

## Junior & Under 23 Track & Field Championships of Ireland

### T I M E T A B L E

TRACK					FIELD		
10.30					10.30	Hammer	Men
11.30	3,000m	Walk	Women	F			
11.50	5,000m	Walk	Men	F	11.20	Pole Vault	Women
12.00					12.00	Triple Jump	Men
						Pole Vault	Men
						High Jump	Women
12.20	3000m S/C		Women	F	12.30	Shot Putt	Women
12.45	100m		Women	H			
12.55	100m		Men	H			
13.10	400m	Hurdles	Women	F			
13.20	400m	Hurdles	Men	F	13.20	Javelin	Women
13.30	800m		Women	F	13.30	Discus	Men
13.35	800m		Men	H			
13.45	100m		Women	F	13.45	Long Jump	Women
13.50	100m		Men	F			
13.55	3000m S/C		Men	F			
14.15	400m		Women	H	14.15	Shot Putt	Men
14.25	400m		Men	H	14.25	High Jump	Men
14.40	1500m		Women	F			
14.50	1500m		Men	F	14.50	Discus	Women
15.05	100m	Hurdles	Women	H	15.05	Long Jump	Men
15.20	110m	Hurdles	Men	H	15.20	Javelin	Men
15.40	200m		Women	H			
15.50	200m		Men	H			
16.05	5000m		Women	F	16.05	Triple Jump	Women
16.30	800m		Men	F	16.30	Hammer	Women
16.35	5000m		Men	F	16.35	35lbs Dist.	Men
16.55	400m		Women	F			
17.00	400m		Men	F			
17.10	100m	Hurdles	Women	F			
17.15	110m	Hurdles	Men	F			
17.20	200m		Women	F			
17.25	200m		Men	F			
17.30	4x100m	Relay	Women				
17.40	4x100m	Relay	Men				
17.50	4x400m	Relay	Women				
18.00	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***