

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 <u>ONE</u> 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.					
			Hurdles @ 1pm		
			Age	Height	Spacings
All Relay Races will be decided on Times.			G12	60mH 2'3"	60m
Girls U9	4 x 100m		B12	60mH 2'3"	60m
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
Girls U13	4 x 200m		B16	60mH 2'9"	100m
Boys U13	4 x 200m				
Girls U14	4 x 200m				
Boys U14	4 x 200m		Jnr Wn	60mH 2'6"	100m
Girls U15	4 x 200m		Boys 17*	60mH 3'0"	100m
Boys U15	4 x 200m		Boys 18/19*	60mH 3'0"	110m
Girls U16	4 x 200m		Finals Before Change of Hurdles		
Boys U16	4 x 200m				
Jnr Women	4 x 200m				
Jnr Men	4 x 200m				
Outer Track 2pm			Sprints		
U13 to Jnr Walks	1km		G13	60m	
Jnr Women	400m		B13	60m	
Jnr Men	400m		G14	60m	
G16	800m		B14	60m	
B16	800m		G15	60m	
G15	800m		B15	60m	
B15	800m		G16	60m	
Jnr Women	800m		B16	60m	
Jnr Men	800m		Jnr Women	60m	
G14	800m		Jnr Men	60m	
B14	800m		Finals in same order		
G13	600m				
B13	600m				
Jnr Women	1500m				
Jnr Men	1500m				
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						
Triple Jump Jnr 3.30pm								
Pit No. 1	Jnr M							
Pit No. 2	Jnr Wm							
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				