

National Indoor Championships

DAY 1 SATURDAY 16TH TIMETABLE



DAY 2 SUNDAY 17TH TIMETABLE

12.00 2000m Heats	Men (Heats	Cancelled - Final @12.10	Sunday)
		12.00 PV Warm Up	Men
12.30 60m Heats	Men	13.00 Pole Vault	Men
12.55 3000m Walk	Women		
		12.30 Shot Put	Women
13.15 400m Heats	Women		
13.35 5000m Walk	Men		
		14.00 High Jump	Women
14.05 400m Heats	Men		
		13.30 Long Jump	Women
14.45 3000m Final	Women	15.30 Triple Jump	Men
1F OF COOm Hooks	Woman		
15.05 800m Heats	Women	Please note:	
15.20 800m Heats	Men	3000m Men's Heats re	
15.20 800m Heats	Men		
15.20 800m Heats 15.40 200m Heats	Men Women	3000m Men's Heats re	introduced
15.20 800m Heats	Men	3000m Men's Heats re in 2018.	introduced ns before
15.20 800m Heats 15.40 200m Heats 15.55 200m Heats	Men Women Men	3000m Men's Heats re in 2018. Check in closes 90 mi	introduced ns before
15.20 800m Heats 15.40 200m Heats 15.55 200m Heats 16.35 1500m Heats	Men Women Men Women	3000m Men's Heats re in 2018. Check in closes 90 mi	introduced ns before
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NATIONAL SENIOR INDOOR CHAMPIONSHIPS	
NIA, SPORT IRELAND NATIONAL SPORTS CAMPU	S
16TH - 17TH FEB 2019	

11.45 60m II Heats	Women	11.30	PV Warm Up	Women			
(Women 60m Heats Cancelled - Straight Final)							
11.55 60m H Heats	Men						
		12,30	Pole Vault	Women			
12.10 3000m Final	Men						
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12.30 60m Semi Final	Women	13.30	High Jump	Men			
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12.45 60m Semi Final	Men	40.00	- Long form	0000			
		12.30	Long Jump	Men			
13.00 1500m Final	Women						
13.15 1500m Final	Men	14.15	Triple Jump	Women			
13.30 60mH Final	Women						
13.40 60mH Final	Men						
		14.00	Shot Put	Men			
13.50 400m Final	Women		Chiech Co				
14.00 400m Final	Men						
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14.10 60m Final	Women						
14.20 60m Final	Men						
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14.30 800m Final	Women						
14.40 800m Final	Men						
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14.50 200m Final	Women		Athlet	TCS_{-}			
15.00 200m Final	Men						
13.00 200111 Fillal	Mell		Ireland				