

**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