

National Senior Indoor Championships NIA -22nd / 23rd February 2025



Saturday 22nd February

12:00 400m W Heats 12:20 400m M Heats 12:50 1500m W Heats 13:05 1500m M Heats 13:25 200m Sprint W Heats 14:00 200m Sprint M Heats 14:25 60m Hurdles M Heats 14:35 60m Hurdles W Heats 14:50 800m W Heats 14:00 Triple Jump Men 15:05 800m M Heats 15:45 Triple Jump Women 15:30 200m Sprint W Final 15:40 200m Sprint M Final 16:00 60m Hurdles W Final 16:10 400m W Semi If 20+ in Heats 16:35 4x200m M Final 16:50 4x200m M Final			Track				Field	
12:50 1500m W Heats 13:15 High Jump Women 13:05 1500m M Heats 15:15 High Jump Men 13:25 200m Sprint W Heats 11:45 Weight Women 14:25 60m Hurdles M Heats 12:45 Weight Men 14:35 60m Hurdles W Heats 14:00 Triple Jump Men 15:05 800m M Heats 15:45 Triple Jump Women 15:30 200m Sprint W Final 15:50 60m Hurdles W Final 16:00 60m Hurdles M Final 16:10 400m W Semi If 20+ in Heats 16:20 400m M Semi If 20+ in Heats 16:35 4x200m W Final	12:00	400m	W	Heats				
13:05 1500m M Heats 15:15 High Jump Men 13:25 200m Sprint W Heats 11:45 Weight Women 14:25 60m Hurdles M Heats 12:45 Weight Men 14:35 60m Hurdles W Heats 14:00 Triple Jump Men 15:05 800m M Heats 15:45 Triple Jump Women 15:30 200m Sprint W Final 15:40 200m Sprint M Final 16:00 60m Hurdles M Final 16:10 400m W Semi If 20+ in Heats 16:20 400m M Semi If 20+ in Heats 16:35 4x200m W Final	12:20	400m	M	Heats				
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14:00 200m Sprint M Heats 11:45 Weight Women 14:25 60m Hurdles M Heats 12:45 Weight Men 14:35 60m Hurdles W Heats 14:00 Triple Jump Men 15:05 800m M Heats 15:45 Triple Jump Women 15:30 200m Sprint W Final 15:40 200m Sprint M Final 15:50 60m Hurdles W Final 16:00 60m Hurdles M Final 16:20 400m M Semi If 20+ in Heats 16:35 4x200m W Final	13:05	1500m	M	Heats		15:15	High Jump	Men
14:25 60m Hurdles M Heats 12:45 Weight Men 14:35 60m Hurdles W Heats 14:00 Triple Jump Men 15:05 800m M Heats 15:45 Triple Jump Women 15:30 200m Sprint W Final 15:40 200m Sprint M Final 15:50 60m Hurdles W Final 16:00 60m Hurdles M Final 16:10 400m W Semi If 20+ in Heats 16:20 400m M Semi If 20+ in Heats 16:35 4x200m W Final	13:25	200m Sprint	W	Heats				
14:35 60m Hurdles W Heats 14:00 Triple Jump Men 15:05 800m M Heats 15:45 Triple Jump Women 15:30 200m Sprint W Final 15:40 200m Sprint M Final 15:50 60m Hurdles W Final 16:00 60m Hurdles M Final 16:10 400m W Semi If 20+ in Heats 16:20 400m M Semi If 20+ in Heats 16:35 4x200m W Final	14:00	200m Sprint	M	Heats		11:45	Weight	Women
14:50 800m W Heats 14:00 Triple Jump Men 15:05 800m M Heats 15:45 Triple Jump Women 15:30 200m Sprint W Final 15:40 200m Sprint M Final 15:50 60m Hurdles W Final 16:00 60m Hurdles M Final 16:10 400m W Semi If 20+ in Heats 16:20 400m M Semi If 20+ in Heats 16:35 4x200m W Final	14:25	60m Hurdles	M	Heats		12:45	Weight	Men
15:05 800m M Heats 15:30 200m Sprint W Final 15:40 200m Sprint M Final 15:50 60m Hurdles W Final 16:00 60m Hurdles M Final 16:10 400m W Semi If 20+ in Heats 16:20 400m M Semi If 20+ in Heats 16:35 4x200m W Final	14:35	60m Hurdles	W	Heats				
15:30 200m Sprint W Final 15:40 200m Sprint M Final 15:50 60m Hurdles W Final 16:00 60m Hurdles M Final 16:10 400m W Semi If 20+ in Heats 16:20 400m M Semi If 20+ in Heats 16:35 4x200m W Final	14:50	800m	W	Heats		14:00	Triple Jump	Men
15:40 200m Sprint M Final 15:50 60m Hurdles W Final 16:00 60m Hurdles M Final 16:10 400m W Semi If 20+ in Heats 16:20 400m M Semi If 20+ in Heats 16:35 4x200m W Final	15:05	800m	M	Heats		15:45	Triple Jump	Women
15:50 60m Hurdles W Final 16:00 60m Hurdles M Final 16:10 400m W Semi If 20+ in Heats 16:20 400m M Semi If 20+ in Heats 16:35 4x200m W Final	15:30	200m Sprint	W	Final				
16:00 60m Hurdles M Final 16:10 400m W Semi If 20+ in Heats 16:20 400m M Semi If 20+ in Heats 16:35 4x200m W Final	15:40	200m Sprint	M	Final				
16:10 400m W Semi If 20+ in Heats 16:20 400m M Semi If 20+ in Heats 16:35 4x200m W Final	15:50	60m Hurdles	W	Final				
16:20 400m M Semi If 20+ in Heats 16:35 4x200m W Final	16:00	60m Hurdles	M	Final				
16:35 4x200m W Final	16:10	400m	W	Semi	If 20+ in Heats			
	16:20	400m	M	Semi	If 20+ in Heats			
16:50 4x200m M Final	16:35	4x200m	W	Final				
	16:50	4x200m	M	Final				

Sunday 23rd February

	Tra	ck	Field				
12:20 60 12:55 50 13:25 30 13:50 30 14:15 30 14:30 60	m Sprint W m Sprint M 00m Walk M 00m Walk W 00m M 00m W m Sprint W m Sprint M	Heats Heats Final Final (TT) Final Semi	If 24+ In Heats		PV - Warm Up Pole Vault PV - Warm Up Pole Vault Long Jump Long Jump	Men Men Women Women Women Men	
15:10 15	00m W 00m M 0m W	Final Final Final		13:45 15:15	Shot Put Shot Put	Men Women	
15:40 60 15:50 60 16:00 80 16:10 80	Om M m Sprint W m Sprint M Om W Om M 400m W	Final Final Final Final Final Final Final	Chec	Check-in closes 90 minutes before events Callroom Track 20 Minutes Throws 40 Minutes Long/Triple 50 Minutes High Jump 65 Minutes Pole Vault 80 Minutes			
				Implement Check at Event			