

## Day 4

Sunday, 13th 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 8:30 am

**Check-in closes 9.15 a.m. Sprints / Mixed Relay**

**10.00 a.m.**

Mixed Relay	17	4x400m	Final
Mixed Relay	19	4x400m	Final

**10.15 a.m.**

Girls and Boys	12	60m	Heats
Girls and Boys	13	80m	Heats
Girls and Boys	14	80m	Heats
Girls and Boys	15	100m	Heats
Girls and Boys	16	100m	Heats

**Sprint Finals in the same order**

**Check in closes at 11.00 a.m. Relays**

**12.00 p.m.**

Girls and Boys	18	4x400m
Girls and Boys	13	4x100m
Girls and Boys	15	4x100m
Girls and Boys	17	4x100m
Girls and Boys	19	4x100m

**Finals in the same order**

**Check in closes at 1.30 p.m. 600m/800m**

**2.30 p.m.**

Girls and Boys	12	600m	Final
Girls and Boys	13	600m	Final
Girls and Boys	14	800m	Final
Girls and Boys	15	800m	Final
Girls and Boys	16	800m	Final

**All 600m/800m Races are heat declared winners**

**Check in closes at 2.30 p.m. Relays**

**3.30 p.m.**

Girls and Boys	17	4x400m
Girls and Boys	19	4x400m
Girls and Boys	14	4x100m
Girls and Boys	16	4x100m
Girls and Boys	18	4x100m

**Finals in the same order**

**Check in closes 9.15am for Morning Field Events**

**Check in closes 12 noon for Afternoon Field Events**

**Shot Put**

<b>10.00 a.m.</b>	14	Girls
	14	Boys
	13	Girls
	13	Boys
	15	Girls
	16	Girls
<b>1:30 p.m.</b>	15	Boys
	16	Boys
	12	Girls
	12	Boys

*Shots can be weighed at 9am and 1pm only*

**Long Jump (Pit 1)**

<b>10.15 a.m.</b>	15	Girls
	16	Girls
	14	Girls
<b>1:30 p.m.</b>	13	Girls
	12	Girls

**Long Jump (Pit 2)**

<b>10.15 a.m.</b>	15	Boys
	16	Boys
	14	Boys
<b>1:30 p.m.</b>	13	Boys
	12	Boys

**High Jump**

<b>10.00 a.m.</b>	13	Girls
	13	Boys
	12	Girls
	12	Boys
<b>1:30 p.m.</b>	15	Girls
	16	Girls
	15	Boys
	16	Boys
	14	Girls
	14	Boys