

**National U20-U23
Indoor Championships
20th January 2024 TUS, Athlone**

Checkin Closes 90min out from event
Implements to be weighed in 50min pre Event

Track				Field	
10:00 60m Sprint	Women	Heats		10:00 Triple Jump	U20 & U23 Men
10:24 60m Sprint	Men	Heats		11:30 Triple Jump	U20 & U23 Women
11:00 1500m	Women	Final		10:00 Shot Put (7.26kg)	U23 Men
11:18 1500m	Men	Final		11:10 Shot Put (6kg)	U20 Men
11:50 400m	Women	Heats		12:20 Shot Put (4kg)	U20 Women
12:18 400m	Men	Heats		14:00 Shot Put (4kg)	U23 Women
12:55 60m Sprint	Women	Final		10:45 High Jump	U20 & U23 Men
13:05 60m Sprint	Men	Final		13:10 High Jump	U20 & U23 Women
13:30 800m	Women	Heats		11:40 Pole Vault	U20 & U23 Men
13:42 800m	Men	Heats		14:30 Pole Vault	U20 & U23 Women
14:05 200m Sprint	Women	Heats		13:40 Long Jump	U20 Men
14:42 200m Sprint	Men	Heats		15:00 Long Jump	U20 Women
15:25 3000m Walk	Women	Final		16:45 Long Jump	U23 Men & Women
15:45 3000m Walk	Men	Final		15:15 Weight (35lb)	U20 & U23 Men
16:05 60m Hurdles	Women	Heats		16:40 Weight (20lb/28lb)	U20 & U23 Women
16:30 60m Hurdles	Men	Heats			
16:45 200m	Women	Final			
16:55 200m	Men	Final			
17:05 400m	Women	Final			
17:15 400m	Men	Final			
17:25 800m	Women	Final			
17:35 800m	Men	Final			
17:40 60m Hurdles	Women	Final			
17:45 60m Hurdles	Men	Final			
18:00 4x200m Relay	Women	Final			
18:20 4x200m Relay	Men	Final			

Notes:

Women follow by Men, U20 follow by U23
If no heats are required, Final will be at
Heat Time
Timed Finals will be done if required for the
1500m & Relays

Callroom:

20 Minutes before Track Events
40 Minutes before Shot Put / Weight Throw
50 Minutes before Long / Triple Jump
65 Minutes before High Jump
80 Minutes before Pole Vault