Sex	Category	Where	Event	Performance	Name	Relay Team	Born	Venue	Date	Note
Men	U23	Indoor	6m	6.57	Israel Olatunde		29.05.02	Abbotstown	19.02.23	
Men	U23	Indoor	200m	20.80	Paul Hession		27.01.83	Madrid, ESP	05.03.05	
Men	U23	Indoor	300m	33.27	Jack Raftery		26.04.01	Athlone	07.12.22	
Men	U23	Indoor	400m	46.17	David Gillick		09.07.83	Madrid, ESP	04.03.05	
Men	U23	Indoor	800m	1.46.13	Cian McPhilips		07.06.02	Abbotstown	20.02.21	
Men	U23	Indoor	1000m	2.19.31	Liam Lyons		29.11.04	Boston, USA	18.01.26	TBC
Men	U23	Indoor	1500m	3.39.63	Darragh McElhinney		09.11.00	Belgrade, SRB	07.03.22	
Men	U23	Indoor	Mile	3.55.4	Niall O'Shaughnessy		23.11.55	Columbia, USA	28.01.77	
Men	U23	Indoor	3000m	7.32.79	Nick Griggs		18.12.04	Boston, USA	24.01.26	TBC
Men	U23	Indoor	5000m	13.19.90	Nick Griggs		18.12.04	Boston, USA	31.01.26	TBC
Men	U23	Indoor	6m H	7.74m	Ben Reynolds		26.09.90	Ghent, BEL	18.02.12	
Men	U23	Indoor	4x400m	3.13.97	Ciaran Carthy, Sean Harding, Hugo Magee, Jack Raftery		n/a	Abbotstown	08.02.23	
Men	U23	Indoor	High Jump	2.28m	Adrian O'Dwyer		01.12.83	Budapest, HUN	24.02.04	
Men	U23	Indoor	Long Jump	7.93m	Reece Ademola		01.02.03	Ostrava, CZE	30.01.24	
Men	U23	Indoor	Triple Jump	16.27m	Colm Cronin		14.06.57	Detroit, USA	10.03.78	
Men	U23	Indoor	Pole Vault	5.22m	Brian McGovern		12.09.90	New York, USA	23.02.12	
Men	U23	Indoor	Shot	17.91m	Colin Quirke		17.06.90	New York, USA	17.02.11	
Men	U23	Indoor	Weight	21.93m	Owen Russell		21.08.97	Cambridge, USA	24.02.19	
Men	U23	Indoor	Heptathlon	5,261 pts	Finn O'Neill		13.10.05	Reno, USA	05.12.25	TBC

Irish National T+F Records (as of February 8th, 2026)