



Irish Life health

National Indoor Championships



DAY 1 SATURDAY FEBRUARY 29TH PROVISIONAL TIMETABLE

DAY 2 SUNDAY MARCH 1ST PROVISIONAL TIMETABLE

12.00	3000m Heats	Men
12.30	200m Heats	Women
12.45	200m Heats	Men
13.15	3000m Walk Final	Women
13.35	3000m Final	Women
13.55	800m Heats	Women
14.10	800m Heats	Men
14.30	200m Final	Women
14.40	200m Final	Men
14.50	5000m Walk Final	Men
15.30	1500m Heats	Women
15.45	1500m Heats	Men
16.10	400m Heats	Women
16.30	400m Heats	Men

12.00	PV Warm Up	Men
13.00	Pole Vault	Men
13.15	High Jump	Women
13.45	Triple Jump	Men
14.30	Shot Put	Women
15:45	Long Jump	Women

11.45	60m Heats	Men
12.35	60m H Heats	Women
12:45	60m H Heats	Men
13.00	3000m Final	Men
13.20	60m Semi Final	Women
13.35	60m Semi Final	Men
13.50	1500m Final	Women
14.05	1500m Final	Men
14.20	60mH Final	Women
14.30	60mH Final	Men
14.40	400m Final	Women
14.50	400m Final	Men
15.00	60m Final	Women
15.10	60m Final	Men
15.20	800m Final	Women
15.30	800m Final	Men
15.50	4x200m Club Timed	Women
16.00	4x200m Club Timed	Men

12.00	PV Warm Up	Women
13.00	Pole Vault	Women
13.15	Long Jump	Men
13.45	High Jump	Men
14.30	Shot Put	Men
14.45	Triple Jump	Women

Please note:
 3000m Men's Heats reintroduced in 2018.
 All 200m Day 1, All 60m Day 2 - 2020.
 Inter Club 4x200m Relays based on times if more than 6 entries - 2020.
 Check in closes 90 mins before scheduled start time for all events.

**NATIONAL SENIOR INDOOR CHAMPIONSHIPS
 NIA, SPORT IRELAND NATIONAL SPORTS CAMPUS
 FEBRUARY 29TH & MARCH 1ST 2020**



Athletics Ireland