

## 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