

**Junior Indoor Championships of Ireland  
18<sup>th</sup> March 2007 - NENAGH**



**TIMETABLE OF EVENTS**

Track				Field		
11.00	3k Walk	Women	Final	11.00	Pole Vault	W & M
11.30	5k Walk	Men	Final			
12.40	1500m	Women	Final	12.15	High Jump	Women
12.50	1500m	Men	Final	12.00	Long Jump	Men
13.00	400m	Women	Heats			
13.10	400m	Men	Heats			
13.20	60m	Women	Heats/Final	13.30	Long Jump	Women
13.30	60m	Men	Heats/Final	13.30	35lbs Dist	Men
13.45	800m	Women	Heats			
13.55	800m	Men	Heats			
14.10	200m	Women	Heats	14.05	Shot Putt	Men
14.20	200m	Men	Heats			
14.35	60m Hur	Women	Heats/Final	14.30	Triple Jump	Men
14.45	60m Hur	Men	Heats/Final			
14.55	400m	Women	Final			
15.05	400m	Men	Final			
15.15	60m	Women	Final	15.15	Shot Putt	Women
15.25	60m	Men	Final			
15.30	3000m	Women	Final	15.30	Triple Jump	Women
15.45	3000m	Men	Final	15.30	High Jump	Men
16.00	800m	Women	Final			
16.10	800m	Men	Final			
16.20	200m	Women	Final A&B			
16.30	200m	Men	Final A&B			

**Please note: Finals will be held at Final Time**