

National Indoor Combines Day 1 SYJ Day 2 Sunday

NIA Dublin 18th January 2026

Please note that Field Events Times and Area may change on the day

Track

Time	Age	Event
10:00	Girls U14	60m H 2'3" (0.686m)
10:25	Boys U14	60m H 2'6" (0.762m)
10:45	Girls U15	60m H 2'6" (0.762m)
11:00	Girls U16	60m H 2'6" (0.762m)
11:20	Boys U15	60m H 2'9" (0.838m)
11:45	Boys U16	60m H 2'9" (0.838m)
11:55	U18 Women	60m H 2'6" (0.762m)
	U20 & Senior Women	60m H 2'9" (0.838m)
12:20	Master Women 35-39	60m H 2'9" (0.838m)
	Master Women 40-49	60m H 2'6" (0.762m)
	Master Women 50-59	60m H 3'3" (0.762m)NS
	Master Women 60+	60m H 3'0" (0.686m)NS
12:30	Master Men 35-49	60m H 3'3" (0.991m)
	Master Men 50-59	60m H 3'0" (0.914m)
	Master Men 60-69	60m H 2'9" (0.838m)
	Master Men 70-79	60m H 2'6" (0.762m)NS
13:00	U18 Men	60m H 3'0" (0.914m)
	U20 Men	60m H 3'3" (0.991m)
	Senior Men	60m H 3'6" (1.067m)

Event to	Girls U14	800m
take	Boys U14	800m
place	Girls U15	800m
20min	Girls U16	800m
after Last	Boys U15	800m
Event	Boys U16	800m
16:45	U18, U20 & Sen Women	800m
17:00	Master Women	800m
17:15	Master Men	1000m
17:30	U18, U20 & Sen Men	1000m

Field

Time	Age	Event
10:00	Girls U16	Long Jump Pit 1
B	Girls U15	Long Jump Pit 1
C	Girls U14	Long Jump Pit 1
D	U18, U20 & Sen Women	Long Jump Pit 1

10:00	Boys U16	Long Jump Pit 2
B	Boys U15	Long Jump Pit 2
C	Boys U14	Long Jump Pit 2
D	Master Men	Long Jump Pit 2
E	Master Women	Long Jump Pit 2

10:00	Girls 15	High Jump 1
B	Girls 14	High Jump 1
C	Girls 16	High Jump 1
D	U18, U20 & Sen Women	High Jump 1
F	Master Men	High Jump 1

10:00	Boys 15	High Jump 2
B	Boys 16	High Jump 2
C	Boys 14	High Jump 2
D	Master Women	High Jump 2

10:15	Girls 14	Shotput 2kg
B	Boys 14	Shotput 2.72kg
C	Girls 15	Shotput 2.72kg
D	Boys 15	Shotput 3kg
E	Girls 16	Shotput 3kg
F	Boys 16	Shotput 4kg
G	U18 Women	Shotput 3kg
G	U20 & Senior Women	Shotput 4kg
H	Master O35-49 Women	Shotput 4kg
H	Master Women O50-74	Shotput 3kg
I	Master Men O35-49	Shotput 7.26kg
I	Master Men O50-59	Shotput 6kg
I	Master Men O60-69	Shotput 5kg

Schedule Subject to Changed,
please pay attention to PA
during the day

14:30	U18, U20 & Sen Men	Pole Vault
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