

IRISH LIFE HEALTH JUNIOR & U23 CHAMPIONSHIPS TIMETABLE

ATHLETES CHECK- IN (90 MINUTES) PRIOR TO THEIR EVENT

TRACK ATHLETES TO THE CALL ROOM (20 MINUTES) PRIOR TO THEIR EVENT

FIELD ATHLETES TO THE CALL ROOM PRIOR TO EVENT (40 MINUTES) HIGH JUMP (50 MINUTES) POLE VAULT (70 MINUTES)

SUNDAY 17th OF JULY 2022 TULLAMORE

10:00	3000m W	Women	F	10:00	Long Jump	U23 Men
10:20	5000m W	Men	F	10:30	Shot Put	Women
10:50	400m Hurdles	Women	F*	10:40	Hammer	Men
11:05	400m Hurdles	Men	F*	11:00	High Jump	Women
11:25	100m	Women	H	11:15	Pole Vault	Men
11:45	100m	Men	H	11:30	Long Jump	Jun Men
12:20	800m	Women	F	12:00	Shot Put	Men
12:30	800m	Men	H	12:10	Hammer	Women
12:45	3000m SC	Women	F	12:50	High Jump	Men
13:05	100m	Women	F	13:30	Long Jump	Women
13:10	100m	Men	F	14:00	Weight	Men
13:20	3000m SC	Men	F	14:15	Pole Vault	Women
14:00	400m	Women	H	14:20	Discus	Men
14:15	400m	Men	H	14:30	Javelin	Women
14:40	1500m	Women	F*	15:20	Weight	Women
14:55	1500m	Men	F*	15:30	Triple Jump	Men
15:10	200m	Women	H	15:50	Discus	Women
15:35	200m	Men	H	16:00	Javelin	Men
16:05	3000m	Jun Women	F	16:50	Triple Jump	Women
16:05	5000m	U23 Women	F			
16:25	100mH	Women	H			
16:40	110mH	Men	F			
16:55	400m	Women	F			
17:05	400m	Men	F			
17:15	3000m	Jun Men	F			
17:30	5000m	U23 Men	F			
17:50	800m	Men	F			
17:55	200m	Women	F			
18:05	200m	Men	F			
18:15	100mh	Women	F			
18:20	4x100m Relay	Women	T**			
18:30	4X100m Relay	Men	T**			
18:40	4x400m Relay	Women	T**			
18:45	4X400m Relay	Men	T**			

* - In the event of final declarations requiring more than one race in the 400m Hurdles and 1500m, the event will be run in seeded heats, with the overall positions decided on fastest time (since 2016).

** - For the Under 23 relays, at least one Under 23 must be included in the team. (New-2017)

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

Juniors to race before U23's on Track, Juniors & U23 Field Events to be held together

In the event of heats proving unnecessary, FINALS will be held at Heat TIMES.

Athletes who enter for Junior & U23 Competition may be selected 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