump
11.45	Junior, Senior, Women	60m H 2'9"			An I
12.00	Master Women 35-39	60m H 2'9"			
12.00	Master Women 40-49	60mH 2'6"	生/型/	HE	
12.15	Master Men 35-49	60m H 3'3"	10.00	Girls 15	High Jump
12.30	Junior Men	60m H 3'3"	10.00	Boys 15	High Jump
12.45	Senior Men	60m H 3'6"	мони	Girls 14	High Jump
				Boys 16	High Jump
13.00	Master Women 50+	60m		Girls 16	High Jump
13.10	Master Men 50+	60m		Boys 14	High Jump
				Youth Girls 17-18	High Jump
				Youth Boys 17-18	High Jump
			10.15	Girls 14	Shot Put 2k
16.30	All Women	800m		Boys 14	Shot Put 2.72k
16.40		1000m		Girls 15	Shot Put 2.72k
	Junior, Master Men 35-49	1000m		Boys 15	Shot Put 3k
17.30	Senior Men	1000m	111/14	Girls 16	Shot Put 3k
				Boys 16	Shot Put 4k
				Youth Girls 17-18	Shot Put 3k
				Youth Boys 17-18	Shot Put 5k
Final Track Event 20 minutes after the completion of last event					
Juvenile Girls 800m / Youth Girls 17-18 800m					
Juvenfle Boys 800m / Youth Boys 17-18 1000m					

13.30 All Women 14.30 All Women 15.30 All Women **High Jump Shot Put Long Jump**

13.30 Senior, Junior Men 15.30 Junior, Master Men 50+ 16.15 Junior Men 14.30 Master Men All 16.00 Senior, Master Men 35-49 16.45 Senior, Master Men

Long Jump Shot Put 6k High Jump Long Jump Shot Put 7.26k High Jump

IRISH LIFE HEALTH COMBINED EVENTS INDOOR CHAMPIONSHIPS

AIT INTERNATIONAL ARENA, ATHLONE

SATURDAY 18TH JANUARY 2020



