

Day 1

Saturday 28th June 2025

Tullmaore , Offaly

The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable.

Check-in opens at 08:30am

Check in closes 9.15 a.m. 3,000m

10.00 a.m.

Girls and Boys	16
Girls and Boys	17
Girls and Boys	18
Girls and Boys	19

Check in closes 10.45 a.m. 400m

11.45 a.m.

Girls	17
Boys	17
Girls	18
Boys	18
Girls	19
Boys	19

Check in closes 12.00 p.m. Sprints

1.00 p.m.

Girls and Boys	13
Girls and Boys	14
Girls and Boys	15
Girls and Boys	16
Girls and Boys	17
Girls and Boys	18
Girls and Boys	19

2.50 p.m. 400m Finals in the same order

3.10 p.m. Sprint Finals in the same order

Check in closes 2.30 p.m. Walks

3.30 p.m.

Girls	14
Girls	15
Girls	16
Boys	14
Boys	15
Girls	17
Girls	18
Girls	19
Boys	16
Boys	17
Boys	18
Boys	19

**Age groups may
be combined**

3000m	Final
3000m	Final
3000m	Final
3000m	Final

400m	Heats
400m	Heats
400m	Heats
400m	Heats
400m	Heats
400m	Heats

80m	Heats
80m	Heats
100m	Heats
100m	Heats
100m	Heats
100m	Heats
100m	Heats
100m	Heats

**Age groups may
be combined**

2000m Walk	Final
2000m Walk	Final
2000m Walk	Final
2000m Walk	Final
2000m Walk	Final
3000m Walk	Final
3000m Walk	Final
3000m Walk	Final
3000m Walk	Final
3000m Walk	Final
5000m Walk	Final
5000m Walk	Final

**Check in Closes 1 hour
prior to each start time**

Discus

10.00 a.m.	14	Girls
11.15 a.m.	15	Girls
12.30 p.m.	16	Girls
2.00 p.m.	17	Girls
3.30 p.m.	18	Girls
4.30 p.m.	19	Girls

Hammer

10.00 a.m.	14	Boys
10.45 a.m.	15	Boys
11.30 a.m.	16	Boys
12.15 p.m.	17	Boys
2.00 p.m.	18	Boys
2.45 p.m.	19	Boys

Shot Put

10.00 a.m.	13	Girls
11.00 a.m.	14	Girls
1.30 p.m.	15	Girls
2.45 p.m.	16	Girls
4.00 p.m.	17	Girls

Javelin

10.00 a.m.	13	Boys
11.30 a.m.	19	Boys
1.30 p.m.	16	Boys
2.15 p.m.	15	Boys
3.30 p.m.	14	Boys

Long Jump

10.00 a.m.	18	Boys
11.15 a.m.	13	Boys
1.30 p.m.	14	Boys
2.45 p.m.	15	Boys
4.00 p.m.	17	Boys

Triple Jump

10.00 a.m.	19	Girls
11.15 a.m.	18	Girls
1.30 p.m.	15	Girls
2.45 p.m.	16	Girls

High Jump

10.00 a.m.	14	Boys
11.15 a.m.	15	Boys
1.30 p.m.	13	Boys
2.45 p.m.	16	Boys
4.00 p.m.	19	Girls

Pole Vault

(Warm up at 9.30 a.m. / 1.00 p.m.)

10.30 a.m.	15 and 16	Girls
2.00 p.m.	17, 18 and 19	Girls