

123.ie



#NATIONALSENIORS

123.ie

Indoor
Championships



123.ie National Senior
Indoor Championships

Sport Ireland, National Indoor Arena

Saturday 22nd - Sunday 23rd February 2025

www.athleticsireland.ie

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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

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

11:45 Weight Women
12:45 Weight Men

14:00 Triple Jump Men
15:45 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

15:00 Pole Vault Women

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.

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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.

123.ie National Senior Indoor Championships

Event Preview



[Click here for event preview](#)

123.ie National Senior Indoor Championships

Event Entries

[Click here for Entries](#)



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123.ie National Senior Indoor Championships

Live Results



[Click here for Results](#)

123.ie National Senior Indoor Championships

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.

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