

123.ie



#NATIONALSENIORS

123.ie

**Indoor
Championships**



**123.ie National Senior
Indoor Championships**

Sport Ireland, National Indoor Arena
Saturday 17th - Sunday 18th February 2024

www.athleticsireland.ie

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Sponsors Welcome



On behalf of 123.ie, I'm delighted to welcome you to the Sport Ireland National Indoor Arena for the 2024 edition of the 123.ie National Senior Indoor Championships.

At 123.ie, we want our customers to 'Give better a try'. Both Athletics Ireland and 123.ie appreciate and value people who are always trying for better, and we are excited to enter our second year as title sponsors of Athletics Ireland where we will continue to invest in an inclusive sport that offers everyone from the age of 8 - 80 the opportunity to be the best they can be.

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 World Indoor Championships in Glasgow in two weeks time.

We acknowledge the great work by so many in ensuring these championships take place. I would like to express our gratitude 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, and I hope everyone who is lucky enough to be in attendance will get behind all of our athletes at the 123.ie National Senior Indoor Championships.

Best wishes,
Elaine Robinson
Managing Director 123.ie

Day 1 - Saturday 17th

Timetable

Track

12:00 400m W Heats
12:20 400m M Heats
12:50 1500m W Heats
13:05 1500m M Heats
13:25 200m Sprint W Heats
14:00 200m Sprint M Heats
14:35 60m Hurdles W Heats
14:50 800m W Heats
15:05 800m M Heats
15:30 200m Sprint W Final
15:40 200m Sprint M Final
15:50 60mH W Final
16:00 60mH M Final
16:10 400m W Semi (If 20+ in Heats)
16:20 400m M Semi (If 20+ in Heats)
16:35 4x200m W Final
16:50 4x200m M Final

Field

12:00 PV - Warm Up Men
13:00 Pole Vault Men

13:15 High Jump Women
15:30 High Jump Men

11:45 Weight Women
12:50 Weight Men

14:20 Triple Jump Me
15:50 Triple Jump Women

Day 2 - Sunday 18th

Timetable

Track

12:00 60m Sprint W Heats
12:20 60m Sprint M Heats
12:55 5000m Walk M Final
13:25 3000m Walk W Final
13:50 3000m M Final (TT)
14:15 3000m W Final
14:30 60m Sprint W Semi (If 24+ In Heats)
14:40 60m Sprint M Semi (If 24+ In Heats)
15:00 1500m W Final
15:10 1500m M Final
15:20 400m W Final
15:30 400m M Final
15:40 60m Sprint W Final
15:50 60m Sprint M Final
16:00 800m W Final
16:10 800m M Final
16:20 4x400m W Final
16:35 4x400m M Final

Field

12:00 PV - Warm Up Women
13:00 Pole Vault Women

13:15 Long Jump Women
15:00 Long Jump Men

13:45 Shot Put Men
15:15 Shot Put Women

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.

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Stream & Seeding

Live Stream

This event will be live streamed on the Athletics Ireland Youtube channel from 11am both days, Saturday 17th and Sunday 18th.

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

[Click Here for Live Stream](#)

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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Live Results



[Click here for Results](#)

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Irish Indoor Top 20

[Click here for Top 20](#)



Event Officials

Competition Director	Andrew Lynam		
Meet Manager	Antoinette Holland		
Technical Manager	Declan Curtin		
Technical Delegate	Michael Quinlan		
Health & Safety	George Maybury		
Event Presentation Manager	Brendan McDaid		
Music/Screen Control	Emily Kearns		
Starts Referee	Jackie Mulhall (SAT)	Cyril J Smyth (SUN)	
Track Referee	Ronan O'Hart		
Field Referee H Jumps	Carmel Kelly		
Field Referee V Jumps	Deirdre McTeggart		
Field Referee Throws	David Denieffe		
Admission	Majella McGrath	Patsy Kelly	Frank Kirane (Sat)
	Paddy Morgan (SUN,TBC)	+Security	
Announcers	Fintan Reilly	Padraig Kelly	
Anti Doping Liaison	Theresa Kinane		
Jury of Appeal Chair	NTO Appointed as Required + 2 From Panel		
Presentations	John Cronin	Olivia Archbold	Orla Fitzgerald (Sun)
Mixed Zone	Patricia Griffin	AAI	
Check In	Cecil Johnston	Shirley Murray	Matthew Lynch
Seeding	Liam Hennessey	Brid Golden	
Results	Bernie Dunne	Karl O'Connell	Mike Godley (Sun)
Field Tablets	Eoghan McGrath		AAI
Call Room	Mick Kearney ©	Catherine Muckian	Michael Fennell
	Hugh Kelly (Sat)	Joan Smith (Sun)	
Photo Finish	Iain Shaw ©	Peter Hanlon	Margaret Cronin
Finish Judges_200m Track	Georgina Drumm ©	Michael Kennedy	Derek Tipping
	Kathryn Davis (SAT)		

Event Officials

Timing	John Sheehan		
Umpires / Track Team	Paddy Marley ©	Sarah Kearns	Bernie O' Callaghan
	Anne Gormley (Sun)	Shaun Gallagher (Sun)	
	Mary O'Callaghan		
Video	Adam Jones		
Walks Judges	Zuzana Costin ©	Shaun Gallagher	Siobhan Kelleher (Women)
	Pierce O'Callaghan (Men)	Deirdre Clarke	David Kidd
Pit Zone	Bernie O'Callaghan	Anne Gormley	
Runners	AAI		
Starts Cordinator	Cyril J Smyth (SAT)	Jackie Mulhall (SUN)	
Start Team	Tom Thompson	Joe Walsh	John Hayes
	Charlie O'Neill	Cate Wilson	Steve Wilson
Pole Vault - Both Days	Eamon Flanagan (C-Sat)	Seamus Flynn (C-Sun)	Derrick Neff
	Eamon McBride	Denis Power (Sat)	Noreen Keane (Sun)
High Jump - Saturday	Jim Corcoran ©	Colette Quinn	Brian McGonagle
	Noreen Keane		
Weight Throw - Saturday	Lorraine Doherty ©	Cormac McGarvey	Roseleen McGarvey
	John Mcgrath	Catherine Kenny	
EDM	Fintan Kenny	Dylan Byrne	
Triple Jump - Saturday	Bernard Mc Aree ©	David Murphy	Anne McHugh
	Rosemary Dewhirst	Pat Power	Fintan Kenny
	Brian Dowling	Catherine Kenny	
Shot Put - Sunday	John Mcgrath ©	Cormac McGarvey	Roseleen McGarvey
	Lorraine Doherty	Anne McHugh	
EDM	Dylan Byrne		
Long Jump - Sunday	David Murphy ©	Bernard Mc Aree	Catherine Kenny
	Rosemary Dewhirst	Pat Power	
Board Cam	Carmel Minter		
EDM	Fintan Kenny		
First Aid	Code Blue		
Kit Collection	Anne Brenndan	Paul Archbold	
	AAI Bakest Carriers		

Thank You & Sponsors

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

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