

National Juniors U23s
Provisional Timetable
14th January 2023 - NIA, Dublin



* Scheduled times and order of events will be updated the week of event *

	Track		Field	
60m Sprint	Women	Heats	Triple Jump	Jun & U23 Men
60m Sprint	Men	Heats	Shot Put (6kg/7.26kg)	Jun & U23 Men
1500m	Women	Final		
1500m	Men	Final	High Jump	Jun & U23 Men
400m	Women	Heats	Triple Jump	Jun & U23 Women
400m	Men	Heats	Shot Put (4kg)	Jun & U23 Women
60m Sprint	Women	Final		
60m Sprint	Men	Final	Pole Vault	Jun & U23 Men
800m	Women	Heats		
800m	Men	Heats	High Jump	Jun & U23 Women
200m Sprint	Women	Heats	Long Jump	Junior Men
200m Sprint	Men	Heats	Weight (35lb)	Jun & U23 Women
3000m Walk	Women	Final		
3000m Walk	Men	Final	Weight (28lb)	Jun & U23 Men
60m Hurdles	Women	Heats	Pole Vault	Jun & U23 Women
60m Hurdles	Men	Heats		
200m	Women	Final	Long Jump	Junior Women
200m	Men	Final		
400m	Women	Final	Long Jump	U23 Men & Women
400m	Men	Final		
800m	Women	Final		
800m	Men	Final		
60m Hurdles	Women	Final		
60m Hurdles	Men	Final		
4x200m Relay	Women	Final		
4x200m Relay	Men	Final		

Notes:

- Women Follow by Men, Junior Follow by U23
- If no heats are required Final will be at Heat Time
- Timed Finals will be done if required for the 1500m & Relays

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