



IRISH LIFE HEALTH JUVENILE TRACK & FIELD CHAMPIONSHIPS

DAY 3 TIMETABLE

TULLAMORE

SUNDAY THE 10TH OF JULY 2022

The Committee reserve the right to alter the timetable

Car Park gate does not open until 8:30am

Track

Field

(Infield Events * Outfield Events **)

Discus **

10 am	U19 Boys
11:30 am	U19 Girls
1:30 pm	U16 Boys
3 pm	U16 Girls

Hammer **

10 am	U18 Girls
11:30 am	U18 Boys
1:30 pm	U15 Girls
3 pm	U15 Boys

High Jump *

10 am	U14 Boys
11:30 am	U17 Girls
1:30 pm	U18 Girls
3 pm	U19 Girls

Javelin *

10 am	U15 Girls
11:30 am	U18 Girls
1:30 pm	U15 Boys
3 pm	U18 Boys

Long Jump *

10 am	U18 Boys
11:30 am	U19 Boys
1:30 pm	U15 Girls
3 pm	U14 Girls

Shot Put *

10 am	U17 Girls
11:30 am	U17 Boys
1:30 pm	U14 Girls
3 pm	U14 Boys

Triple Jump *

10 am	U17 Boys
11:30 am	U16 Girls
1:30 pm	U16 Boys

Pole Vault *

10 am	U15 Boys
	U16 Boys
1:30 am	U17 Boys
	U18 Boys
	U19 Boys

200m Check-in closes 9:15am

10am	U14 Girls	200m	H
	U14 Boys	200m	H
	U15 Girls	200m	H
	U15 Boys	200m	H
	U16 Girls	200m	H
	U16 Boys	200m	H
	U17 Girls	200m	H
	U17 Boys	200m	H
	U18 Girls	200m	H
	U18 Boys	200m	H
	U19 Girls	200m	H
	U19 Boys	200m	H

'Finals to be held at heat time if heat not required'

1500m Check-in closes at 10:30

11:30am	U14 Girls	1500m	H
	U14 Boys	1500m	H
	U15 Girls	1500m	H
	U15 Boys	1500m	H
	U16 Girls	1500m	H
	U16 Boys	1500m	H
	U17 Girls	1500m	H
	U17 Boys	1500m	H
	U18 Girls	1500m	H
	U18 Boys	1500m	H
	U19 Girls	1500m	H
	U19 Boys	1500m	H

1:30pm 200m Finals

Hurdle Check-in closes 1pm

2:30pm	U15 Girls	250mH (2'3" 68.6cm)	H
	U16 Girls	250mH (2'3" 68.6cm)	H
	U15 Boys	250mH (2'6" 76.2cm)	H
	U16 Boys	250mH (2'6" 76.2cm)	H
	U17 Girls	300mH (2'6" 76.2cm)	H
	U17 Boys	300mH (2'6" 76.2cm)	H
	U18 Girls	400mH (2'6" 76.2cm)	H
	U19 Girls	400mH (2'6" 76.2cm)	H
	U18 Boys	400mH (2'9" 84.0cm)	H
	U19 Boys	400mH (3'0" 91.4cm)	H

'Finals to be held at heat time if heats not required'

4pm 1500m Finals