

**The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable.**

Check-in Opens at 08:30am

**Check in closes 9.15 am Girls Walks**

**10.00 a.m. (Age Groups may be combined)**

Girls	U17	3000m Walk	F
Girls	U18	3000m Walk	F
Girls	U19	3000m Walk	F
Girls	U14	2000m Walk	F
Girls	U15	2000m Walk	F
Girls	U16	2000m Walk	F

**Check in closes 10.30 am 400m**

<b>11.15 am</b>	Girls	U17	400m	H
	Boys	U17	400m	H
	Girls	U18	400m	H
	Boys	U18	400m	H
	Girls	U19	400m	H
	Boys	U19	400m	H

**Check in closes 11.20 am Boys Walks**

**12:20 pm (Age Groups may be combined)**

Boys	U14	2000m Walk	F
Boys	U15	2000m Walk	F
Boys	U16	3000m Walk	F
Boys	U17	3000m Walk	F
Boys	U18	5000m Walk	F
Boys	U19	5000m Walk	F

**1.30 pm 400m Finals**

**Check in closes 1.15 pm Sprints**

<b>2.00 pm</b>	Girls	U13	80m	H
	Boys	U13	80m	H
	Girls	U14	80m	H
	Boys	U14	80m	H
	Girls	U15	100m	H
	Boys	U15	100m	H
	Girls	U16	100m	H
	Boys	U16	100m	H
	Girls	U17	100m	H
	Boys	U17	100m	H
	Girls	U18	100m	H
	Boys	U18	100m	H
	Girls	U19	100m	H
	Boys	U19	100m	H

**Check in closes 3.00 p.m. 3000m**

**3.45 p.m. (Age Groups may be combined)**

Girls	U16	3000m	F
Boys	U16	3000m	F
Girls	U17	3000m	F
Boys	U17	3000m	F
Girls	U18	3000m	F
Boys	U18	3000m	F
Girls	U19	3000m	F
Boys	U19	3000m	F

**5.00 pm. Sprint Finals**

**Check in Closes 1 hour prior to each start time**

**Discus**

<b>10.00 am</b>	U14	Girls
<b>11.15 am</b>	U17	Girls
<b>12.30 pm</b>	U18	Girls
<b>2.00 pm</b>	U14	Boys
<b>3.30 pm</b>	U17	Boys
<b>4.30 pm</b>	U18	Boys

**Hammer**

<b>10.00 am</b>	U15	Girls
<b>10.45 am</b>	U16	Girls
<b>11.30 pm</b>	U15	Boys
<b>12.15 pm</b>	U16	Boys
<b>2.00 pm</b>	U19	Girls
<b>2.45 pm</b>	U19	Boys

**Shot Put**

<b>10.00 am</b>	U15	Boys
<b>11.00 am</b>	U16	Boys
<b>1.30 pm</b>	U18	Girls
<b>2.45 pm</b>	U16	Girls
<b>4.00 pm</b>	U15	Girls

**Javelin**

<b>10.00 am</b>	U18	Boys
<b>10.45 am</b>	U17	Boys
<b>12.00 pm</b>	U19	Boys
<b>1.30 pm</b>	U14	Girls
<b>2.45 pm</b>	U14	Boys

**Long Jump**

<b>10.00 am</b>	U17	Boys
<b>11.30 am</b>	U14	Girls
<b>1.30 pm</b>	U16	Girls
<b>3.00 pm</b>	U14	Boys

**Triple Jump**

<b>10.00 am</b>	U19	Boys
<b>10.45 am</b>	U18	Boys
<b>1.00 pm</b>	U15	Boys
<b>2.00 pm</b>	U15	Girls

**High Jump**

<b>10.00 am</b>	U16	Boys
<b>11.30 am</b>	U15	Girls
<b>1.30 pm</b>	U18&19	Boys
<b>3.00 pm</b>	U15	Boys

**Pole Vault**

**(Warm up 9.30 am)**

<b>10.30 am</b>	U15	Girls
	U16	Girls

**(Warm up 1.00 pm)**

<b>2.00 pm</b>	U17	Girls
	U18	Girls
	U19	Girls



**National Juvenile Day 2  
Track & Field Championships  
Sunday 21<sup>st</sup> July 2024  
Tullamore, Offaly**

**123.ie**



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