

National Indoor Championships



DAY 1 SATURDAY 16TH TIMETABLE

12.00 2000m Heats	Men	(Heats Cancelled - Final @12.10 Sunday)
12.30 60m Heats	Men	12.00 PV Warm Up Men
12.55 3000m Walk	Women	13.00 Pole Vault Men
13.15 400m Heats	Women	12.30 Shot Put 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
15.05 800m Heats	Women	
15.20 800m Heats	Men	
15.40 200m Heats	Women	
15.55 200m Heats	Men	
16.35 1500m Heats	Women	
16.50 1500m Heats	Men	

Please note:
3000m Men's Heats reintroduced in 2018.

Check in closes 90 mins before scheduled start time for all events.

DAY 2 SUNDAY 17TH TIMETABLE

11.45 60m H Heats	Women	11.30 PV Warm Up	Women
11.55 60m H Heats	Men	12.30 Pole Vault	Women
12.10 3000m Final	Men	13.30 High Jump	Men
12.30 60m Semi Final	Women	12.30 Long Jump	Men
12.45 60m Semi Final	Men	14.15 Triple Jump	Women
13.00 1500m Final	Women	14.00 Shot Put	Men
13.15 1500m Final	Men		
13.30 60mH Final	Women		
13.40 60mH Final	Men		
13.50 400m Final	Women		
14.00 400m Final	Men		
14.10 60m Final	Women		
14.20 60m Final	Men		
14.30 800m Final	Women		
14.40 800m Final	Men		
14.50 200m Final	Women		
15.00 200m Final	Men		

NATIONAL SENIOR INDOOR CHAMPIONSHIPS
NIA, SPORT IRELAND NATIONAL SPORTS CAMPUS
16TH - 17TH FEB 2019



Athletics
Ireland