

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

Amended Thu 03/09/20

10:00	3000m Walk	Women **	Final		10:00	Hammer	Women
10:25	5000m Walk	Men **	Final		10:00	Hammer	Men
					10:10	Shot Put	Women
					10:10	Shot Put	Men
11:00	100m	Women	Heat				
11:20	100m	Men	Heat				
11:55	3000m SC	Men	Final				
12:15	3000m SC	Women	Final		12:00	Discus	Women
13:00	100m	Women	Final		12:00	Discus	Men
13:10	100m	Men	Final		12:30	Long Jump	Men
14:30	400m	Women	Heat		14:00	28lbs WFD***	Women
14:50	400m	Men	Heat		14:00	35lbs WFD***	Men
15:30	1500m	Women*	Final		15:05	Javelin	Women
					15:05	Javelin	Men
					16:00	Long Jump	Women
17:05	200m	Women	Heat				
17:35	200m	Men	Heat				
18:20	1500m	Men*	Final				
18:40	400m	Women	Final				
18:48	400m	Men	Final				
19:00	200m	Women	Final				
19:08	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.

<https://athleticsireland.app.box.com/v/antidopingconsentminor>

Doping is Cheating, AAI is Committed to Drugs Free Sport