

Athletics Northern Ireland
Indoor Hurdles & Sprints Competition
Ulster University, Jordanstown
12th January 2019



1.00pm REGISTRATION

1.30pm 60m Hurdles

<i>Event no.</i>	<i>Age Group</i>	<i>Height</i>	<i>First Hurdle</i>	<i>Between Hurdles</i>
1	Senior Men	106.7cm 3' 6"	13.72m	9.14m
2	U19 Boys & U20 Men	99.0cm 3' 3"	13.72m	9.14m
3	U18 Boys	91.4cm 3' 0"	13.72m	9.14m (110m Spacings)
4	U17 Boys	91.4cm 3' 0"	13.00m	8.50m
5	U19 Girls & Sen Women	84.0cm 2' 9"	13.00m	8.50m
6	U16 Boys	84.0cm 2' 9"	13.00m	8.50m
7	U18 Girls	76.2cm 2' 6"	13.00m	8.50m
8	U17 Girls	76.2cm 2' 6"	13.00m	8.50m (100m Spacings)
9	U15 Boys	84.0cm 2' 9"	12.00m	8.00m
10	U16 Girls	76.2cm 2' 6"	12.00m	8.00m
11	U15 Girls	76.2cm 2' 6"	12.00m	8.00m (80m Spacings)
12	U14 Boys	76.2cm 2' 6"	11.50m	7.50m
13	U14 Girls	68.6cm 2' 3"	11.50m	7.50m
14	Senior Men	106.7cm 3' 6"	13.72m	9.14m
15	U19 Boys & U20 Men	99.0cm 3' 3"	13.72m	9.14m
16	U19 Girls & Sen Women	84.0cm 2' 9"	13.00m	8.50m

3.30pm 60m Sprint

- 1 U18/19 Girls & Sen Women
- 2 U18/19 Boys & Sen Men
- 3 U14 Girls
- 4 U14 Boys
- 5 U15 Girls
- 6 U15 Boys
- 7 U16 Girls
- 8 U16 Boys
- 9 U17 Girls
- 10 U17 Boys
- 11 U18/19 Girls & Sen Women
- 12 U18/19 Boys & Sen Men

5.00pm Close

Notes

1. Competition open to U14 athletes (ie those born in 2006) and above
2. In the 60m U18 athletes and above will be given 2 races. In the 60mH U19 athletes and above will be given 2 races
3. Races will be combined where necessary depending on entry numbers per age group
4. The 3G area will be available from 12noon to 4.00pm for warm up. Sports Hall 1 will be available from 4.00pm.