



Day 1 - Dublin Juvenile Outdoor Championships - 23rd May 2026

Track			
Time	E. No	Event	Age
10:00	1	600m Heats	Girls U12
10:15	2	600m Heats	Boys U12
10:27	3	600m Heats	Girls U13
10:42	4	600m Heats	Boys U13

Finals will be held at heat time if fewer than 15 athletes.

10:54	5	800m Heats	Girls U14
11:03	6	800m Heats	Boys U14
11:09	7	800m Heats	Girls U15
11:18	8	800m Heats	Boys U15
11:24	9	800m Heats	Girls U16
11:27	10	800m Heats	Boys U16

Finals will be held at heat time if fewer than 15 athletes. Girls U18/19 may be combined

11:30	11	800 Heats	Girls U17
11:33	12	800 Heats	Boys U17
11:36	13	800 Heats	Girls U18
11:39	14	800 Heats	Boys U18
11:42	15	800 Heats	Girls U19
11:45	16	800 Heats	Boys U19

11:48	17	250m Hurdles 2.3x6	Girls U15
11:56	19	250 Hurdles 2.6x6	Girls U16
12:04	18	250m Hurdles 2.6x6	Boys U15
12:12	20	250 Hurdles 2.6x6	Boys U16
12:16	21	300m Hurdles 2.6x7	Girls U17
12:20	22	300m Hurdles 2.6x7	Boys U17
12:24	23	400m Hurdles 2.6x10	Girls U18
12:28	25	400m Hurdles 2.6x10	Girls U19
12:32	24	400m Hurdles 2.9x10	Boys U18
12:36	26	400m Hurdles 3.0x10	Boys U19

BREAK

13:45		FINAL 250m Hurdles 2.3x6	Girls U15
13:49		FINAL 250 Hurdles 2.3x6	Girls U16
13:53		FINAL 250 Hurdles 2.3x6	Boys U16

14:00	27	3000m	Girls U16
14:11	31	3000m	Boys U16
14:22	9/30	3000m	Girls U17/18/19
14:33	32	3000m	Boys U17
14:44	4	3000m	Boys U18/19

15:05		800m FINAL	Girls U14
15:09		800m FINAL	Boys U14
15:13		800m FINAL	Girls U15
15:17		800m FINAL	Boys U15

Field				Field			
Time	E. No	Event	Age	Time	E. No	Event	Age
10:45	35	Shot Put Girls 2.72K	15	10:45	41	Long Jump Girls (standard 3.9m)	15
	36	Shot Put Boys 3k	15	12:30	42	Long Jump Boys (standard 4.00m)	15
12:00	37	Shot Put Girls 2k	14	13:30	43/44/45	Long Jump Girls	17/18/19
	38	Shot Put Boys 2.72k	14	13:30	46/47/48	Long Jump Boys	17/18/19
13:30	40	Shot Put Boys 2k	12	14:30	49	Long Jump Girls	16
14:30	39	Shot Put Girls 2k	12	14:30	50	Long Jump Boys	16
10:30	51	High Jump Girls (standard 1.05)	13				
12:00	52	High Jump Girls (standard 1.00)	12	10:45	55/56	Javelin Boys/Girls 400g	14
				12:15	57/58	Javelin 500g Boys Girls 600g	16
				13:30	59/60	Javelin Boys/Girls 400g	13
15:30	54	High Jump Girls (standard 1.10)	14	15:00	61/62	Javelin 400g Girls Boys 500g	15

Key messages:

- ** No late check-ins.
- ** Check in opens 90 mins and closes 45 mins before the assembly
- ** First four events check is a little different**
- ** ONLY check in at appropriate time.
- ** If an athlete fails to turn up for an event that they have checked in for they will be disqualified for all events that weekend.
- ** Minimum standards in some field events may be applied.
- ** Athletes who are not competent in their event, may not be permitted to compete for their own safety.
- ** Please see additional notes under events regarding qualifications and combining of events.
- ** The organisers reserve the right to alter timetable.
- ** The starting time of events may be brought forward up to 45 minutes from the proposed timetable