

IRISH LIFE HEALTH JUNIOR & U23 CHAMPIONSHIPS TIMETABLE

ATHLETES CANNOT ENTER STADIUM UNTIL (80 MINUTES) PRIOR TO THEIR EVENT

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

FIELD ATHLETES TO THE CALL ROOM (40 MINUTES) PRIOR TO EVENT

SATURDAY 19th OF JUNE - MORTON STADIUM, SANTRY

10:00	800m	Women	H	10:00	Hammer	Men
10:25	800m	Men	H	10:30	High Jump	Men
11:20	400m Hurdles	Women	T*	11:00	Hammer	Women
11:40	400m Hurdles	Men	T*	11:30	Triple Jump	Men
12:20	200m	Women	H	12:00	Shot Put	Men
13:00	200m	Men	H	12:30	High Jump	Women
13:40	5000m	Women	F	13:30	Shot Put	Women
14:00	5000m	Men	F	14:30	Triple Jump	Women
14:40	200m	Women	F	14:30	28lbs Weight	Women
14:50	200m	Men	F	15:00	35lbs Weight	Men
15:00	800m	Women	F			
15:10	800m	Men	F			
15:45	4x400m Relay	Women	T**			
16:00	4x400m Relay	Men	T**			

SUNDAY 20th OF JUNE - MORTON STADIUM, SANTRY

10:00	400m	Women	H			
10:30	400m	Men	H	10:30	Discus	Men
11:10	100m Hurdles	Women	F	10:30	Long Jump	Women
11:25	110m Hurdles	Men	F	11:30	Pole Vault	Women
11:50	3000m SC	Women	F			
12:20	3000m SC	Men	F	12:30	Discus	Women
12:40	100m	Women	H			
13:20	100m	Men	F			
14:00	3000m Walk	Women	F	14:00	Javelin	Men
14:20	5000m Walk	Men	F	14:00	Long Jump	Men
15:00	400m	Women	F	14:30	Pole Vault	Men
15:10	400m	Men	F			
15:25	100m	Women	F			
15:30	100m	Men	F	15:30	Javelin	Women
16:00	1500m	Women	F*			
16:40	1500m	Men	F*			
17:30	4x100m Relay	Women	T**			
17:45	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