

CALL ROOM SCHEDULE V1
123.ie U20 & U23 Championships
Saturday 5th July 2025 Tullamore Harriers Stadium

Warm-up gathering	Last Call	Leave Call room	Infield	Start Time	Event	Men/Women
09:39	09:44	09:54	09:55	10:00	3000m Walk - Final	Women
09:44	09:49	09:59	10:00	10:30	Long Jump - Final	U23 Women
09:44	09:49	09:59	10:00	10:30	Long Jump - Final	U23 Men
09:59	10:04	10:14	10:15	11:15	Pole Vault - Final	Men
09:59	10:04	10:14	10:15	10:20	5000m Walk - Final	Men
10:14	10:19	10:29	10:30	11:00	Hammer - Final	Men
10:29	10:34	10:44	10:45	11:15	Shot Put - Final	Women
10:29	10:34	10:44	10:45	10:50	400m Hurdles - T1	U20 Women
10:34	10:39	10:49	10:50	10:55	400m Hurdles - T2	U20 Women
10:39	10:44	10:54	10:55	11:00	400m Hurdles - Final	U23 Women
10:44	10:49	10:59	11:00	11:45	High Jump - Final	Women
10:44	10:49	10:59	11:00	11:05	400m Hurdles - T1	U20 Men
10:49	10:54	11:04	11:05	11:10	400m Hurdles - T2	U20 Men
10:54	10:59	11:09	11:10	11:15	400m Hurdles - Final	U23 Men
11:04	11:09	11:19	11:20	11:25	100m - Heat 1	U20 Women
11:08	11:13	11:23	11:24	11:29	100m - Heat 2	U20 Women
11:12	11:17	11:27	11:28	11:33	100m - Heat 3	U20 Women
11:14	11:19	11:29	11:30	12:00	Long Jump - Final	U20 Men
11:16	11:21	11:31	11:32	11:37	100m - Heat 1	U23 Women
11:20	11:25	11:35	11:36	11:41	100m - Heat 2	U23 Women
11:24	11:29	11:39	11:40	11:45	100m - Heat 1	U20 Men
11:28	11:33	11:43	11:44	11:49	100m - Heat 2	U20 Men
11:32	11:37	11:47	11:48	11:53	100m - Heat 3	U20 Men
11:36	11:41	11:51	11:52	11:57	100m - Heat 1	U23 Men
11:40	11:45	11:55	11:56	12:01	100m - Heat 2	U23 Men
11:44	11:49	11:59	12:00	12:30	Hammer - Final	Women
11:44	11:49	11:59	12:00	12:05	100m - Heat 3	U23 Men
11:49	11:54	12:04	12:05	12:10	800m - Heat 1	U20 Women
11:54	11:59	12:09	12:10	12:15	800m - Heat 2	U20 Women
11:59	12:04	12:14	12:15	12:20	800m - Final	U23 Women
12:04	12:09	12:19	12:20	12:25	800m - Heat 1	U20 Men
12:09	12:14	12:24	12:25	12:30	800m - Heat 2	U20 Men
12:09	12:14	12:24	12:25	12:55	Shot Put - Final	Men
12:14	12:19	12:29	12:30	12:35	800m - Heat 3	U20 Men
12:19	12:24	12:34	12:35	12:40	800m - Heat 1	U23 Men
12:24	12:29	12:39	12:40	12:45	800m - Heat 2	U23 Men
12:29	12:34	12:44	12:45	13:30	High Jump - Final	Men
12:29	12:34	12:44	12:45	12:50	3000m SC - Final	Women
12:49	12:54	13:04	13:05	13:10	100m - Final	U20 Women
12:53	12:58	13:08	13:09	13:14	100m - Final	U23 Women
12:54	12:59	13:09	13:10	13:40	Long Jump - Final	U20 Women
12:57	13:02	13:12	13:13	13:18	100m - Final	U20 Men
12:59	13:04	13:14	13:15	14:15	Pole Vault - Final	Women
13:01	13:06	13:16	13:17	13:22	100m - Final	U23 Men
13:09	13:14	13:24	13:25	13:30	3000m SC - Final	Men
13:39	13:44	13:54	13:55	14:25	Weight for Distance - Final	Women
13:39	13:44	13:54	13:55	14:00	400m - Heat 1	U20 Women
13:43	13:48	13:58	13:59	14:04	400m - Heat 2	U20 Women
13:47	13:52	14:02	14:03	14:08	400m - Heat 3	U20 Women

13:51	13:56	14:06	14:07	14:12	400m - Heat 1	U23 Women
13:55	14:00	14:10	14:11	14:16	400m - Heat 2	U23 Women
13:59	14:04	14:14	14:15	14:20	400m - Heat 1	U20 Men
14:03	14:08	14:18	14:19	14:24	400m - Heat 2	U20 Men
14:07	14:12	14:22	14:23	14:28	400m - Heat 3	U20 Men
14:11	14:16	14:26	14:27	14:32	400m - Heat 4	U20 Men
14:14	14:19	14:29	14:30	15:00	Javelin - Final	Women
14:15	14:20	14:30	14:31	14:36	400m - Heat 5	U20 Men
14:19	14:24	14:34	14:35	14:40	400m - Heat 1	U23 Men
14:23	14:28	14:38	14:39	14:44	400m - Heat 2	U23 Men
14:29	14:34	14:44	14:45	15:15	Discus - Final	Men
14:29	14:34	14:44	14:45	14:50	1500m - Final	U20 Women
14:35	14:40	14:50	14:51	14:56	1500m - Final	U23 Women
14:41	14:46	14:56	14:57	15:02	1500m - Final - T1	U20 Men
14:44	14:49	14:59	15:00	15:30	Weight for Distance - Final	Men
14:47	14:52	15:02	15:03	15:08	1500m - Final - T2	U20 Men
14:53	14:58	15:08	15:09	15:14	1500m - Final - T1	U23 Men
14:59	15:04	15:14	15:15	15:45	Triple Jump - Final	Men
14:59	15:04	15:14	15:15	15:20	1500m - Final - T2	U23 Men
15:05	15:10	15:20	15:21	15:26	200m - Heat 1	U20 Women
15:09	15:14	15:24	15:25	15:30	200m - Heat 2	U20 Women
15:13	15:18	15:28	15:29	15:34	200m - Heat 3	U20 Women
15:17	15:22	15:32	15:33	15:38	200m - Heat 1	U23 Women
15:21	15:26	15:36	15:37	15:42	200m - Heat 2	U23 Women
15:25	15:30	15:40	15:41	15:46	200m - Heat 1	U20 Men
15:29	15:34	15:44	15:45	15:50	200m - Heat 2	U20 Men
15:33	15:38	15:48	15:49	15:54	200m - Heat 3	U20 Men
15:37	15:42	15:52	15:53	15:58	200m - Heat 4	U20 Men
15:41	15:46	15:56	15:57	16:02	200m - Heat 1	U23 Men
15:44	15:49	15:59	16:00	16:30	Discus - Final	Women
15:44	15:49	15:59	16:00	16:30	Javelin - Final	Men
15:45	15:50	16:00	16:01	16:06	200m - Heat 2	U23 Men
15:49	15:54	16:04	16:05	16:10	5000m - Final	Women
16:14	16:19	16:29	16:30	16:35	100m Hurdles - Heat 1	U20 Women
16:18	16:23	16:33	16:34	16:39	100m Hurdles - Heat 2	U20 Women
16:22	16:27	16:37	16:38	16:43	100m Hurdles - Final	U23 Women
16:26	16:31	16:41	16:42	16:47	110m Hurdles - Heat 1	U20 Men
16:29	16:34	16:44	16:45	17:15	Triple Jump - Final	Women
16:30	16:35	16:45	16:46	16:51	110m Hurdles - Heat 2	U20 Men
16:34	16:39	16:49	16:50	16:55	110m Hurdles - Final	U23 Men
16:39	16:44	16:54	16:55	17:00	400m - Final	U20 Women
16:44	16:49	16:59	17:00	17:05	400m - Final	U23 Women
16:49	16:54	17:04	17:05	17:10	400m - Final	U20 Men
16:54	16:59	17:09	17:10	17:15	400m - Final	U23 Men
16:59	17:04	17:14	17:15	17:20	5000m - Final	Men
17:19	17:24	17:34	17:35	17:40	800m - Final	U20 Women
17:24	17:29	17:39	17:40	17:45	800m - Final	U20 Men
17:29	17:34	17:44	17:45	17:50	800m - Final	U23 Men
17:34	17:39	17:49	17:50	17:55	200m - Final	U20 Women
17:39	17:44	17:54	17:55	18:00	200m - Final	U23 Women
17:44	17:49	17:59	18:00	18:05	200m - Final	U20 Men
17:49	17:54	18:04	18:05	18:10	200m - Final	U23 Men
17:54	17:59	18:09	18:10	18:15	100m Hurdles - Final	U20 Women
17:59	18:04	18:14	18:15	18:20	110m Hurdles - Final	U20 Men

18:09	18:14	18:24	18:25	18:30	4x100m	Women
18:14	18:19	18:29	18:30	18:35	4x100m	Men
18:19	18:24	18:34	18:35	18:40	4x400m	Men
18:24	18:29	18:39	18:40	18:45	4x400m	Women