



ATHLETICS LIMERICK

Event: U9 to U16 & Senior Indoor Championships 2017
 Venue: Nenagh Indoor Arena, Nenagh Co. Tipperary

Date: 2nd December 2017
 Time: 10:30am

FIRST SESSION		
MAIN TRACK RELAY - HEATS 10:30m		
Girls U09	4 x100m	Boys U09
Girls U11	4 x 100m	Boys U11
Girls U13	4 x 100m	Boys U13
Girls U15	4 x 200m	Boys U15
Junior Women	4 x 200m	
RELAY FINALS IN SAME ORDER AS HEATS		

CENTRE TRACK - 60m HURDLES			
Girls U13	2'3"	2'3"	Boys U13
Girls U14	2'3"	2'6"	Boys U14
Girls U15	2'6"	2'9"	Boys U15
Girls U16	2'6"	2'9"	Boys U16
Junior Women	2'9"	3'3"	Junior Men

MAIN TRACK - EVENTS		
Senior Women	200m	Junior Men
Junior Women	400m	Senior Men
Girls U09	300m	
	500m	Boys U10
Grls U11	600m	Boys U12
Girls U13	600m/800m	Boys U14
Girls U15	800m	Boys U16
Senior Women	800m	Junior Men
Junior Women	1500m	Senior Men

LONG JUMP			
	Pit No	Pit No	
Junior Women	1	1	Senior Men
Girls U10	2	1	Boys U09
Girls U14	1	2	Boys U12
		1	Boys U16
As Long Jump Pits become available			

SHOT PUT - WEIGHTS			
Girls U15	2.72kg	2kg	Boys U11
Girls U13	2kg	7.26kg	Senior Men
Junior Women	3kg		

RELAY QUALIFICATION	
2 Heats	First Two (2)
3 Heats	Winner plus Fastest Loser
4 Heats	Winner of each Heat

SPRINT QUALIFICATION	
2 Heats	First Four (4)
3 Heats	First Three (3)
4 Heats	First Two (2)

SECOND SESSION		
MAIN TRACK RELAY - HEATS 10:30m		
Girls U10	4 x100m	Boys U10
Girls U12	4 x 100m	Boys U12
Girls U14	4 x 100m	Boys U14
Girls U16	4 x 200m	Boys U15
Senior Mixed	4 x 200m	Junior Men
RELAY FINALS IN SAME ORDER AS HEATS		

CENTER TRACK - SPRINTS		
Junior Women	60m Heats	Junior Men
Girls U10	60m Heats	Boys U10
Girls U16	60m Heats	Boys U16
Girls U11	60m Heats	Boys U11
Senior Women	60m Heats	Senior Men
Girls U14	60m Heats	Boys U14
Girls U09	60m Heats	Boys U09
Girls U13	60m Heats	Boys U13
Girls U15	60m Heats	Boys U15
Girls U12	60m Heats	Boys U12
Semi-Finals & Finals if Required will follow in same Order		

MAIN TRACK - EVENTS		
Women	Events	Men
Junior Women	200m	Senior Men
Senior Women	400m	Junior Men
	300m	Boys U09
Girls U10	500m	
Grls U12	600m	Boys U11
Girls U14	600m	Boys U13
Girls U16	800m	Boys U15
Junior Women	800m	Senior Men
Senior Women	1500m	Junior Men

LONG JUMP			
Senior Women	Pit 1	Pit 1	Junior Men
Girls U09	Pit 2	Pit 1	Boys U10
Girls U12	Pit 1	Pit 2	Boys U14
Girls U16	Pit 2		
As Long Jump Pits become available			

SHOT PUT – WEIGHTS			
Girls U11	2kg	3kg	Boys U15
		2kg	Boys U13
Senior Women	4kg	5kg	Junior Men