

## Provisional Timetable

Event days will remain the same, however time and order of events may change

### Saturday 18th February

Track			Field	
200m	Women	Heats		
200m	Men	Heats	Weight	Women
3k Walk	Women	Final		
5k Walk	Men	Final	Pole Vault	Women
200m	Women	Semi		
200m	Men	Semi	Long Jump	Men
3000m	Men	Finals		
800m	Women	Heats	Shot Put	Men
800m	Men	Heats		
60mH	Women	Heats	Triple Jump	Women
60mH	Men	Heats		
400m	Women	Heats	High Jump	Men
400m	Men	Heats		
1500m	Women	Heats		
1500m	Men	Heats		
200m	Women	Final		
200m	Men	Final		
60mH	Women	Final		
60mH	Men	Final		
400m	Women	Semi		
400m	Men	Semi		

### Sunday 19th February

Track			Field	
60m	W	Heats		
60m	M	Heats	Long Jump	Women
3000m	W	Final		
60m	W	Semi	Shot Put	Women
60m	M	Semi		
1500m	W	Final	Pole Vault	Men
1500m	M	Final		
400m	W	Final	Triple Jump	Men
400m	M	Final		
60m	W	Final	High Jump	Women
60m	M	Final		
800m	W	Final	Weight	Men
800m	M	Final		
4x200m	W	Final		



**National Senior  
Indoor Championships  
NIA -18th / 19th February 2023**

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4x200m

M

Final



**National Senior  
Indoor Championships**  
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