

IRISH LIFE HEALTH JUNIOR & U23 CHAMPIONSHIPS TIMETABLE

ATHLETES CHECK- IN (90 MINUTES) PRIOR TO THEIR EVENT

TRACK ATHLETES TO THE CALL ROOM (20 MINUTES) PRIOR TO THEIR EVENT

FIELD ATHLETES TO THE CALL ROOM PRIOR TO EVENT (40 MINUTES) HIGH JUMP (50 MINUTES) POLE VAULT (70 MINUTES)

SUNDAY 17th OF JULY 2022 TULLAMORE

10:30	3000m W	Women	F	10:30	Hammer	Men
10:50	5000m W	Men	F	10:30	Long Jump	Men
11:20	400m Hurdles	Women	F*	10:30	Shot Put	Women
11:30	400m Hurdles	Men	F*	11:00	High Jump	Women
11:40	100m	Women	H			
12:00	100m	Men	H	11:30	Pole Vault	Men
12:45	800m	Women	H			
13:00	800m	Men	H	12:00	Hammer	Women
13:20	3000m SC	Women	F	12:00	Shot Put	Men
13:40	100m	Women	F			
13:50	100m	Men	F	12:15	Long Jump	Women
14:00	3000m SC	Men	F			
14:20	400m	Women	H	12:30	High Jump	Men
14:35	400m	Men	H			
15:00	1500m	Women	F*	14:00	35lbs Weight	Men
15:10	1500m	Men	F*	14:00	Javelin	Women
15:25	100m Hurdles	Women	H			
15:40	110m Hurdles	Men	H	14:30	Discus	Men
16:00	200m	Women	H	14:30	Pole Vault	Women
16:15	200m	Men	H	14:30	Triple Jump	Men
16:30	3000m	Jun Women	F			
16:30	5000m	U23 Women	F	15:15	Weight	Women
16:50	400m	Women	F			
16:55	400m	Men	F	15:30	Javelin	Men
17:00	3000m	Jun Men	F			
17:00	5000m	U23 Men	F	15:45	Discus	Women
17:20	800m	Women	F			
17:25	800m	Men	F	16:00	Triple Jump	Women
17:30	200m	Women	F			
17:35	200m	Men	F			
17:40	100mh	Women	F			
17:50	110mH	Men	F			
18:00	4x100m Relay	Women	T**			
18:10	4X100m Relay	Men	T**			

* - 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)

Please note this timetable is subject to change, if necessary the programme will be brought forward.

Juniors to race before U23's on Track , Juniors & U23 Field Events to be held together

In the event of heats proving unnecessary, FINALS will be held at Heat TIMES.

Athletes who enter for Junior & U23 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