



Irish Life Health Elite Indoor Micro Meet



Sport Ireland, National Indoor
Arena, 20th & 21st February 2021

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Interactive Programme**

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Welcome from Irish Life Health

On behalf of our team in Irish Life Health, I welcome you all to this Irish Life Health Elite Micro Meet.

This year's National Indoor Championships were unable to take place due to the ongoing Covid-19 restrictions, but we are delighted that this Elite Meet will give athletes the opportunity and platform to compete in what is a hugely important year.

Irish Life Health is proud to be a sponsor and partner of Athletics Ireland. Our whole team recognises the very important role participation in athletics plays by providing a platform for tens of thousands of people across Ireland to maintain and improve their own physical health and wellbeing, especially during this very strange and difficult time.

This Elite Meet has been made possible because of the huge amount of behind-the-scenes work by so many people over the last few months. I would like to express our gratitude to Athletics Ireland President Georgina Drumm, Chief Executive Hamish Adams, the organising committee, volunteers, officials and the team in Athletics Ireland who have worked extremely hard during a challenging period to stage this event.

Finally, I would like to wish every athlete the best of luck and I hope everyone supporting and watching the Championships remotely enjoy two full day of athletics at the Irish Life Health Elite Micro Meet.

Best wishes,

*Liz Rowen
Head of Marketing
Irish Life Health*



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President's Address



We in Athletics Ireland are pleased and proud that we have once again secured permission to host an event, in particular for those tracking Olympic and European Qualification in these most difficult of times. The establishment of this event has not happened over night. Hamish Adams CEO has had many meetings (virtual) with appropriate stakeholders in AAI and has engaged with many representative bodies on our behalf with success.

As you can imagine there are extra protocols that need to be undertaken in respect to Covid 19, all of which have been embraced by John Cronin Chair of Competition, Barry Pender, Valerie O'Brien, James Welsh (Competition Team), along with Daragh Browne and Mary Bohanna (Marketing Team). I congratulate them on the exemplary manner in which they approached this work.

George Maybury as always kept us on track with regards to risk and many more have worked tirelessly to ensure the safety of the athletes and officials. While not all events are on the programme, what we have is an exciting programme for all to enjoy. Regrettably we cannot have spectators but live streaming will be available and I know the athletes will put their best foot forward and give us a micro meet to remember.

My thanks to the officials who have volunteered their services to ensure this competition runs smoothly we have given the athletes the platform to compete on home soil to hopefully achieve their goals. Paul McNamara has communicated with the athletes regularly to advice on the steps that needed to be taken, so we are all set for a great meet.

Our athletes, your athletes have had a wonderful indoor season abroad, although short, and I congratulate them all, with a number of National Records set to whet the appetite for the European Indoor Championships in Torun, Poland in early March. I wish all those selected to compete the very best of good competition, we will all be glued to our screens cheering you on.

“Believe in yourself, athletic fans will believe in you too.”

*Georgina Drumm
President,
Athletics Ireland*



Timetable of events



IRISH LIFE HEALTH ELITE INDOOR MICRO MEET

Both days of the Irish Life Health Elite Indoor Micro Meet will be live streamed on the Athletics Ireland YouTube channel.

[CLICK HERE FOR LIVE STREAM LINKS](#)

Time	Event	Gender	Round
Saturday			
11:40	200m	Women	
11:55	200m	Men	
12:10	High Jump	Women & Men	
13:25	60m Hurdles	Women	Series I
13:40	60m Hurdles	Men	Series I
14:25	60m Hurdles	Women	Series II
14:40	60m Hurdles	Men	Series II
16:10	1500m	Women	
16:25	800m	Men	
16:35	Shot Put	Women & Men	
18:00	3000m	Men	
Sunday			
11:40	400m	Women	Race 1
11:45	400m	Women	Race 2
11:55	400m	Men	
12:15	Long Jump	Women & Men	
13:25	800m	Women	
13:40	1500m	Men	
15:15	60m	Women	Series I
15:25	60m	Men	Series I
16:15	60m	Women	Series II
16:25	60m	Men	Series II

Please note this timetable is subject to change, if necessary the programme will be brought forward.

Doping is cheating, AAI is committed to drugs free sport

[ONLINE EVENTTIMETABLE](#)

Micro Meet Entries



[LIVE ENTRIES](#)
[ONLINE](#)

Micro Meet Results



[LIVE RESULTS](#)
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Event Officials



Meet Director	John Cronin
Check In/ Check Out	Cecil Johnston
Check In/ Check Out	Shirley Murray
Start Team	Cyril J Smyth
Start Team	Charlie O'Neill
Start Team	Joe Walsh
Starters Assistant	John Cronin
Assembly/Call Room	Noreen Keane
Photo Finish	Margaret Cronin
Results	Bernie Dunne
Finish Judge	Georgina Drumm
Finish Judge	Theresa Kinnane
Field Events	Seamus Flynn
Field Events	Noreen Keane
Field Events	Joe Walsh
Field Events	Andrew Lynam
Field Events	Declan Curtin
Field Events	Michael Quinlan
Anti Doping Liaison	Theresa Kinnane
Referee/Technical	Declan Curtin
Referee/Technical	Michael Quinlan
Technology	Andrew Lynam
Covid Officer	Seamus Flynn
Health and Safety	George Maybury
Medical Director	Dr Ui May Tan

**THANK YOU TO ALL OF OUR
OFFICIALS, VOLUNTEERS, AND
STAFF.**

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