

**Junior & Under 23 Track & Field Championships of Ireland**  
**2<sup>nd</sup> July 2006 - Tullamore**

**T I M E T A B L E**

TRACK				FIELD		
10.30					Hammer	Men
10.45	5,000m	Walk	Women	F		
11.00					Pole Vault	Women
11.45	10,000m	Walk	Men	F		
12.00					Triple Jump	Men
					Pole Vault	Men
					High Jump	Women
					Shot Putt	Women
12.30						
12.45	100m		Women	H		
12.55	100m		Men	H		
1.10	400m	Hurdles	Women	F		
1.20	400m	Hurdles	Men	F	Javelin	Women
1.30	800m		Women	F	Discus	Men
1.35	800m		Men	H		
1.45	100m		Women	F	Long Jump	Women
1.50	100m		Men	F		
1.55	3000m	S/C	Men	F		
2.15	400m		Women	H	Shot Putt	Men
2.25	400m		Men	H	High Jump	Men
2.40	1500m		Women	F		
2.50	1500m		Men	F	Discus	Women
3.05	100m	Hurdles	Women	H	Long Jump	Men
3.20	110m	Hurdles	Men	H	Javelin	Men
3.40	200m		Women	H		
3.50	200m		Men	H		
4.05	5000m		Women	F	Triple Jump	Women
4.30	800m		Men	F	Hammer	Women
4.35	5000m		Men	F	35lbs Dist.	Men
4.55	400m		Women	F		
5.00	400m		Men	F		
5.10	100m	Hurdles	Women	F		
5.15	110m	Hurdles	Men	F		
5.20	200m		Women	F		
5.25	200m		Men	F		
5.30	4x100m	Relay	Women			
5.40	4x100m	Relay	Men			
5.50	4x400m	Relay	Women			
6.00	4x400m	Relay	Men			

In the event of heats proving un-necessary, finals will be held at **Heat TIMES**.  
 Please note this timetable is subject to change, if necessary the programme will be brought forward.

**Athletes who enter for Senior & Junior Competition may be subject for selection for testing under the Anti Doping document. Minors must have Parental/Guardian consent and signature. Forms available on our website.**

**Doping is Cheating AAI is Committed to Drugs Free Sport**