**Athletics Northern Ireland**

**Indoor Jumps & Throws Competition**

**Ulster University, Jordanstown**

**14th January 2023**

**(3G pitch available 11am-2pm & ½ pitch from 2pm-4pm)**

**9.30am REGISTRATION**

|  |  |  |  |
| --- | --- | --- | --- |
| 10.30am | High Jump U14/U15/B&G & U16B | Long Jump U16, U17 & U18 Girls |  |
| 11.00am |  |  | Shot U14 & U15 Girls |
| 11.15am |  |  |  |
| 11.30am |  | Long Jump U19G & Senior Women | Shot U16/17/18 Girls |
| 12noon | High Jump U16/U17 G |  | Shot U19 G & Senior Women |
| 12.30pm |  | Long Jump U14/15G |  |
| 12.45pm |  |  | Shot U15 & U16 Boys |
| 1.00pm |  |  |  |
| 1.30pm | High Jump U18/U19B & Senior Men |  |  |
| 1.50pm |  | Long Jump U14/15/16/17B | Shot U19B & Senior Men |
| 2.20pm |  |  |  |
| 2.30pm |  |  |  |
| 2.45pm |  | Long Jump U18/U19B & Senior Men |  |
| 3.00pm | High Jump U18/19G & Senior Women |  |  |
| 3.30pm |  | Triple Jump- ALL Athletes |  |

**Notes**

1. Competition open to U14 athletes (ie those born in 2010) and above
2. All events (except High Jump) will have 3 attempts, time permitting
3. Triple Jump only open to U18 and above

**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 |