

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



**9.30am REGISTRATION**

|                |   |  |                               |
|----------------|---|--|-------------------------------|
| <b>10.30am</b> | High Jump U14/U15/ <u>U16G</u>                  | Long Jump U16, U17 & U18 Girls                 |                               |
| <b>11.00am</b> |   |  | Shot U14 & U15 Girls          |
| <b>11.30am</b> |   | Long Jump <u>U20/U23G</u> & Senior Women       | Shot U17/18 Girls             |
| <b>12noon</b>  | High Jump U16/U17 <u>B</u>                      |  | Shot U19G & Senior Women      |
| <b>12.15pm</b> |   | Long Jump U14/15G                              |                               |
| <b>12.45pm</b> |   |  | Shot <u>U14/15</u> & U16 Boys |
| <b>1.15pm</b>  |   | <u>Long Jump U14/U16/U17 B</u>                 |                               |
| <b>1.30pm</b>  | High Jump U18/U19/ <u>U20/U23B</u> & Senior Men |  |                               |
| <b>1.50pm</b>  |   |  | Shot <u>U18B</u> & Senior Men |
| <b>2.00pm</b>  |   | Long Jump <u>U19/U20/U23B &amp; Senior Men</u> |                               |
| <b>2.30pm</b>  |   | <u>Triple Jump – All ladies</u>                |                               |
| <b>3.00pm</b>  | High Jump <u>U17/U18G</u> & Senior Women        |  |                               |
| <b>3.15pm</b>  |   | Triple Jump – All 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**

| <b>Men</b> | <b>Shot</b> | <b>Women</b> | <b>Shot</b> |
|------------|-------------|--------------|-------------|
| 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      |