

IRISH LIFE HEALTH JUNIOR & U23 CHAMPIONSHIPS

SATURDAY 6TH JULY 2019, TULLAMORE

TIMETABLE

10:30	3000m Walk	Women	F	10:30	Hammer	Men
10:50	5000m Walk	Men	F			
11:20	3000m	Men	F ***	11:00	Shot Put	Women
11:40	400m Hurdles	Women	F *	11:00	Pole Vault	Women
11:50	400m Hurdles	Men	F *	11:00	Long Jump	Men
12:00	100m	Women	H			
12:20	100m	Men	H	11:30	High Jump	Women
12:50	3000m S/C	Men	F			
13:05	800m	Men	H	12:15	Hammer	Women
13:25	800m	Women	H	12:15	Shot Put	Men
13:40	3000m S/C	Women	F			
13:55	100m	Women	F	12:45	Long Jump	Women
14:05	100m	Men	F			
14:20	400m	Women	H	14:00	High Jump	Men
14:40	400m	Men	H	14:00	Pole Vault	Men
15:15	1500m	Women	F *			
15:25	1500m	Men	F *	14:30	Triple Jump	Men
15:50	100m Hurdles	Women	H			
16:05	110m Hurdles	Men	H	14:45	Javelin	Women
16:20	200m	Women	H	14:45	Discus	Men
16:40	200m	Men	H			
17:10	3000m	Women	F ***	16:00	Triple Jump	Women
17:30	800m	Men	F	16:00	35lbs	Men
17:35	800m	Women	F			
17:40	400m	Women	F	16:00	Javelin	Men
17:50	400m	Men	F	16:00	Discus	Women
18:00	200m	Women	F			
18:10	200m	Men	F	17:00	28lbs	Women (New-2018)
18:15	100m Hurdles	Women	F			
18:20	110m Hurdles	Men	F			
18:25	4X100m Relay	Women	F **			
18:30	4X100m Relay	Men	F **			
18:35	4X400m Relay	Women	F **			
18:40	4X400m Relay	Men	F **			

* - In the event of final declarations requiring more than one race in the 400m Hurdles and 1500m, the event will be run in seeded heats, with the overall positions decided on fastest time (since 2016).

** - For the Under 23 relays , at least one Under 23 must be included in the team. (New-2017)

*** - 5000m will take place at Senior Championship Weekend, 3000m swapped to Junior & U23 Championship Day. (New-2019).

Please note this timetable is subject to change, if necessary the programme will be brought forward.
 In the event of heats proving unnecessary, FINALS will be held at Heat TIMES.
 Athletes who enter for Senior & Junior Competition may be selected for testing under the Anti Doping document. Minors must have Parental/Guardian consent and signature.
 Forms available on our website.

Doping is Cheating, AAI is Committed to Drugs Free Sport