

GloHealth

Junior & U23 Championships 2015

PROVISIONAL TIMETABLE

TRACK EVENTS

| | | | | |
|-------|-----------|---------|-------|---|
| 10.30 | 3000m W | | Women | F |
| 10.50 | 5000m W | | Men | F |
| 11.20 | 400m | Hurdles | Women | F |
| 11.30 | 400m | Hurdles | Men | F |
| 11.40 | 100m | | Women | H |
| 11.55 | 100m | | Men | H |
| 12.25 | 3000m S/C | | Men | F |
| 12.40 | 800m | | Men | H |
| 12.50 | 800m | | Women | F |
| 13.00 | 3000m S/C | | Women | F |
| 13.15 | 100m | | Women | F |
| 13.20 | 100m | | Men | F |
| 13.30 | 400m | | Women | H |
| 13.45 | 400m | | Men | H |
| 14.05 | 1500m | | Women | F |
| 14.15 | 1500m | | Men | F |
| 14.30 | 100m | Hurdles | Women | F |
| 14.40 | 110m | Hurdles | Men | F |
| 14.50 | 200m | | Women | H |
| 15.05 | 200m | | Men | H |
| 15.30 | 5000m | | Women | F |
| 15.50 | 800m | | Men | F |
| 15.55 | 5000m | | Men | F |
| 16.15 | 400m | | Women | F |
| 16.25 | 400m | | Men | F |
| 16.35 | 200m | | Women | F |
| 16.40 | 200m | | Men | F |
| 16.50 | 4x100m | Relay | Women | F |
| 16.55 | 4x100m | Relay | Men | F |
| 17.00 | 4x400m | Relay | Women | F |
| 17.05 | 4x400m | Relay | Men | F |

FIELD EVENTS

| | | |
|-------|-------------|-------|
| 10.30 | Hammer | Men |
| 11.00 | Shot Put | Women |
| 11.00 | Pole Vault | Women |
| 11.00 | Long Jump | Men |
| 11.30 | High Jump | Women |
| 12.15 | Hammer | Women |
| 12.15 | Shot Put | Men |
| 12.45 | Long Jump | Women |
| 14.00 | High Jump | Men |
| 14.00 | Pole Vault | Men |
| 14.15 | Javelin | Women |
| 14.30 | Triple Jump | Men |
| 14.45 | Discus | Men |
| 15.45 | Javelin | Men |
| 16.00 | Triple Jump | Women |
| 16.00 | Discus | Women |
| 16.00 | 35lbs Dist. | Men |

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

Tullamore Harriers Stadium
Sunday 5th July 2015
ATHLETICSIRELAND.IE

