

National Senior Indoor Championships

NIA -22nd / 23rd February 2025

Saturday 22nd February

Track				Field		
12:00	400m	W	Heats			
12:24	400m	M	Heats			
13:00	1500m	W	Heats	13:15	High Jump	Women
13:12	1500m	M	Heats	15:15	High Jump	Men
13:30	200m	W	Heats			
14:02	200m	M	Heats	11:45	Weight	Women
14:50	60mH	W	Heats	12:45	Weight	Men
15:10	800m	W	Heats			
15:25	800m	M	Heats	14:00	Triple Jump	Men
15:50	200m	W	Final	15:45	Triple Jump	Women
16:00	200m	M	Final			
16:10	60mH	W	Final			
16:20	60mH	M	Final			
16:30	400m	W	Semi			
16:40	400m	M	Semi			
16:55	4x200m	W	Final			
17:10	4x200m	M	Final			

Sunday 23rd February

Track				Field		
12:00	60m	W	Heats	11:00	PV - Warm Up	Men
12:24	60m	M	Heats	12:00	Pole Vault	Men
13:00	5000m Walk	M	Final	14:00	PV - Warm Up	Women
13:25	3000m Walk	W	Final	15:00	Pole Vault	Women
13:50	3000m	M	Final B/C			
14:15	60m	W	Semi	13:15	Long Jump	Women
14:25	60m	M	Semi	15:00	Long Jump	Men
14:45	3000m	W	Final			
15:00	3000m	M	Final A	13:45	Shot Put	Men
15:15	1500m	W	Final	15:15	Shot Put	Women
15:25	1500m	M	Final			
15:35	400m	W	Final			
15:45	400m	M	Final			
15:55	60m	W	Final			
16:05	60m	M	Final			
16:15	800m	W	Final			
16:25	800m	M	Final			
16:35	4x400m	W	Final			
16:45	4x400m	M	Final			

Check-in closes 90 minutes before events

Callroom

Track	20 Minutes
Throws	40 Minutes
Long/Triple	50 Minutes
High Jump	65 Minutes
Pole Vault	80 Minutes

Implement Check at Event