

Day 3

Saturday, 12th July 2025

Tullamore, 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 08:30 am

Check in closes 9.15 a.m. Hurdles

10.00 a.m.

Boys	19	400mH	3'0"	91.4cm
Boys	18	400mH	2'9"	84.0cm
Girls	19	400mH	2'6"	76.2cm
Girls	18	400mH	2'6"	76.2cm
Boys	17	300mH	2'6"	76.2cm
Girls	17	300mH	2'6"	76.2cm
Boys	16	250mH	2'6"	76.2cm
Boys	15	250mH	2'6"	76.2cm
Girls	16	250mH	2'3"	68.6cm
Girls	15	250mH	2'3"	68.6cm

Finals to be held at heat time if heats not required

Hurdle Finals in the same order

Check-in closes 11.30 a.m. 200m

12.30 p.m.

Girls and Boys	19	200m	Heats
Girls and Boys	18	200m	Heats
Girls and Boys	17	200m	Heats
Girls and Boys	16	200m	Heats
Girls and Boys	15	200m	Heats
Girls and Boys	14	200m	Heats

Finals to be held at heat time if heats not required

Check in closes 1.10 p.m. 1500m

2.10 p.m.

Girls and Boys	14	1500m	Final
Girls and Boys	15	1500m	Final
Girls and Boys	16	1500m	Final
Girls and Boys	17	1500m	Final
Girls and Boys	18	1500m	Final
Girls and Boys	19	1500m	Final

4.00 p.m. 200m Finals in the same order

Check in Closes 1 hour prior to each start time

Shot Put

10.00 a.m.	19	Boys
11.30 a.m.	18	Girls
1.30 p.m.	18	Boys
3.00 p.m.	19	Girls
3.30 p.m.	17	Boys

Javelin

10.00 a.m.	17	Girls
11.15 a.m.	17	Boys
1.00 p.m.	18	Girls
2.00 p.m.	18	Boys

Long Jump

10.00 a.m.	17	Girls
11.30 a.m.	19	Boys
1.15 p.m.	16	Boys
2.15 p.m.	16	Girls
4.00 p.m.	19	Girls

Triple Jump

11.15 a.m.	17	Boys
1.30 p.m.	17	Girls

High Jump

10.00 a.m.	17	Boys
11.15 a.m.	18	Boys
1.30 p.m.	18	Girls
2.45 p.m.	17	Girls
4.00 p.m.	19	Boys