

**National U20-U23  
Indoor Championships  
20th January 2024 TUS, Athlone**

Checkin Closes 90min out from event  
Implements to be weighed in 50min pre Event

Track				Field	
<b>10:00</b> 60m Sprint	Women	Heats		<b>10:00</b> Triple Jump	U20 & U23 Men
<b>10:24</b> 60m Sprint	Men	Heats		<b>11:30</b> Triple Jump	U20 & U23 Women
<b>11:00</b> 1500m	Women	Final		<b>10:00</b> Shot Put (7.26kg)	U23 Men
<b>11:18</b> 1500m	Men	Final		<b>11:10</b> Shot Put (6kg)	U20 Men
<b>11:50</b> 400m	Women	Heats		<b>12:20</b> Shot Put (4kg)	U20 Women
<b>12:18</b> 400m	Men	Heats		<b>14:00</b> Shot Put (4kg)	U23 Women
<b>12:55</b> 60m Sprint	Women	Final		<b>10:45</b> High Jump	U20 & U23 Men
<b>13:05</b> 60m Sprint	Men	Final		<b>13:10</b> High Jump	U20 & U23 Women
<b>13:30</b> 800m	Women	Heats		<b>11:40</b> Pole Vault	U20 & U23 Men
<b>13:42</b> 800m	Men	Heats		<b>14:30</b> Pole Vault	U20 & U23 Women
<b>14:05</b> 200m Sprint	Women	Heats		<b>13:40</b> Long Jump	U20 Men
<b>14:42</b> 200m Sprint	Men	Heats		<b>15:00</b> Long Jump	U20 Women
<b>15:25</b> 3000m Walk	Women	Final		<b>16:45</b> Long Jump	U23 Men & Women
<b>15:45</b> 3000m Walk	Men	Final		<b>15:15</b> Weight (20lb/28lb)	U20 & U23 Women
<b>16:05</b> 60m Hurdles	Women	Heats		<b>16:45</b> Weight (35lb)	U20 & U23 Men
<b>16:30</b> 60m Hurdles	Men	Heats			
<b>16:45</b> 200m	Women	Final			
<b>16:55</b> 200m	Men	Final			
<b>17:05</b> 400m	Women	Final			
<b>17:15</b> 400m	Men	Final			
<b>17:25</b> 800m	Women	Final			
<b>17:35</b> 800m	Men	Final			
<b>17:40</b> 60m Hurdles	Women	Final			
<b>17:45</b> 60m Hurdles	Men	Final			
<b>18:00</b> 4x200m Relay	Women	Final			
<b>18:20</b> 4x200m Relay	Men	Final			

**Notes:**

Women follow by Men, U20 follow by U23  
If no heats are required, Final will be at Heat Time  
Timed Finals will be done if required for the 1500m & Relays

**Callroom:**

20 Minutes before Track Events  
40 Minutes before Shot Put / Weight Throw  
50 Minutes before Long / Triple Jump  
65 Minutes before High Jump  
80 Minutes before Pole Vault