

Day 4

Sunday, 13th July 2025 - Tullamore, 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 8:30 am

Check-in closes 9.15 a.m. Sprints / Mixed Relay

10.00 a.m.

Mixed Relay	U17	4x400m	Final
Mixed Relay	U19	4x400m	Final

10.15 a.m.

Girls and Boys	U12	60m	Heats
Girls and Boys	U13	80m	Heats
Girls and Boys	U14	80m	Heats
Girls and Boys	U15	100m	Heats
Girls and Boys	U16	100m	Heats

Sprint Finals in the same order

Check in closes at 11.00 a.m. Relays

12.00 p.m.

Girls and Boys	U18	4x400m
Girls and Boys	U13	4x100m
Girls and Boys	U15	4x100m
Girls and Boys	U17	4x100m
Girls and Boys	U19	4x100m

Finals in the same order

Check in closes at 1.30 p.m. 600m/800m

2.30 p.m.

Girls and Boys	U12	600m	Final
Girls and Boys	U13	600m	Final
Girls and Boys	U14	800m	Final
Girls and Boys	U15	800m	Final
Girls and Boys	U16	800m	Final

All 600m/800m Races are heat declared winners

Check in closes at 2.30 p.m. Relays

3.30 p.m.

Girls and Boys	U17	4x400m
Girls and Boys	U19	4x400m
Girls and Boys	U14	4x100m
Girls and Boys	U16	4x100m
Girls and Boys	U18	4x100m

Finals in the same order

Check in closes 9.15am for Morning Field Events

Check in closes 12 noon for Afternoon Field Events

Shot Put

10.00 a.m.	U14	Girls
	U14	Boys
	U13	Girls
	U13	Boys
	U15	Girls
	U16	Girls
1:30 p.m.	U15	Boys
	U16	Boys
	U12	Girls
	U12	Boys

Shots can be weighed at 9am and 1pm only

Long Jump (Pit 1)

10.15 a.m.	U15/U16	Girls
	U14	Girls
1:30 p.m.	U13	Girls
	U12	Girls

Long Jump (Pit 2)

10.15 a.m.	U15/U16	Boys
	U14	Boys
1:30 p.m.	U13	Boys
	U12	Boys

High Jump

10.00 a.m.	U13	Girls
	U13	Boys
	U12	Girls
	U12	Boys
1:30 p.m.	U15/U16	Girls
	U15/U16	Boys
	U14	Girls
	U14	Boys