

**Clare A.A.I Indoor Track and Field Championships****Nenagh**

26/01/2019

**Order Of Events****9.30am High Jumps All Ages u/13 to 19****12.30am Hurdles**

U/13	Girls	60m Hurdles	(2 . 3)
U/13	Boys	60m Hurdles	(2 . 3)
U/14	Girls	60m Hurdles	(2 . 3)
U/14	Boys	60m Hurdles	(2 . 6)
U/15	Girls	60m Hurdles	(2 . 6)
U/17	Girls	60m Hurdles	(2 . 6)
U/19	Girls	60m Hurdles	(2 . 6)
U/15	Boys	60m Hurdles	(2 . 9)
U/17	Boys	60m Hurdles	(2 . 9)
U/19	Boys	60m Hurdles	(3 . 0)

**Heats Will be held where required****And Finals will follow****(Field Events Three attempts only for all)****All Sprints check in at the warm up area****200,300,500 600,800 and walks Check in at the finish****line on the outside track,****( ALL LONG DISTANCE RACES DECIDED ON TIMES )****1 30 60metres Sprints Heats or Finals**

U/10	Girls	60m	
U/10	Boys	60m	
U/11	Girls	60m	
U/11	Boys	60m	
U/9	Girls	60m	
U/9	Boys	60m	
U12	Girls	60m	(Blocks)Optional
U12	Boys	60m	(Blocks) Optional
U13	Girls	60m	(Blocks) Optional
U13	Boys	60m	(Blocks) Optional
U14	Girls	60m	(Blocks)
U14	Boys	60m	(Blocks)
U15	Girls	60m	(Blocks)
U15	Boys	60m	(Blocks)
U17	Girls	60m	(Blocks)
U17	Boys	60m	(Blocks)
U19	Girls	60m	(Blocks)
U19	Boys	60m	(Blocks)

**Finals in Same order****11.00am****Outside Track**

U/9	Girls	300m
U/9	Boys	300m
U/10	Girls	500m
U/10	Boys	500m

**11.00am,****SHOT PUTT**

U/12`s	Shot Putt	(2k)
U/15`s	Shot Putt	(Girls 2.72k Boys 3k)
U/13`s	Shot Putt	(2k)
U/17`s	Shot Putt	(Girls 3k Boys 4k)
U/19`s	Shot Putt	(Girls 3k Boys 5k)

**11.00am****LONG JUMP**

Girls	U/11	Long Jump	
Boys	U/11	Long Jump	
Girls	U/9	Long Jump	(Sand)
Boys	U/9	Long Jump	(Sand)
Girls	U/10	Long Jump	(Sand)
Boys	U/10	Long Jump	(Sand)
Girls	U/12	Long Jump	
Boys	U/12	Long Jump	
Girls	U/14	Long Jump	
Boys	U/14	Long Jump	

**12.00 Outside Track****WALKS**

U/17 & 19	1500m	Walks (G & B)
U/13 14& 15	1000m	Walks (G & B)

**12.45 (200m, 600m, 800m)**

U/17	Girls	200m
U/17	Boys	200m
U/19	Girls	200m
U/19	Boys	200m
U/12	Girls	600m
U/12	Boys	600m
U/13	Girls	600m
U/13	Boys	600m
U/11	Girls	600m
U/11	Boys	600m
U/14	Girls	800m
U/14	Boys	800m
U/15	Girls	800m
U/15	Boys	800m
U/17	Girls	800m
U/17	Boys	800m
U/19	Girls	800m
U/19	Boys	800m