

**National
Indoor
Championships**



**IRISH LIFE HEALTH JUVENILE INDOOR CHAMPIONSHIPS
AIT INTERNATIONAL ARENA, ATHLONE
DAY 2 SUNDAY 31ST MARCH 2019**

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 closes 9.15 a.m (200m)

10.00 a.m

Girls & Boys	16	200m heats
Girls & Boys	17	200m heats
Girls & Boys	18	200m heats
Girls & Boys	19	200m heats

Check in closes 10.00 a.m (600m/800m)

11.15 p.m.

Girls & Boys	12	600m
Girls & Boys	13	600m
Girls & Boys	14	800m
Girls & Boys	15	800m
Girls & Boys	16	800m
Girls & Boys	17	800m
Girls & Boys	18	800m
Girls & Boys	19	800m

200m/600m/800m FINALS WILL BE HELD AT
HEAT TIME IF HEATS ARE NOT REQUIRED

NOTE: THERE WILL BE A 20 MINUTE BREAK
ON THE TRACK AFTER THE 800m HEATS

1.45 p.m.

200m Finals

Check in closes 1.15 (Hurdles)

2.15 p.m.

Girls	13	60m Hur2'3"	Heats
Boys	13	60m Hur2'3"	Heats
Girls	14	60m Hur2'3"	Heats
Boys	14	60m Hur2'6"	Heats
Girls	15	60m Hur2'6"	Heats
Girls	16	60m Hur2'6"	Heats
Boys	15	60m Hur2'9"	Heats
Boys	16	60m Hur2'9"	Heats
Girls	17	60m Hur2'6"	Heats
Girls	18	60m Hur2'6"	Heats
Girls	19	60m Hur2'9"	Heats
Boys	17	60m Hur3'0"	Heats
Boys	18	60m Hur3'0"	Heats
Boys	19	60m Hur3'3"	Heats

FINALS 600m, 800m, HURDLES

Check in Closes 9.30 a.m. first field event

Long Jump

10.00 a.m.	Boys	(Pit 1)	12
11.30 p.m.	Girls	(Pit 1)	13
1.00 p.m.	Boys	(Pit 1)	14
3.00 p.m.	Boys	(Pit 1)	18
4:00 p.m.	Boys	(Pit 1)	19

Pole Vault (warm up at 10:00/12:30)

11.00 a.m.	Girls	15-16
1:30 p.m.	Girls	17-19

Shot Putt

10.00	Girls	12	(2k)
11.00	Boys	14	(2.72k)
12.00	Boys	16	(4k)
1.00	Girls	14	(2.72k)
2.00	Boys	12	(2k)

High Jump

10.00 a.m.	Boys	16	(Mat 1)
	Boys	15	(Mat 2)
11.30 a.m.	Boys	12	(Mat 1)
	Boys	13	(Mat 2)
1.00 p.m.	Boys	17	(Mat 1)
	Boys 18 + 19		(Mat 2)



Athletics
Ireland