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#NATIONALSENIORS

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**Indoor
Championships**



**123.ie National Senior
Indoor Championships**

**Sport Ireland, National Indoor Arena
Saturday 18th - Sunday 19th February 2023**

www.athleticsireland.ie

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A Message from our President



On behalf of Athletics Ireland, I am delighted to welcome our athletes to the Sport Ireland National Indoor Arena for the 123.ie National Senior Indoor Championships 2023.

It is fantastic to see an entry of over 500 athletes this weekend, and we wish all of those competing the best of luck in their pursuit of National glory. A special mention to those athletes looking to attain qualifying standards for the upcoming European Athletics Indoor Championships which take place in Istanbul, TUR next month.

I am also delighted to welcome all our spectators both in person and online to our National Indoor Championships, and I have no doubt that all in attendance will be roaring our athletes on across the two days of compelling athletics action. Equally it is a great pleasure to welcome coaches, media, and other valued stakeholders.

Our gratitude to our new sponsors 123.ie for their support of our Championships. We look forward to working with Elaine Robinson and all the team at 123.ie.

So many of our athletes have produced wonderful performances including National records and personal bests over the last number of weeks, and it will be great to see them competing at our National Indoor Championships.

Thank you for the organisation of this weekend's event to Andrew Lynam the Chair of the Competition Committee; the Competition Committee; Geraldine Stewart Athletics Ireland Competition Director, David Daly, Valerie O'Brien & James Welsh from the Competition Department who have worked closely with all the stakeholders to finalise preparations.

Thank you to Sport Ireland and the National Indoor Arena staff who have the venue 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 repeated best wishes to all the athletes competing this weekend. I look forward to meeting many of you over the weekend and at our remaining National Indoor Championships.

Finally, on your behalf I extend best wishes to Team Ireland in the upcoming European Indoor Championships.

John Cronin
President Athletics Ireland

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Sponsors Welcome



On behalf of 123.ie, I'm delighted to welcome you to the National Indoor Arena for the 123.ie National Senior Indoor Championships 2023.

We are proud to sponsor Athletics Ireland - an organisation that supports communities in every corner of Ireland, and we hope that our support will make the difference for our incredible athletes of all ages.

We recognise the very important role that participation in athletics plays. It provides a community in an inclusive sport that offers people of all ages the chance to create moments to remember forever through the spirit of athletics.

At 123.ie, we are trying for better every day - for our colleagues, our customers, and our communities. And that is what this weekend's Championships are about - trying for better.

These Championships give us the chance to see the best of our international and club athletes in action as they compete for National Titles and individual honours. And for some, the honour of representing Ireland at the European Indoor Championships in Istanbul in March.

We acknowledge the great work by so many in ensuring these championships take place. I would like to express our appreciation to Athletics Ireland President John Cronin, Chief Executive Hamish Adams, the organising committee, volunteers, officials and all the Athletics Ireland staff who work hard to make these events something we all can be proud of.

Finally, I wish every athlete the best of luck. Irish Athletes always try for better, and they always bring us moments to remember.

Go n-éirí an t-ádh le gach duine ag an deireadh seachtaine.

Elaine Robinson
Managing Director
123.ie

Day 1 - Saturday 18th

Timetable

Track

11:00	200m	W	Heats
11:24	200m	M	Heats
12:05	800m	W	Heats
12:20	800m	M	Heats
12:45	3k Walk	W	Final
13:05	5k Walk	M	Final
13:30	400m	W	Heats
13:55	400m	M	Heats
14:30	60mH	W	Heats
14:45	3000m	M	Finals
15:20	200m	W	Final
15:30	200m	M	Final
15:40	1500m	W	Heats
15:50	1500m	M	Heats
16:10	60mH	W	Final
16:20	60mH	M	Final
16:30	400m	W	Semi
16:40	400m	M	Semi

Field

11:00	PV - Warm Up	W	Final
11:30	Weight	W	Final
12:00	Pole Vault	W	Final
12:15	Long Jump	M	Final
13:00	Shot Put	M	Final
14:30	Triple Jump	W	Final
15:00	High Jump	M	Final

Day 2 - Sunday 19th

Timetable

Track

11:00	60m	M	Heats
12:00	3000m	W	Final
12:30	60m	W	Semi
12:50	60m	M	Semi
13:10	1500m	W	Final
13:20	1500m	M	Final
13:35	400m	W	Final
13:45	400m	M	Final
14:00	60m	W	Final
14:10	60m	M	Final
14:25	800m	W	Final
14:35	800m	M	Final
14:50	4x200m	W	Final
15:00	4x200m	M	Final

Field

11:00	PV - Warm Up	M	Final
11:00	Long Jump	W	Final
11:45	Shot Put	W	Final
12:00	Pole Vault	M	Final
13:00	Triple Jump	M	Final
13:15	High Jump	W	Final
14:30	Weight	M	Final

Timetable Notes

Check-In

Closes 90 Minutes before event

Callroom

Track - 20 Minutes before event

Throws - 40 Minutes before event

Long Jump/Triple Jump - 50 Minutes before event

High Jump - 65 Minutes before event

Pole Vault - 80 Minutes before event

Please note this timetable is subject to change, if necessary the programme will be brought forward.

Doping is cheating, AAI is committed to drugs free sport.

Stream & Seeding

Live Stream

This event will be live streamed on the Athletics Ireland Youtube channel from 11am both days, Saturday 18th and Sunday 19th.

For any questions or queries please email the Marketing department at marketing@athleticsireland.ie.

Seeding & Order of Competing

In Track events, in the first round, athletes are seeded by computer according to recorded performances and lanes assigned by the computer randomly.

Once the seeding has been determined 3 draws must then be made:- one for 4 highest ranked to Determine placing in Lanes 3,4,5 and 6. - one for 5th and 6th rankings to determine placing in lanes 7 and 8- one for 7th and 8th rankings to determine placing in lanes 1 and 2.

In Field events athletes shall be listed randomly. In the horizontal jumps and the throws, those qualifying for the final three attempts shall compete in the reverse order of their position after three attempts : i.e. 8th place competes first, 7th place second etc.

For any questions or queries please email the competition department at competition@athleticsireland.ie.

123.ie National Senior Indoor Championships

Event Preview



[Click here for event preview](#)

123.ie National Senior Indoor Championships

Event Entries

[Click here for Entries](#)



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123.ie National Senior Indoor Championships

Live Results



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123.ie National Senior Indoor Championships

Irish Indoor Top 20

[Click here for Top 20](#)



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Event Officials

Meet Director	Andrew Lynam	Seeding	Liam Hennessy, Brid Golden, Matt Lockett
Technical Officials	Declan Carlin, Michael Quinlan, Ronan O'Hart	Results	Karl O'Connell, Bernie Dunne, Michael Godley
Track Referee	Paddy Marley	Field Tablets	Alex Naff, Leah Ni Ghaibhgh
Field Referee H Jumps	Laura Heneghan, Clara Heneghan	Call Room	Mick Kearney Martin J Heery Margaret Malone Matt Lynch
Field Referee V Jumps	Deirdre McTeggart	Photo Finish	Peter Hanlon Iain Shaw Margaret Cronin
Field Referee Throws	John McGrath, David Dunne	Finish Judges_200m Track	Georgina Drumm Neil Martin Carmel Kelly Paul Archbold Anne McHugh
Event Presentation	Brendan McDaid	Timing	John Sheehan Noreen Keane Jimmy Monaghan
Music/Screen Control	Clara Heneghan, Laura Heneghan	Umpires / Track Team	Sarah Keams Dermot McGranaghan Brian McGonagle Bernie O'Callaghan Adrian Curley Michael Carol Dylan Byrne
Admission	Hajella McGrath, Patsy Kelly + Security	Video	Adam Jones
Announcers	Fintan Reilly, Pdraig Kelly	Walks Judges	David Kidd Shaun Gallagher Anne Gormley Antonietta Holland Bernie O'Callaghan
Health & Safety	George Haybury	Start Team	Jackie Mulhall Cyril Smyth Joe Walsh John Hayes Tom Thompson Michael O'Hart Mick McKeeon Cate Wilson Steve Wilson
Anti Doping Liaison	Zofia Torzyk	Pole Vault	Eamon Flanagan Derrick Naff Seamus Flynn David Doherty Nollie Greene
Jury of Appeal Chair	Brian Dowling +2 NTO's	High Jump	Celeste Quinn Jim Corcoran Catherine Mucklan Olivia Archbold Rebecca Carlan
Presentations	John Cronin, Louise Holmes	Shot Put/Weight	Roseleen McGarvey Mary O'Callaghan Cormac McGarvey Seamus Mc Granaghan EDM Eamon Harvey Rosemary Dewhurst Lorraine Doherty Hugh Kelly John McGrath
Mixed Zone	Pabicio Griffin	Long/Triple Jump	Antonietta Holland David Murphy Frank Kifane Pat Fitzgibbon Pat Power Fintan Kenny Catherine Kenny Shay Murphy Bernard Mc Aree
Check In	Michael Fennel, Dylan Byrne, Eoghan McGrath, Cecil Johnston, Shirley Murray	First Aid	St. Johns

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Thank You & Sponsors

Thank you to all our Officials, Volunteers, Staff, Athletes, Coaches and Sponsors, without whom this event could not have taken place.

Our Sponsors

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