

Day 1

Saturday 28th June 2025

Tullmaore , Offaly

The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable.

Check-in opens at 08:30am

Check in closes 9.15 a.m. 3,000m

10.00 a.m.

Girls and Boys	U16
Girls and Boys	U17
Girls and Boys	U18
Girls and Boys	U19

Age groups may be combined

3000m	Final
3000m	Final
3000m	Final
3000m	Final

Check in Closes 1 hour prior to each start time

Discus

10.00 a.m.	U14	Girls
11.15 a.m.	U15	Girls
12.30 p.m.	U16	Girls
2.00 p.m.	U17	Girls
3.30 p.m.	U18	Girls
4.30 p.m.	U19	Girls

Check in closes 10.45 a.m. 400m

11.45 a.m.

Girls	U17
Boys	U17
Girls	U18
Boys	U18
Girls	U19
Boys	U19

400m	Heats
400m	Heats
400m	Heats
400m	Heats
400m	Heats
400m	Heats

10.00 a.m.	U14	Boys
10.45 a.m.	U15	Boys
11.30 a.m.	U16	Boys
12.15 p.m.	U17	Boys
2.00 p.m.	U18	Boys
2.45 p.m.	U19	Boys

Hammer

Check in closes 12.00 p.m. Sprints

1.00 p.m.

Girls and Boys	U13
Girls and Boys	U14
Girls and Boys	U15
Girls and Boys	U16
Girls and Boys	U17
Girls and Boys	U18
Girls and Boys	U19

80m	Heats
80m	Heats
100m	Heats
100m	Heats
100m	Heats
100m	Heats
100m	Heats

10.00 a.m.	U13	Girls
11.00 a.m.	U14	Girls
1.30 p.m.	U15	Girls
2.45 p.m.	U16	Girls
4.00 p.m.	U17	Girls

Shot Put

10.00 a.m.	U13	Boys
11.30 a.m.	U19	Boys
1.30 p.m.	U16	Boys
2.15 p.m.	U15	Boys
3.30 p.m.	U14	Boys

Javelin

2.50 p.m. 400m Finals in the same order

3.10 p.m. Sprint Finals in the same order

Check in closes 2.30 p.m. Walks

3.30 p.m.

Girls	U14
Girls	U15
Girls	U16
Boys	U14
Boys	U15
Girls	U17
Girls	U18
Girls	U19
Boys	U16
Boys	U17
Boys	U18
Boys	U19

Age groups may be combined

2000m Walk	Final
2000m Walk	Final
2000m Walk	Final
2000m Walk	Final
2000m Walk	Final
3000m Walk	Final
3000m Walk	Final
3000m Walk	Final
3000m Walk	Final
3000m Walk	Final
5000m Walk	Final
5000m Walk	Final

10.00 a.m.	U18	Boys
11.15 a.m.	U13	Boys
1.30 p.m.	U14	Boys
2.45 p.m.	U15	Boys
4.00 p.m.	U17	Boys

Triple Jump

10.00 a.m.	U19	Girls
11.15 a.m.	U18	Girls
1.30 p.m.	U15	Girls
2.45 p.m.	U16	Girls

High Jump

10.00 a.m.	U14	Boys
11.15 a.m.	U15	Boys
1.30 p.m.	U13	Boys
2.45 p.m.	U16	Boys
4.00 p.m.	U19	Girls

Pole Vault

(Warm up at 9.30 a.m. / 1.00 p.m.)

10.30 a.m.	U15, U16	Girls
2.00 p.m.	U17, U18, U19	Girls