

**National
Indoor
Championships**



**IRISH LIFE HEALTH JUVENILE INDOOR CHAMPIONSHIPS
AIT INTERNATIONAL ARENA, ATHLONE
DAY 1 SATURDAY 30TH MARCH 2019**

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 closes 9.30 a.m. (400m/1500m)

10.00 a.m.
Girls & Boys 18 400m Heats
Girls & Boys 19 400m Heats

10.50 a.m.
Girls & Boys 16 1500m
Girls & Boys 17 1500m
Girls & Boys 18 1500m
Girls & Boys 19 1500m

**400m/1500m FINALS WILL BE HELD AT
HEAT TIME IF HEATS ARE NOT REQUIRED**

Check in closes 10.30 p.m. (Walks)

11.45 a.m.
Boys 16 1500m Walk
Boys 17 1500m Walk
Boys 18 1500m Walk
Boys 19 1500m Walk
Boys 14 1000m Walk
Boys 15 1000m Walk

**NOTE: THERE WILL BE A 20 MINUTE
BREAK ON THE TRACK AFTER THE BOYS WALK**

Girls 14 1000m Walk
Girls 15 1000m Walk
Girls 16 1500m Walk
Girls 17 1500m Walk
Girls 18 1500m Walk
Girls 19 1500m Walk

2.00 p.m. Finals 400m

Check in closes 1.30 p.m. (60m)

2.30 p.m.
Girls & Boys 12 60m Heats
Girls & Boys 13 60m Heats
Girls & Boys 14 60m Heats
Girls & Boys 15 60m Heats
Girls & Boys 16 60m Heats
Girls & Boys 17 60m Heats
Girls & Boys 18 60m Heats
Girls & Boys 19 60m Heats

FINALS 1500m, 60M SPRINTS

Check in Closes 9.30 a.m. first field events

Long Jump
10.00 a.m. Girls (Pit 1) 12
11.30 a.m. Boys (Pit 1) 13
1.00 p.m. Girls (Pit 1) 14
2.15 p.m. Girls (Pit 1) 19
3:00 p.m. Girls (Pit 1) 18
4:00 p.m. Girls (Pit 1) 17

Pole Vault (warm up at 10:00/12:30)

11.00 a.m. Boys 15-16
1:30 p.m. Boys 17-19

Shot Putt

10.00 a.m. Boys 13 (2k)
11.00 a.m. Girls 15 (3k)
12.00 p.m. Girls 13 (2k)
1.00 p.m. Girls 16 (3k)
2.00 p.m. Boys 15 (3k)

High Jump

10.00 a.m. Girls 13 (Mat 1)
Girls 18+19 (Mat 2)
11.30 a.m. Girls 14 (Mat 1)
Girls 16 (Mat 2)
1.00 p.m. Girls 17 (Mat 1)
Boys 14 (Mat 2)
3.00 p.m. Girls 12 (Mat 1)
4.30 p.m. Girls 15 (Mat 1)



**Athletics
Ireland**