

Athletics Northern Ireland
Indoor Jumps & Throws Competition
Ulster University, Jordanstown
8th February 2025

9.30am REGISTRATION

	High Jump	Long/Triple Jump	Shot
10.30am	U14/U15 Girls	Long Jump U16, U17, U18	
11.15am			Shot U14 & U15 Girls
11.30am	U14/15 Boys	Long Jump U19-U23G & Senior Women	
11.45am			Shot U16/U17/18 Girls
12.15pm	U16/U17G	Long Jump U14/15G	
12.45pm			Shot U14/15 & U16 Boys
1.15pm	U16/U17B	Long Jump U14-U17 B	Shot U19G & Senior Women
1.45pm	U18-U23 & Senior Men		
2.00pm		Long Jump U18-U23 & Senior Men	
2.15pm			Shot U17/U18B & Senior Men
2.30pm		Triple Jump Senior Women	
3.00pm	U18G-U23 & Senior Women		
3.15pm		Triple Jump – Senior Men	

Notes

1. Competition open to U14 athletes (ie those born in 2012) 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