



123.ie

Indoor Championships

## 123.ie National Senior Indoor Championships

Sport Ireland, National Indoor Arena Saturday 22nd - Sunday 23rd February 2025

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## **Sponsors Welcome**



On behalf of 123.ie, I'm delighted to welcome you to the Sport Ireland National Indoor Arena for the 2025 edition of the 123.ie National Senior Indoor Championships.

At 123.ie, we want our customers to 'Give better a try'. Both Athletics Ireland and 123.ie appreciate and value people who are always trying for better, and we are excited to enter our third year as title sponsors of Athletics Ireland where we will continue to invest in an inclusive sport that offers everyone from the age of 8 – 80 the opportunity to be the best they can be.

These championships give us the chance to see the best of our international and club athletes in action as they compete for national titles and individual honours, and for some, the honour of representing Ireland at the European Indoor Championships in Apeldoorn, Netherlands in two weeks time.

We acknowledge the great work by so many in ensuring these championships take place. I would like to express our gratitude to Athletics Ireland President John Cronin, Chief Executive Hamish Adams, the organising committee, volunteers, officials and all the Athletics Ireland staff who work hard to make these events something we all can be proud of.

Finally, I wish every athlete the best of luck, and I hope everyone who is lucky enough to be in attendance will get behind all of our athletes at the 123.ie National Senior Indoor Championships.

Best wishes, Elaine Robinson Managing Director 123.ie Day 1 - Saturday 22nd

## Timetable

## Track

12:00 400m W Heats 12:24 400m M Heats 13:00 1500m W Heats 13:12 1500m M Heats 13:30 200m W Heats 14:02 200m M Heats 14:50 60mH W Heats 15:10 800m W Heats 15:25 800m M Heats 15:50 200m W Final 16:00 200m M Final 16:10 60mH W Final 16:20 60mH M Final 16:30 400m W Semi If 20+ in Heats 16:40 400m M Semi If 20+ in Heats 16:55 4x200m W Final 17:10 4x200m M Final

## Field

KEP

13:15 High Jump Women 15:15 High Jump Men

11:45 Weight Women 12:45 Weight Men

14:00 Triple Jump Men15:45 Triple Jump Women

Day 2 - Sunday 23rd

## Timetable

## Track

12:00 60m W Heats 12:24 60m M Heats 13:00 5000m Walk M Final 13:25 3000m Walk W Final 13:50 3000m M Final B/C 14:15 60m W Semi If 24+ In Heats 14:25 60m M Semi If 24+ In Heats 14:45 3000m W Final 15:00 3000m M Final A 15:15 1500m W Final 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

## Field

11:00 PV - Warm Up Men 12:00 Pole Vault Men 14:00 PV - Warm Up Women <u>15:00 Pole Vault W</u>omen

13:15 Long Jump Women 15:00 Long Jump Men

13:45 Shot Put Men 15:15 Shot Put Women

## **Timetable Notes**

## Check-In

**Closes 90 Minutes before event** 

## Callroom

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

Implement check in at event

Please note this timetable is subject to change, if necessary the programme will be brought forward.

Doping is cheating, AAI is committed to drugs free sport.

**Live Stream** 

## Live Stream

This event will be live streamed on the Athletics Ireland Youtube channel both days, Saturday 22nd and Sunday 23rd February.

For any questions or queries please email the Marketing department at marketing@athleticsireland.ie.

## **Click Here for Live Stream**

## Seeding & Order of Competing

In Track events, in the first round, athletes are seeded by computer according to recorded performances and lanes assigned by the computer randomly.

Once the first round has been completed and qualifiers obtained there will be 3 draws for the Lane Allocation:- one for 4 highest ranked to Determine placing in Lanes 3,4,5,&6. - one for 5th & 6th rankings to determine placing in lanes 7&8, and finally one for 7th & 8th rankings to determine placing in lanes 1&2.

For the 200m Track there will be 3 draws also, one for the 2 highest ranked to Determine placing in Lanes 5&6, one for the 3rd & 4th rankings to determine placing in Lanes 3&4, and finally one for 5th & 6th rankings to determine placings in lanes 1&2.

(Rankings are determined by: Fastest heat winner, 2nd fastest heat winner etc., Fastest 2nd place, 2nd fastest 2nd place etc., Concluding with: Fastest time qualifier, 2nd fastest time qualifier etc.)

In Field events athletes shall be listed randomly. In the horizontal jumps and the throws, those qualifying for the final three attempts shall compete in the reverse order of their position after three attempts : i.e. 8th place competes first, 7th place second etc.

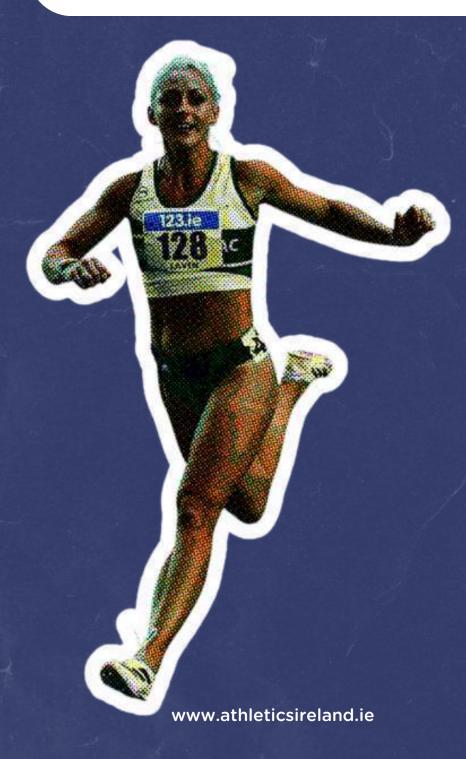
For any questions or queries please email the competition department at competition@athleticsireland.ie.

## **Event Preview**

## <u>Click here for event preview</u>

## **Event Entries**

## **Click here for Entries**

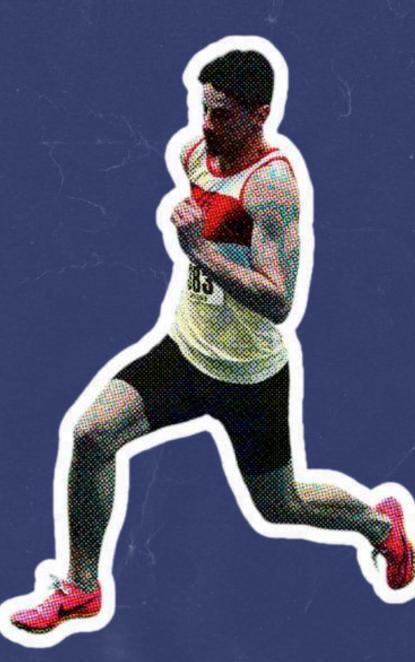


## Live Results



## Irish Indoor Top 20

## Click here for Top 20



## Thank You & Sponsors

Thank you to all our Officials, Volunteers, Staff, Athletes, Coaches and Sponsors, without whom this event could not have taken place.

## **Our Sponsors**



# 123.ie Indoor Championships

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