

# Tipperary U9 to Jnr Indoor Championships

## Nenagh, Saturday 12th March 2022 @ 10am

Events Outer Track 10am		Events Sprint Track 10am	
Girls & Boys U09	300m	Girls & Boys U12	60m Heats
Girls & Boys U10	300m	Girls & Boys U09	60m Heats
Girls & Boys U11	300m	Girls & Boys U10	60m Heats
Girls & Boys U12	600m	Girls & Boys U11	60m Heats
<b>U09, U10 &amp; U11 will get two 60m races as follows:-</b>			
After the heats the athletes will be split into 2 Groups (Gold & Silver).			
<b>Each group will then be ran off in the normal way with medal winners in both groups.</b>			
<b>U/9, U/10 &amp; U/11 Athletes may enter only <u>ONE</u> track event on the day i.e. sprint or distance race.</b>			
<b>U/12s can enter more than one track event on the day.</b>			
Order dependent on Situation in Field Events.			
<b>All Relay Races will be decided on Times.</b>		<b>Hurdles @ 1pm</b>	
Girls U9	4 x 100m	<b>Age</b>	<b>Height</b> <b>Spacings</b>
Boys U9	4 x 100m	G13	60mH 2'3"   60m
Girls U11	4 x 100m	B13	60mH 2'3"   60m
Boys U11	4 x 100m	G14	60mH 2'3"   75m
Girls U10	4 x 100m	B14	60mH 2'6"   75m
Boys U10	4 x 100m	G15	60mH 2'6"   80m
Girls U12	4 x 200m	G16	60mH 2'6"   80m
Boys U12	4 x 200m	B15	60mH 2'9"   80m
		B16	60mH 2'9"   100m
<b>Outer Track 2pm</b>		Jnr Wn	60mH 2'6"   100m
All Walks	1km	Boys 17*	60mH 3'0"   100m
Jnr Women	200m	Boys 18/19*	60mH 3'0"   110m
Jnr Men	200m	<b>Finals Before Change of Hurdles</b>	
G16	800m	<b>Sprints</b>	
B16	800m	G13	60m
G15	800m	B13	60m
B15	800m	G14	60m
Jnr Women	800m	B14	60m
Jnr Men	800m	G15	60m
G14	800m	B15	60m
B14	800m	G16	60m
G13	600m	B16	60m
B13	600m	Jnr Women	60m
Jnr Women	400m	Jnr Men	60m
Jnr Men	400m	<b>Finals in same order</b>	
Jnr Women	1500m		
Jnr Men	1500m	<b>All Relay Races will be decided on Times.</b>	
		Girls U13	4 x 200m
		Boys U13	4 x 200m
		Girls U15	4 x 200m
		Boys U15	4 x 200m
		Jnr Women	4 x 200m
		Jnr Men	4 x 200m

				Girls U14	4 x 200m			
				Boys U14	4 x 200m			
				Girls U16	4 x 200m			
				Boys U16	4 x 200m			
<b>Field Events Timetable</b>								
<b>Long Jump U9-U12</b>								
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				
<b>Long Jump U13-Jnr 1.30pm</b>								
Pit No. 1	Jnr M	B15	B16	B13	B14			
Pit No. 2	Jnr Wm	G15	G16	G13	G14			
<b>Shot Put 10.15am</b>								
Girls U12	Boys U12	Girls U13	Boys U13	Girls U14	Boys U14			
Girls U15	Boys U15	Girls U16	Boys U16	Jnr W	Jnr M			
<b>High Jump U13-Jnr</b>								
After the Shot in the outer area and sprints on the inner track								
	Jnr M	B15	B16	B13	B14			
	Jnr Wm	G15	G16	G13	G14			
<b>Pole Vault</b>								
Girls U13	Boys U13	Girls U14	Boys U14	Girls U15				
Boys U15	Girls U16	Boys U16	Jnr W	Jnr M				