

Tipperary U13 to Junior Indoor Championships Nenagh, Saturday 16th March 2019 @2pm

Hurdles at 2pm

Age	Height	Spacing	
G13	60mH 2'3"	60m	Hurdles Finals before each Hurdles spacing changes
B13	60mH 2'3"	60m	
G14	60mH 2'3"	75m	
B14	60mH 2'6"	75m	
G15	60mH 2'6"	80m	
G16	60mH 2'6"	80m	
B15	60mH 2'9"	80m	
B16	60mH 2'9"	100m	
Jnr Women	60mH 2'6"	100m	
Boys 17*	60mH 3'0"	100m	
Jnr Men	60mH 3'0"	110m	

Outer Track 2pm

All Walks	1km
Jnr Women	400m
Jnr Men	400m
G16	800m
B16	800m
G15	800m
B15	800m
Jnr Women	800m
Jnr Men	800m
G14	800m
B14	800m
G13	600m
B13	600m
Jnr Women	1500m
Jnr Men	1500m

Sprints

G13	60m
B13	60m
G14	60m
B14	60m
G15	60m
B15	60m
G16	60m
B16	60m
Jnr Women	60m
Jnr Men	60m
Finals in same order	

All Relays will be decided on times on Times

G13	4x200m
B13	4x200m
G14	4x200m
B14	4x200m
G15	4x200m
B15	4x200m
G16	4x200m
B16	4x200m
JNR Women/Men	4x200m

High Jump 1, (All to commence after Jnr Men's 60M)

G13 & G14	G15, G16 & Jnr W
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High Jump 2

B13 & B14	B15, B16 & Jnr M
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Shot Putt @ 1pm

Girls U13 & U14 (2Kg)	Boys U13 (2Kg)	Girls U15 (2.72KG)	Boys U14 (2.72kg)
Girls U16 & Jnr W (3Kg)	Boys 15 (3KG)	Boys U16 (4Kg)	Jnr M (5Kg)

Pole Vault

Girls U13	Boys U13	Girls U14	Boys U14	Girls U15
Boys U15	Girls U16	Boys U16	Jnr W	Jnr M

Long Jump U13 - Jnr @ 2pm

Pit No. 1	Jnr M	B15	B16	B13	B14
Pit No. 2	Jnr W	G15	G16	G13	G14