



**U20 U23**  
**Track Field Championships**  
**Tullamore**  
**Sunday 5th July**



Check In 90 Minutes in advance of event

**Schedule of Events**

TRACK					FIELD			
<b>11.00</b>	100mH	U20	F	Heats	<b>11.00</b>	High Jump	U20	F
	100mH	U23	F	Final		High Jump	U23	F
<b>11.20</b>	110mH	U23	M	Final	<b>14.00</b>	High Jump	U23	M
	110mH	U20	M	Final		High Jump	U20	M
<b>11.45</b>	200m	U20	F	Heats				
	200m	U23	F	Heats				
<b>12.15</b>	200m	U23	M	Heats	<b>11.30</b>	Long Jump	U20	M
	200m	U20	M	Heats		Long Jump	U23	M
<b>12.45</b>	5000m	U20	F	Final	<b>12.30</b>	Long Jump	U20	F
	5000m	U23	F	Final		Long Jump	U23	F
<b>13.05</b>	5000m	U23	F	Final				
	5000m	U23	M	Final				
<b>13.25</b>	100mH	U20	F	Final	<b>11.30</b>	Pole Vault	U20	F
						Pole Vault	U23	F
<b>13.35</b>	200m	U20	F	Final	<b>15.00</b>	Pole Vault	U23	M
<b>13.40</b>	200m	U20	M	Final		Pole Vault	U20	M
<b>13.45</b>	200m	U23	F	Final				
<b>13.50</b>	200m	U23	M	Final				
<b>14.30</b>	10,000m	Senior	F	Final	<b>14.30</b>	Triple Jump	U20	F
	10,000m	Senior	M	Final		Triple jump	U23	F
<b>15.30</b>	800m	U20	F	Final	<b>16.00</b>	Triple Jump	U20	M
<b>15.35</b>	800m	U20	M	Final		Triple Jump	U23	M
<b>15.40</b>	800m	U23	F	Final				
<b>15.45</b>	800m	U23	M	Final				
<b>16.00</b>	400mH	U20	F	Timed				
<b>16.05</b>	400mH	U23	F	Timed				
<b>16.10</b>	400mH	U20	M	Timed				
<b>16.15</b>	400mH	U23	M	Timed				
<b>16.30</b>	1500m	U20	F	Final				
<b>16.40</b>	1500m	U20	M	Final				
<b>16.55</b>	1500m	U23	F	Final				
<b>17.00</b>	1500m	U23	M	Final				
<b>17.10</b>	4 x 400m	U20	F	Timed				
	4 x 400m	U20	M	Timed				
	4 x 400m	U23	F	Timed				
	4 x 400m	U23	M	Timed				