**Athletics Northern Ireland**

**Indoor Jumps & Throws Competition**

**Ulster University, Jordanstown**

**18th January 2020**

**1.00pm REGISTRATION**

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

**Long Jump** All Boys & Senior Men

**1.45pm Shot** All Boys &Senior Men

**2.45pm Shot** All Girls & Senior Women

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

 **Long Jump** All Girls & Senior Women

**4.00pm Triple Jump** All U18+ Boys & Girls, Senior Men & Women

**Notes**

1. Competition open to U14 athletes (ie those born in 2007) and above
2. Entry on the day - £3 for one event, £5 for multiple events
3. Throws events will have 4 attempts and Jumps will have 3 attempts, time permitting
4. Triple Jump only open to U18 and above
5. As this is a competition, videoing is not permitted within the competition area, unless consent has been sought from the Event Manager & Officials

**Shot Weights**

|  |  |  |  |
| --- | --- | --- | --- |
| **Men** | **Shot** | **Women** | **Shot** |
| Boys U14 | 2.72kg | Girls U14 | 2.00kg |
| Boys U15 | 3.00kg | Girls U15 | 2.72kg |
| Boys U16 | 4.00kg | Girls U16 | 3.00kg |
| Boys U17 | 5.00kg | Girls U17 | 3.00kg |
| Boys U18 | 5.00kg | Girls U18 | 3.00kg |
| Boys U19 | 6.00kg | Girls U19 | 4.00kg |
| Senior Men | 7.26kg | Senior Women | 4.00kg |