

GloHealth

INDOOR

CHAMPIONSHIPS

NATIONAL SENIOR CHAMPIONSHIP

DAY 1

TRACK			FIELD		
12.00	60m Heats	Women	12.00	PV Warm Up	Men
12.20	60m Heats	Men	13.00	Pole Vault	Men
13.15	400m Heats	Women	12.30	Shot Putt	Women
13.35	5000m Walk	Men			
14.05	400m Heats	Men	13.30	Long Jump	Women
14.55	3000m Final	Women	14.00	High Jump	Women
15.10	800m Heats	Women	15.00	Triple Jump	Men
15.25	800m Heats	Men			
15.45	200m Heats	Men			
16.05	200m Heats	Women			
16.30	1500m Heats	Men			
16.45	1500m Heats	Women			

Athlone International Arena
 Saturday 21st February 2015
 ATHLETICSIRELAND.IE

 Athletics Ireland