**Athletics Northern Ireland**

**Indoor Hurdles & Sprints Competition**

**Ulster University, Jordanstown**

**10th February 2024 (9am-5pm)**

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| **Hurdles** |
| **RACE TIME** | **Heat/Final** | **Event & Age Group** | **Hurdle Specs** |
| 11am | Race 1 | 60mH Senior Men & U23M, M45  | 106.7cm 3’ 6” 13.72m 9.14m |
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| 11.05am | Race 1 | 60mH Senior Women Race 1 & U19/U20W | 84.0cm 2’ 9” 13.00m 8.50m |
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| 11:10am | Final | 60mH U16 Boys | 84.0cm 2’ 9” 12.00m 8.00m |
| 11:15am | 2 Heats | 60mH U17 & U18 Girls | 76.2cm 2’ 6” 12.00m 8.00m |
| 11:30am | Final | 60mH U15 Boys | 84.0cm 2’ 9” 12.00m 8.00m |
| 11:35am | Final | 60mH U16 Girls | 76.2cm 2’ 6” 12.00m 8.00m |
| 11.40am | Final  | 60mH U15 Girls | 76.2cm 2’ 6” 12.00m 8.00m  |
| 11.45am | Final | 60mH U14 Girls & U14 Boys  | 68.6cm 2’ 3” 11.50m 7.50m76.2cm 2’ 6” 13.00m 8.50m |
| 11.50am  | Race 2 | 60mH U17 & U18 Girls | 76.2cm 2’ 6” 13.00m 8.50m |
| 12noon | Race 2 | 60mH Senior Women & U19/U20W | 84.0cm 2’ 9” 13.00m 8.50m |
| 12.05pm | Race 2 | 60mH Senior Men & U23M & M45 | 106.7cm 3’ 6” 13.72m 9.14m |

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| **Sprints** |
| **RACE TIME** | **Heat/Final** | **Event & Age Group** |
| 12.30pm  | 4 Heat3 | 60m Senior Men & U20 & U23 Men |
| 12.45pm | 1 Heat | 60m Senior Women |
| 12.50pm | Race 1  | 60m U19 Boys  |
| 12.55pm | Race 1 | 60m U19 & U20 Women |
| 1.00pm | Race 1 | 60m U18 Boys |
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| 1.05pm | Race 1 | 60m U18 Girls |
| 1.10pm | 2 x Race 1 | 60m U17 Girls  |
| 1.20pm | 2 x Race 1 | 60m U17 Boys  |
| 1.30pm | Final | 60m U16 Girls |
| 1.35pm | 2 Time Trials | 60m U16 Boys  |
| 1.45pm | 2 Time Trials | 60m U15 Girls |
| 1.55pm | Final | 60m U15 Boys |
| 2.00pm | Final | 60m U14 Girls |
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| 2.05pm | 2 x Race 2 | 60m U17 Girls |
| 2.15pm | 2x Race 2 | 60m U17 Boys |
| 2.25pm | Race 2 | 60m U18 Boys |
| 2.30pm | Race 2 | 60m U18Girls |
| 2.35pm | Race 2 | 60m U19 Boys |
| 2.40pm | Race 2 | 60m U19 & U20 Women |
| 2.45pm | Race 2 | 60m Senior Men & U20 & U23 Men |
| 2.50pm | 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.