



Athletics Northern Ireland
Indoor Hurdles & Sprints Competition
Ulster University, Jordanstown
25th Jan 2025

Registration – 9am

Hurdles			
RACE TIME	Heat/Final	Event & Age Group	Hurdle Specs
10am	Race 1	60mH Senior Men & U23M, M45	106.7cm 3' 6" 13.72m 9.14m
10.05am	Race 1	60mH Senior Women Race 1 & U19/U20W	84.0cm 2' 9" 13.00m 8.50m
10:10am	Final	60mH U16 Boys	84.0cm 2' 9" 12.00m 8.00m
10:15am	2 Heats	60mH U17 & U18 Girls	76.2cm 2' 6" 12.00m 8.00m
10:30am	Final	60mH U15 Boys	84.0cm 2' 9" 12.00m 8.00m
10:35am	Final	60mH U16 Girls	76.2cm 2' 6" 12.00m 8.00m
10.40am	Final	60mH U15 Girls	76.2cm 2' 6" 12.00m 8.00m
10.45am	Final	60mH U14 Girls & U14 Boys	68.6cm 2' 3" 11.50m 7.50m 76.2cm 2' 6" 13.00m 8.50m
10.50am	Race 2	60mH U17 & U18 Girls	76.2cm 2' 6" 13.00m 8.50m
11.00am	Race 2	60mH Senior Women & U19/U20W	84.0cm 2' 9" 13.00m 8.50m
11.05pm	Race 2	60mH Senior Men & U23M & M45	106.7cm 3' 6" 13.72m 9.14m

Sprints		
RACE TIME	Heat/Final	Event & Age Group
11.30pm	4 Heat3	60m Senior Men & U20 & U23 Men
11.45pm	1 Heat	60m Senior Women
11.50pm	Race 1	60m U19 Boys
11.55pm	Race 1	60m U19 & U20 Women
12.00	Race 1	60m U18 Boys
12.05pm	Race 1	60m U18 Girls
12.10pm	2 x Race 1	60m U17 Girls
12.20pm	2 x Race 1	60m U17 Boys
12.30pm	Final	60m U16 Girls
12.35pm	2 Time Trials	60m U16 Boys
12.45pm	2 Time Trials	60m U15 Girls
12.55pm	Final	60m U15 Boys
1.00pm	Final	60m U14 Girls
1.05pm	2 x Race 2	60m U17 Girls
1.15pm	2x Race 2	60m U17 Boys
1.25pm	Race 2	60m U18 Boys
1.30pm	Race 2	60m U18Girls
1.35pm	Race 2	60m U19 Boys
1.40pm	Race 2	60m U19 & U20 Women
1.45pm	Race 2	60m Senior Men & U20 & U23 Men
1.50pm	Race 2	60m Senior Women

Notes

1. Races will be combined where necessary depending on entry numbers per age group
2. "Race 2" will be held only where numbers and timings allow.