



NI & Ulster Indoor Age Group Championships 2025

Saturday 1st March 2025

ATHLONE



TRACK				FIELD				
Check in opens 8.45am				Check in opens 8.45am				
Check in closes 45 mins before each event				Check in closes 45 mins before each event				
Check in closes completely at 2.00pm including relay teams.				Check in closes completely at 2.00pm including relay teams.				
When 6/8 or less check in for an event the final is at heat time.				Shot Put, Triple jump & Long jump 4 attempts only.				
Priority check in for events starting at 10am				Priority check in for events starting at 10am				
All relay teams will be as per National rules U12 to U17				Events can be brought forward up to 45 mins & age groups amalgamated				
Only a maximum of 2 athletes can move up an age group per team								
NOTE complete U17 team can move up to u18 when all 4 members								
are born 2009. Same rule applies for U18s if all 4 born 2008								
Events can be brought forward up to 45 mins & races amalgamated								
U17 U18 U19 DIRECT ENTRY TO NATIONALS AVAILABLE IF YOU ENTER THAT EXACT EVENT IN YOUR REGION NO EXCEPTIONS				U17 U18 U19 DIRECT ENTRY TO NATIONALS AVAILABLE IF YOU ENTER THAT EXACT EVENT IN YOUR REGION NO EXCEPTIONS				
QUALIFICATION TO FINALS IN 60M, 60MH, 200M & 400M ALL DECIDED ON FASTEST TIMES. IF A STRAIGHT FINAL IT WILL TAKE PLACE AT HEAT TIME.								
APPROX TIME		TRACK EVENTS		APPROX TIME	FIELD EVENTS			Remarks
10.00am	600m	U12 Girls	Time trials	10.00am	Long Jump	U16 Girls (Pit 1)	Warm up starts 9.30	Pit 1 bottom corner

		U12 Boys				U16 Boys (Pit 2)	Warm up starts 9.30	Pit 2 infield
	800m	U14 Girls			High Jump	U 12 Girls (mat 1)	Warm up starts 9.30am	Mat 1
		U14 Boys			FOLLOWED BY	U12 Boys (mat 1)	Warm up starts soon as girls completed	Mat 1
		U16 Girls						
		U16 Boys			Shot Putt	U14 Girls		
						U14 Boys		
11.15am	200m	U16 Girls				U12 Girls		
		U16 Boys		11:00am	Pole Vault	All Girls age groups	Warm up starts 10am	
11.30am	60m	U12 Girls		11:30am	Long Jump	U14 Girls (Pit 1)		
		U12 Boys				U14 boys (Pit 2)		
		U14 Girls			High Jump	U16 Girls (mat 1)		
		U14 Boys			Together	U 16 Boys (mat 1)		
		U16 Girls						
		U16 Boys		1:30pm	Long Jump	U12 Girls (Pit 1)		
		Finals in above order	Finals		Triple Jump	U16 Girls Pit 2 & U16 Boys Pit 2		
1.00pm	1000m Walk	U14G, U14B U15G U15B			High Jump	U14 Girls (mat 1)		
	1500m Walk	U16G, U16B U17G U17B U18G U18B U19G U19B			Together	U 14 Boys (mat 1)		

1.15pm	200m Final	U16G U16B		2:00pm	Shot Putt	U12 Boys	Warm up starts 1.30pm	
					Shot Putt	U16 Girls		
						U16 Boys		
1.35pm	60m Hurdles	U14 Girls 2' 3" 68.6cm	Heats					
		U14 Boys 2' 6" 76.2cm						
		U16 Girls 2' 6" 76.2cm		3:00pm	Long Jump	U12 boys (pit 1)		
		U16 Boys 2' 9" 84.0cm						
2.45pm	1500m	U16 Girls						
		U16 Boys						
3.00pm	60m Hurdles	Finals in above order						
3.20pm	4x200m Relays	U12 Girls						
		U12 Boys						
		U14 Girls						
		U14 Boys						
		U16 Girls						
		U16 Boys						



NI & Ulster Indoor Age Group Championships 2025

Sunday 2nd March 2025

ATHLONE



TRACK				FIELD			
Check in opens 8.45am				Check in opens 8.45am			
Check in closes 45 mins before each event				Check in closes 45 mins before each event			
Check in closes completely at 2.00pm including relay teams.				Check in closes completely at 2.00pm including relay teams.			
When 6/8 or less check in for an event the final is at heat time.				Shot Put, Triple jump & Long jump 4 attempts only.			
Priority check in for events starting at 10am				Priority check in for events starting at 10am			
All relay teams will be as per National rules U12 to U17				Events can be brought forward up to 45 mins & age groups amalgamated			
Only a maximum of 2 athletes can move up an age group per team							
NOTE complete U17 team can move up to u18 when all 4 members							
are born 2009. Same rule applies for U18s if all 4 born 2008							
Events can be brought forward up to 45 mins & races amalgamated							
U17 U18 U19 DIRECT ENTRY TO NATIONALS AVAILABLE IF YOU ENTER THAT EVENT				U17 U18 U19 DIRECT ENTRY TO NATIONALS AVAILABLE IF YOU ENTER THAT EVENT			
IN YOUR REGIONS. NO EXCEPTIONS				IN YOUR REGIONS. NO EXCEPTIONS			
QUALIFICATION TO FINALS IN 60M, 60MH, 200M & 400M ALL DECIDED ON FASTEST TIMES. IF A STRAIGHT FINAL IT WILL TAKE PLACE AT HEAT TIME.							
APPROX TIMES	TRACK EVENTS			APPROX TIMES	FIELD EVENTS		Remarks
10.00am	600m	U13 Girls	Time trials	10.00am	Long Jump	U17,18,19 Girls (Pit 1)	Warm up starts 930

		U13 Boys				U17,18,19 Boys (Pit 2)	Warm up starts 930	
	800m	U15 Girls			High Jump	U 13 Girls & U13 boys (mat 1)	Warm up starts 930am	
		U15 Boys						
		U17 Girls			Shot Putt	U15 Girls		
		U17 Boys				U15 Boys		
		U18 Girls				U13 Girls		
		U18 Boys						
		U19 Girls		11.30am	Long Jump	U15 Girls (Pit 1)		
		U19 Boys				U15 boys (Pit 2)		
					High Jump	U17,18,19 Girls (mat 1)		
11.10am	200m heats	U17 Girls			Followed by	U 17,18,19 Boys (mat 1)		
		U17 Boys						
		U18 Girls		1:00pm	Long Jump	U13 Girls (Pit 1)		
		U18 Boys		1:00pm	Triple Jump. All together	U15,U17,18,19 Girls Pit 2		
		U19 Girls		1:00pm	Triple Jump All Together	U15,U17,18,19 Boys Pit 2		
		U 19 Boys		2:00pm	High Jump	U15 Girls & U15 Boys (mat 1)		
11.30am	60m heats	U13 Girls			Shot Putt	U13 Boys		
		U13 Boys				U17,18,19 Girls		
		U15 Girls				U17,18,19 Boys		
		U15 Boys						
		U17 Girls		2.30pm	Long Jump	U13 boys (pit 1)		
		U17 Boys						

		U18 Girls						
		U18 Boys						
		U19 Girls						
		U19 Boys						
		Finals in above order	Finals					
1.00pm	400m Heats	U17 Girls						
		U17 Boys						
		U18 Girls						
		U18 Boys						
		U19 Girls						
		U19 Boys						
		Finals TBC						
1.30pm	60m Hurdle heats	U13 Girls 2' 3" 68.6cm						
		U13 Boys 2' 3" 68.6cm						
		U15 Girls 2' 6" 76.2cm						
		U17 Girls 2'6" 76.2cm						
		U18 Girls 2'6" 76.2cm						
		U15 Boys 2'9" 84.0cm						
		U19 Girls 2'9" 84.0cm						
		U17 Boys 3'0" 91.4cm						

		U18 Boys 3'0" 91.4cm						
		U19 Boys 3'3" 99.0cm						
2.20pm	200m Final	Finals in above order	Finals					
2.30pm	1500m	U17 Girls	Time trials					
		U18 Girls						
		U19 Girls						
2.40pm	1500m	U17 Boys	Time trials					
		U18 Boys						
		U19 Boys						
2.50pm	400m Finals		Finals TBC					
3.10pm	60m hurdles	Finals in above order	Finals					
3.0pm	4 x 200m relays	U17 Girls	Time trials					
		U17 Boys						
		U19 Girls						
		U19 Boys						
		U13 Girls						
		U13 Boys						
		U18 Girls						
		U18 Boys						
		U15 Girls						

		U15 Boys						
		U17 Mixed						
		U19 Mixed						