

 Irish Life health  
**National  
 Indoor  
 Championships**



**IRISH LIFE HEALTH JUVENILE INDOOR CHAMPIONSHIPS  
 AIT INTERNATIONAL ARENA, ATHLONE  
 DAY 1 SATURDAY 28TH MARCH 2020**

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

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**

FINALS 1500m, 60M SPRINTS