

**National U20-U23
Indoor Championships
14th March 2026
TUS, Athlone**

Checkin Closes 90min out from event
Implements to be weighed in 50min pre Event

| Track | | | | Field | | |
|-------|--------------|---------------|-------|-------|-----------------------|-----------------|
| 10:00 | 60m Sprint | Women | Heats | 10:00 | Triple Jump | U20 & U23 Men |
| 10:30 | 60m Sprint | Men | Heats | 11:20 | Triple Jump | U20 & U23 Women |
| 11:20 | 1500m | Women | Final | | | |
| 11:38 | 1500m | Men | Final | 13:20 | Long Jump | U20 Men |
| 12:08 | 400m | Women | Heats | 14:30 | Long Jump | U20 Women |
| 12:43 | 400m | Men | Heats | 16:30 | Long Jump | U23 Men & Women |
| 13:23 | 60m Sprint | Women | Final | | | |
| 13:33 | 60m Sprint | Men | Final | 10:10 | Shot Put (6kg/7.26kg) | U20 & U23 Men |
| 14:00 | 800m | Women | Heats | 11:40 | Shot Put (4kg) | U20 & U23 Women |
| 14:15 | 800m | Men | Heats | | | |
| 14:45 | 200m Sprint | Women | Heats | 14:00 | Weight (20/28lb) | U20 & U23 Women |
| 15:25 | 200m Sprint | Men | Heats | 15:10 | Weight (35lb) | U20 & U23 Men |
| 16:10 | 3000m Walk | U20 W + U23 W | Final | | | |
| 16:25 | 3000m Walk | U20 M + U23 M | Final | 11:10 | High Jump | U20 & U23 Men |
| 16:40 | 60m Hurdles | Women | Heats | 13:30 | High Jump | U20 & U23 Women |
| 16:50 | 60m Hurdles | Men | Heats | | | |
| 17:00 | 200m | Women | Final | 11:30 | Pole Vault | U20 & U23 Women |
| 17:10 | 200m | Men | Final | 15:00 | Pole Vault | U20 & U23 Men |
| 17:20 | 400m | Women | Final | | | |
| 17:30 | 400m | Men | Final | | | |
| 17:40 | 800m | Women | Final | | | |
| 17:45 | 800m | Men | Final | | | |
| 17:55 | 60m Hurdles | Women | Final | | | |
| 18:05 | 4x400m Relay | Women | Final | | | |
| 18:15 | 4x400m Relay | Men | Final | | | |

* Scheduled times
are **ONLY** a guide and
may change
the week of event *

Notes:

Women follow by Men

U20 follow by U23

If no heats are required, Final will be at Heat Time

Timed Finals will be done if required
for the 1500m & Relays

Callroom:

20 Minutes before Track Events

50 Minutes before Shot Put / Weight Throw

50 Minutes before Long / Triple Jump

65 Minutes before High Jump

80 Minutes before Pole Vault