

Galway Indoor Track & Field Championships 2015
Athlone International Arena Sunday 18th Jan 2015 @ 9.30am

**PLEASE NOTE, THE TIMES BELOW ARE PROVIDED AS GUIDELINES ONLY TO ALLOW
ATHLETES AND COACHES TO ESTIMATE THEIR EVENT START TIMES.**

The order of events will remain as per below but all start times are provisional and subject to change.

They will be brought forward if the day runs smoothly so please arrive at least an hour before the time listed below.

If behind schedule, athletes can use the info below to estimate a revised start time as the order of events will be adhered to.

Time	Inner Track	Entries	Heats	Time	Outer Track	Entries	Heats	Time	Field	Entries
09:30	Senior Men Hurdles	2	1	09:30	U14 Girls 4x200m	9	2	09:30	U13 Girls Long Jump (3.00m)	38
09:37	Senior Women Hurdles	2	1	09:46	U14 Boys 4x200m	5	1	11:24	U14 Girls Long Jump (3.50m)	24
09:44	U16/17 Boys Hurdles (2' 9", yellow)	8	1	09:54	U15 Girls 4x200m	5	1	12:36	U16/17 Girls Long Jump	16
09:51	U15 Boys Hurdles (2' 9", black)	8	1	10:02	U15 Boys 4x200m	2	1	13:12	U15 Girls Long Jump	12
09:58	U16/17 Girls Hurdles (2' 6", black)	11	2	10:10	U16/17 Girls 4x200m	9	2	14:00	Senior Women Long Jump	5
10:12	U15 Girls Hurdles (2' 6", black)	9	2	10:26	U16/17 Boys 4x200m	8	2			
10:26	U14 Boys Hurdles (2' 6", orange)	4	1	10:42	Senior Women 4x200m	0	0	09:30	U13 Boys Long Jump (3.10m)	29
10:33	U14 Girls Hurdles (2' 3", orange)	13	2	10:42	Senior Men 4x200m	1	1	10:57	U14 Boys Long Jump (4.00m)	8
10:47	U13 Boys Hurdles (2' 3", green)	12	3	10:50	U13 Girls 4x100m	14	3	11:21	U15 Boys Long Jump	8
11:08	U13 Girls Hurdles (2' 3", green)	33	3	11:14	U13 Boys 4x100m	9	2	11:45	U16/17 Boys Long Jump	14
	Clear away hurdles		1	11:30	Senior Women 3000m	5	1	12:27	Senior Men Long Jump	8
11:39	Senior Women 60m	10	2	11:45	Senior Men 3000m	8	1			
11:45	Senior Men 60m	22	3	12:00	U13 Girls 600m	44	4	09:15	Senior Women Shot Putt (4kg)	3
11:54	U16/17 Girls 60m	20	3	12:20	U13 Boys 600m	28	3		Senior Men Shot Putt (5kg)	5
12:03	U15 Girls 60m	12	2	12:35	U15 Girls 800m	14	2	09:39	U16/17 Girls Shot Putt (3kg)	9
12:09	U15 Boys 60m	13	2	12:45	U15 Boys 800m	8	1	10:06	U16/17 Boys Shot Putt (4kg)	6
12:15	U16/17 Boys 60m	15	2	12:50	U14 Girls 800m	21	2	10:24	U15 Girls Shot Putt (2.72kg)	7
12:21	U14 Girls 60m	31	4	13:00	U14 Boys 800m	15	2	10:45	U15 Boys Shot Putt (3.25kg)	3
12:33	U14 Boys 60m	18	3	13:10	U16/17 Girls 800m	15	2	10:54	U14 Girls Shot Putt (2kg)	7
12:42	U13 Girls 60m	49	7	13:20	U16/17 Boys 800m	16	2	11:15	U14 Boys Shot Putt (2.72kg)	6
13:03	U13 Boys 60m	35	5	13:30	Senior Women 800m	10	1	11:33	U13 Girls Shot Putt (2kg)	12
				13:35	Senior Men 800m	14	2	12:09	U13 Boys Shot Putt (2kg)	11
				13:45	U16/17 Girls 200m	24	4			
				13:57	U16/17 Boys 200m	25	5	10:00	Senior Women High Jump	6
				14:12	Senior Women 200m	13	3		Senior Men High Jump	3
				14:21	Senior Men 200m	19	4	10:45	U16/17 Boys High Jump	3
									U16/17 Girls High Jump	9
								11:30	U13 Girls High Jump	8
									U13 Boys High Jump	1
								12:15	U14 Girls High Jump	5
									U14 Boys High Jump	2
									U15 Girls High Jump	2
									U15 Boys High Jump	1
14:30	U10 Girls 60m	42	6	14:33	U12 Girls 4x100m	12	2	12:42	U12 Boys Shot Putt (2kg)	25
14:48	U10 Boys 60m	34	5	14:49	U12 Boys 4x100m	14	3	13:57	U12 Girls Shot Putt (2kg)	7
15:03	U12 Girls 60m	40	5	15:13	U10 Girls 4x100m	9	2			
15:18	U12 Boys 60m	49	7	15:29	U10 Boys 4x100m	8	2	13:00	U12 Girls High Jump	6
15:39	U11 Girls 60m	46	6	15:45	U11 Girls 4x100m	15	3	14:00	U12 Boys High Jump	13
15:57	U11 Boys 60m	36	5	16:09	U11 Boys 4x100m	12	2			
16:12	Inner track finished			16:25	U12 Girls 600m	36	3	14:15	U11 Girls Long Jump (2.65m)	38
				16:40	U12 Boys 600m	46	4	16:09	U10 Girls Long Jump (2.55m)	18
				17:00	U11 Girls 600m	39	4	17:03	U12 Girls Long Jump (2.75m)	27
				17:20	U11 Boys 600m	33	3	18:24	Girls long jump finished	
				17:35	U10 Girls 400m	40	4			
				17:55	U10 Boys 400m	38	4	12:51	U11 Boys Long Jump (2.65m)	34
				18:15	Outer track finished			14:33	U12 Boys Long Jump (2.90m)	44
								16:45	U10 Boys Long Jump (2.55m)	21
								17:48	Boys long jump finished	

Event Director: Brendan Treacy 087 2487720
Competition Secretary: Michael Tobin 087 6591879
Track & Field Referee: Brian Bruton 087 9278337

NOTE CAREFULLY

Only competing athletes allowed in the warm-up area. No coaches or relay practise allowed in the warm-up area.

Only competing athletes and officials allowed on the track. No food or fizzy drinks in the arena.

Coaches will be briefly allowed in to help athletes get marks prior to long jump or high jump.

Please remain seated as much as possible.

Please adhere to above so that the day runs smoothly.

There will be spot checks on spikes length in assembly - only 5mm spikes allowed.

AIT CANTEEN
Opening times 11am-4pm