

IRISH LIFE HEALTH JUNIOR CHAMPIONSHIPS

INCLUDING U23 WALKS WOMEN & MEN AND U23 35LBS WFD MEN

SATURDAY 5TH OF SEPTEMBER , MORTON STADIUM

Online Check-In opens 4 hours prior to your event.
 Check in is not complete until athlete is on site and has collected their bib.
 Gate opens 90 minutes prior to your event
 Check-In Closes 1 hour prior to your event

10:00	3000m Walk	Women **	Final	10:00	Hammer	Women
10:25	5000m Walk	Men **	Final	10:00	Hammer	Men
11:00	3000m	Men*	Timed	10:10	Shot Put	Women
11:30	400m Hurdles	Women*	Timed	10:10	Shot Put	Men
11:50	400m Hurdles	Men*	Timed	10:30	Long Jump	Men
12:05	100m	Women	Heat	11:00	Pole Vault	Women
12:25	100m	Men	Heat	11:00	Pole Vault	Men
12:50	3000m SC	Men	Final	12:00	Discus	Women
13:10	800m	Women	Heat	12:00	Discus	Men
13:25	800m	Men	Heat	13:00	Long Jump	Women
13:55	3000m SC	Women	Final	14:00	28lbs WFD	Women
14:15	100m	Women	Final	14:00	35lbs WFD	Men ***
14:25	100m	Men	Final	14:00	High Jump	Men
BREAK						
15:00	400m	Women	Heat	15:05	Javelin	Women
15:20	400m	Men	Heat	15:05	Javelin	Men
15:55	1500m	Women*	Timed	15:35	Triple Jump	Men
16:15	1500m	Men*	Timed			
16:35	100m Hurdles	Women	Final	16:35	High Jump	Women
16:50	110m Hurdles	Men	Final			
17:05	200m	Women	Heat	17:05	Triple Jump	Women
17:35	200m	Men	Heat			
18:05	3000m	Women	Final			
18:20	800m	Women	Final			
18:30	800m	Men	Final			
18:40	400m	Women	Final			
18:50	400m	Men	Final			
19:00	200m	Women	Final			
19:10	200m	Men	Final			

- ○ In the event of final declarations requiring more than one race in the in the 400m Hurdles (W&M), 1500m (W&M), 3000m (M) , the event will be run in seeded heats, with the overall positions decided on fastest time. (since 2016).
- = U23 Walks to be held in conjunction with Juniors
- = U23 Men WFD 35lb to be held in conjunction with Juniors

Please note this timetable is subject to change, if necessary the programme will be brought forward.
 In the event of heats proving unnecessary, FINALS will be held at Heat TIMES.
 Athletes who enter for Senior & Junior 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