



Irish Life Health Junior & U23 Championships



**Morton Stadium, Santry,
19th & 20th June 2021**

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Interactive Programme**

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Welcome from Irish Life Health

On behalf of our team in Irish Life Health, I welcome you all to the Irish Life Health National Junior and Under 23 Track and Field Championships.

We are delighted that this year's Junior and Under 23 Championships will be in a position to take place and offer athletes the opportunity and platform to compete in what is a hugely important year, particularly for those seeking qualification for the European Under 20 and 23 Championships which are set to take place in July.

Irish Life Health is proud to be a sponsor and partner of Athletics Ireland. Our whole team recognises the very important role participation in athletics plays by providing a platform for tens of thousands of people across Ireland to maintain and improve their own physical health and wellbeing, especially during this difficult last year.

These championships have been made possible by the huge amount of behind-the-scenes work done by so many people over the last few months. I would like to express our gratitude to newly elected Athletics Ireland President John Cronin, Chief Executive Hamish Adams, the organising committee, volunteers, officials, and the team in Athletics Ireland who have worked extremely hard to ensure this event can proceed in the safest possible way.

Finally, I would like to wish every athlete the best of luck and I hope everyone supporting and watching the Championships remotely enjoy two full days of athletics at the Irish Life Health National Junior and Under 23 Track and Field Championships.

*Best wishes,
Liz Rowen
Head of Marketing
Irish Life Health*



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President's Address



On behalf of Athletics Ireland, I am delighted to welcome our athletes to Morton Stadium for the Irish Life Health National Junior and Under 23 Track and Field Championships this weekend. We wish all of those competing the best of luck as both age categories continue the journey from Juvenile to Senior ranks. A special mention to those athletes entering their final preparation stage for the upcoming European Under 20 and Under 23 Championships which take place in Tallinn, Estonia next month. We wish them well in their pursuits over the next two days.

Like 2020, these Championships are being held under the current Covid19 Government guidelines which unfortunately means that not everyone can attend due to the restriction on numbers. As a result, the one-day timetable that was in operation up to 2019 must be stretched out over two days. It is regrettable that we cannot accommodate media, coaches, and spectators, but a live stream of both days will be available via the Athletics Ireland YouTube channel. For those on site we thank you in advance for following the protocols in place and any instructions given.

Our gratitude to our sponsors Irish Life Health for their continued support of our Championships. We once again look forward to working with Liz Rowen and the team in Irish Life Health and wish their new CEO Gerard Davis well in his new role while also wishing the previous CEO Jim Dowdall all the best in the future.

Last weekend saw the return to competition at National level with two very successful events; the National 20K Race Walking Championships held in Tuam, and the European Athletics Permit AAI Games held over 2 days in Morton Stadium. Next weekend will see 149th National Senior Championships held over three days continuing the sequence for the longest running continuous National Senior Championships in the world.

So many of our athletes have produced wonderful performances including National records over the last number of weeks and it will be great to see them in action at our Championships over the next two weekends as the qualifications for Tallinn and Tokyo conclude.

Thank you for the organisation of this weekend's event to Andrew Lynam the Chair of the Competition Committee; the Competition Committee; Barry Pender, Valerie O'Brien and James Welsh from the Competition Department who have worked closely with all the stakeholders internal and external to finalise all the protocols and preparation. Thank you to Sport Ireland and the Morton Stadium staff who have the stadium in such fine condition and who have played a key role in the preparations. Thank you to all the officials and service providers involved this weekend and as mentioned earlier best wishes to all the athletes competing this weekend.

*John Cronin
President,
Athletics Ireland*



Timetable of events



IRISH LIFE HEALTH JUNIOR & U23 CHAMPIONSHIPS

Both days of the Irish Life Health Junior & U23 Championships will be live streamed on the Athletics Ireland YouTube channel.

[CLICK HERE FOR LIVE STREAM LINKS](#)



IRISH LIFE HEALTH JUNIOR & U23 CHAMPIONSHIPS TIMETABLE

ATHLETES CANNOT ENTER STADIUM UNTIL (80 MINUTES) PRIOR TO THEIR EVENT

TRACK ATHLETES TO THE CALL ROOM (20 MINUTES) PRIOR TO THEIR EVENT

FIELD ATHLETES TO THE CALL ROOM (40 MINUTES) PRIOR TO EVENT

SATURDAY 19th OF JUNE - MORTON STADIUM, SANTRY

10:00	800m	Women	H	10:00	Hammer	Men
10:25	800m	Men	H	10:30	High Jump	Men
11:20	400m Hurdles	Women	T*	11:00	Hammer	Women
11:40	400m Hurdles	Men	T*	11:30	Triple Jump	Men
12:20	200m	Women	H	12:00	Shot Put	Men
13:00	200m	Men	H	12:30	High Jump	Women
13:40	5000m	Women	F	13:30	Shot Put	Women
14:00	5000m	Men	F	14:30	Triple Jump	Women
14:40	200m	Women	F	14:30	28lbs Weight	Women
14:50	200m	Men	F	15:00	35lbs Weight	Men
15:00	800m	Women	F			
15:10	800m	Men	F			
15:45	4x400m Relay	Women	T**			
16:00	4x400m Relay	Men	T**			

SUNDAY 20th OF JUNE - MORTON STADIUM, SANTRY

10:00	400m	Women	H	10:30	Discus	Men
10:30	400m	Men	H	10:30	Long Jump	Women
11:10	100m Hurdles	Women	F	11:30	Pole Vault	Women
11:25	110m Hurdles	Men	F			
11:50	3000m SC	Women	F	12:30	Discus	Women
12:20	3000m SC	Men	F			
12:40	100m	Women	H			
13:20	100m	Men	F	14:00	Javelin	Men
14:00	3000m Walk	Women	F	14:00	Long Jump	Men
14:20	5000m Walk	Men	F	14:30	Pole Vault	Men
15:00	400m	Women	F			
15:10	400m	Men	F			
15:25	100m	Women	F	15:30	Javelin	Women
15:30	100m	Men	F			
16:00	1500m	Women	F*			
16:40	1500m	Men	F*			
17:30	4x100m Relay	Women	T**			
17:45	4X100m Relay	Men	T**			

* - In the event of final declarations requiring more than one race in the 400m Hurdles and 1500m, the event will be run in seeded heats, with the overall positions decided on fastest time (since 2016).

** - For the Under 23 relays , at least one Under 23 must be included in the team. (New-2017)

Please note this timetable is subject to change, if necessary the programme will be brought forward.
Juniors to race before U23's on Track , Juniors & U23 Field Events to be held together

In the event of heats proving unnecessary, FINALS will be held at Heat TIMES.

Athletes who enter for Junior & U23 Competition may be selected for testing under the Anti Doping document.
Minors must have Parental/Guardian consent and signature. Forms available on our website.

Doping is Cheating, AAI is Committed to Drugs Free Sport

[ONLINE EVENTTIMETABLE](#)

Live Entries Online



LIVE ENTRIES
ONLINE

Championship Results



[LIVE RESULTS](#)
[ONLINE](#)

Event Officials



Role	Official
Competition Director	Andrew Lynam
Technical Delegate	Michael Quinlan
Technical Delegate	Declan Curtin
Jury of Appeal (Chair)	Brian Dowling
Presentation	John Cronin
	Caroline Philpott
Covid 19 Officer	Seamus Flynn
Health & Safety	Michael Quinlan / George Maybury
Anti Doping	Evelyn O'Reilly
Seeding	Brid Golden
Seeding	Liam Hennessy
Seeding	Matt Lockett
Check In	Cecil Johnston
Check In	Shirley murray
Check In	Majella McGrath
Call Room	Michael Kearney
Call Room	Martin J Heery
Starts Team	Michael O'Hart
Starts Team	Jackie Mulhall
Starts Team	Joseph M Walsh
Starts Team	Tom Thompson
Starts Team	Jim Ryan
Starter's Assistant	John Hayes
	Michael mc keon

Role	Official
Photofinish	Ronan O'Hart
Photofinish	Laura & Ciara Heneghan
Timing	John Sheehane
	Jimmy Monaghan
Results/Technology	Karl O'Connell
Results/Technology	Padraig Kelly
Results/Technology	Bernie Dunne
Results/Technology	Michael Godley
Results/Technology	Derrick & Alex Neff
Track Referee	Paddy Marley
Track Judge	Neil Martin
Track Judge	Brendan Mc Daid
Track Judge	Anne McHugh
Track Judge	Theresa Kinane
Track Judge	Ray Flynn
Track Judge	Charlie O' Neill
Walks	Shaun Gallagher
	Jackie Mulhall
	David kidd
	Ray Flynn
	Bernie O'Callaghan
	Antoinette Holland
	Pat Ryan
Track Team / Umpries	Dermot Mc Granaghan
	Bernie O' Callaghan
Equipment	Alisters Wilson
Field Referee	Martin Wilkson
Hammer / Shot / Weight	Eamon Harvey
	Colin Byrne
	Eamon Flanagan
	David Denieffe
	John McGrath
	Seamus Mc Granaghan
	Kathleen McConnell
	Brian McGonagle

Role	Official
High Jump	Jim Corcoran
	Tim Ahern
	Deirdre McTeggart
	Colette Quinn
Triple / Long Jump	David Murphy
	Fintan Kenny
	Antoinette Holland
	Shay Murphy
	Patricia Griffin
	Bernard Mc Aree
Discus / Javelin	John McGrath
	Eamon Harvey
	Sarah Kearns
	Frank Kilrane
	Seamus Mc Granaghan
	Kathleen McConnell
Pole Vault	Eamon Flanagan
	Colin Byrne
	Deirdre McTeggart
	Colette Quinn
	Noreen Keane

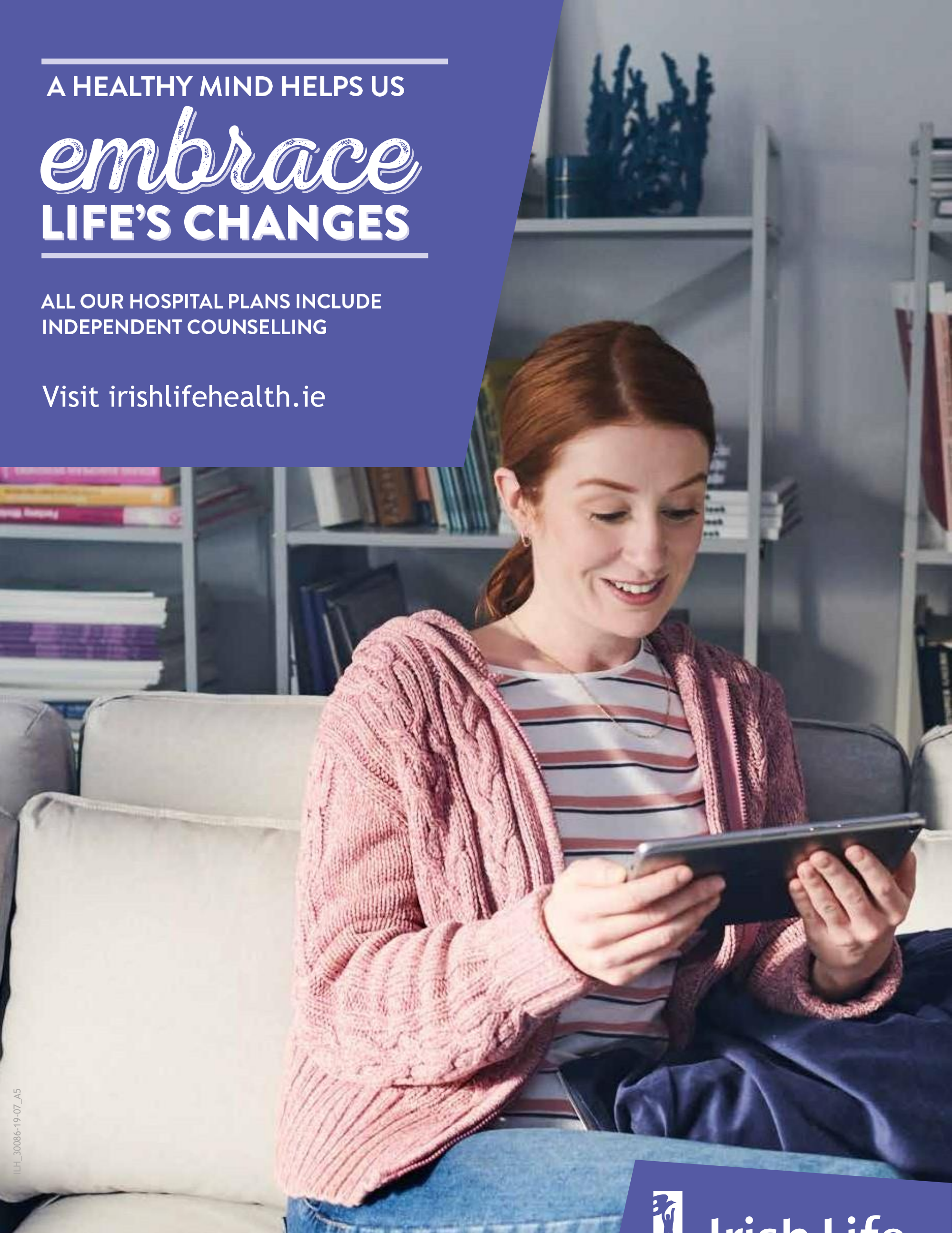
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OFFICIALS, VOLUNTEERS, AND
STAFF.

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