**Athletics Northern Ireland**

**Indoor Jumps & Throws Competition**

**Ulster University, Jordanstown**

**27th January 2018**

**12.30pm REGISTRATION**

**1.30pm High Jump** All Girls & Senior Women

**2.00pm Shot** All Boys & Girls, Senior Men & Women

**3.00pm High Jump** All Boys & Senior Men

 **Long Jump** All Girls & Senior Women

**3.45pm Long Jump** All Boys & Senior Men

**4.30pm Triple Jump** All U18 & above Boys & Girls, Senior Men & Women

**Notes**

1. Competition open to U14 athletes (ie those born in 2005) and above
2. Entry on the day - £3 for one event, £5 for multiple events
3. All events (except High Jump) will have 4 attempts, time permitting
4. Triple Jump only open to U18 and above

**Shot Weights**

|  |  |  |  |
| --- | --- | --- | --- |
| **Men** | **Shot** | **Women** | **Shot** |
| Boys 14 | 2.72kg | Girls 14 | 2.00kg |
| Boys 15 | 3.00kg | Girls 15 | 2.72kg |
| Boys 16 | 4.00kg | Girls 16 | 3.00kg |
| Boys 17 | 5.00kg | Girls 17 | 3.00kg |
| Boys 18 | 5.00kg | Girls 18 | 3.00kg |
| Boys 19 | 6.00kg | Girls 19 | 4.00kg |
| Senior Men | 7.26kg | Senior Women | 4.00kg |
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