

Tipperary U9 to Jnr Indoor Championships

Nenagh, Sunday 15th March 2020 @ 10am

Events Outer Track 10am			Events Sprint Track 10am		
Girls & Boys U9	300m		Girls 9	60m Heats	
Girls & Boys U10	300m		Girls 10	60m Heats	
Girls & Boys U11	300m		Girls 11	60m Heats	
Girls & Boys U12	600m		Girls 12	60m Heats	
U11 U9, U10 & will get two 60m races as follows:-					
After the heats the athletes will be split into 2 Groups (Gold & Silver).					
Each group will then be ran off in the normal way with medal winners in both groups.					
U/9, U/10 & U/11 Athletes may enter only ONE track event on the day i.e. sprint or distance race.					
U/12s can enter more than one track event on the day.					
Order dependent on Situation in Field Events.					
All Relay Races will be decided on Times.			Hurdles @ 1pm		
Girls U9	4 x 100m		Age	Height	Spacings
Boys U9	4 x 100m		G12	60mH 2'3"	60m
Girls U11	4 x 100m		B12	60mH 2'3"	60m
Boys U11	4 x 100m		G13	60mH 2'3"	60m
Girls U10	4 x 100m		B13	60mH 2'3"	60m
Boys U10	4 x 100m		G14	60mH 2'3"	75m
Girls U12	4 x 200m		B14	60mH 2'6"	75m
Boys U12	4 x 200m		G15	60mH 2'6"	80m
			G16	60mH 2'6"	80m
			B15	60mH 2'9"	80m
Outer Track 2pm			B16	60mH 2'9"	100m
U13 - Jnr Walks	1km		Jnr Wn	60mH 2'6"	100m
Jnr Women	400m		Boys 17*	60mH 3'0"	100m
Jnr Men	400m		Boys 18/19*	60mH 3'0"	110m
G16	800m		Finals Before Change of Hurdles		
B16	800m		Sprints		
G15	800m		G13	60m	
B15	800m		B13	60m	
Jnr Women	800m		G14	60m	
Jnr Men	800m		B14	60m	
G14	800m		G15	60m	
B14	800m		B15	60m	
G13	600m		G16	60m	
B13	600m		B16	60m	
Jnr Women	1500m		Jnr Women	60m	
Jnr Men	1500m		Jnr Men	60m	
			Finals in same order		
Field Events Timetable					
Long Jump U9-U12					
Long Jump commences as athletes finish 300m					
Pit No. 1	Boys 9	Boys 11	Girls 9	Girls 11	
Pit No. 2	Boys 10	Boys 12	Girls 10	Girls 12	
Long Jump U13-Jnr 1.30pm					
Pit No. 1	Jnr M	B15	B16	B13	B14
Pit No. 2	Jnr Wm	G15	G16	G13	G14
High Jump (All to commence after Jnr. Men's 60m)					
Mat 1	GU13 & GU14	GU15, GU16 & Jnr Women			
Mat 2	BU13 & BU14	BU15, BU16 & Jnr Men			
Shot Put 10.15am					
Girls U12	Boys U12	Girls U13	Boys U13	Girls U14	Boys U14
Girls U15	Boys U15	Girls U16	Boys U16	Jnr W	Jnr M
Pole Vault					
Girls U13	Boys U13	Girls U14	Boys U14	Girls U15	
Boys U15	Girls U16	Boys U16	Jnr W	Jnr M	