

Track & Field Competition U10 & U11 League 1 U12 - U16 - Irishtown - 26th April 2026

Please remember to check in for all events.  
Only access the warm up area 45 mins before your event.

Assembly	Track				Entrants	No of Heats	Time Allocated	Qualification	Field				Entrants					
	Time	Event No	Event	Age					Time	Event No	Event	Age						
	Mins	Secs	00:03															
09:45	10:00	1	400m Girls	Girls U14	60	8	00:24	Time										
10:09	10:24	2	400m Boys	Boys U14	34	5	00:15	Time	10:00	21	Long Jump Girls	11	91	10:45	34	Shot Put Boys 2.72	14	22
10:24	10:39	3	400m Girls	Girls U15	46	6	00:18							11:30	33	Shot Put Girls 2k	14	31
10:42	10:57	4	400m Boys	Boys U15	26	4	00:12	Time	10:00	22	Long Jump Boys	11	53					
10:54	11:09	5	400m Girls	Girls U16	23	3	00:09											
11:03	11:18	6	400m Boys	Boys U16	15	2	00:06	Time										
					Mins/Secs	15	00:04											
11:09	11:24	9	600m Girls	Girls U11	106	8	00:32	Time	12:00	25	Long Jump Girls	15	35	13:30	40	Shot Put Boys	12	41
11:41	11:56	11	600m Girls	Girls U12	105	7	00:28	Time	12:00	26	Long Jump Boys	15	20	12:30	39	Shot Put Girls	12	57
12:09	12:24	7	500m Girls	Girls U10	115	8	00:32	Time										
12:41	12:56	8	500m Boys	Boys U10	108	8	00:32	Time	12:45	23	Long Jump Girls	14	47	14:30	43/4 5	Shot Put Girls	15/16	20
13:13	13:28	10	600m Boys	Boys U11	73	5	00:20	Time	12:45	24	Long Jump Boys	14	26	14:30	44/4 6	Shot Put Boys	15/16	13
13:33	13:48	14	600m Boys	Boys U13	58	4	00:16	Time										
13:49	14:04	13	600m Girls	Girls U13	78	6	00:24	Time										
14:13	14:28	12	600m Boys	Boys U12	89	6	00:24	Time	13:45	41	Long Jump Girls	16	14	10:00	37	Turbo Jav Boys	10	96
					Mins/Secs	18	00:06		13:45	42	Long Jump Boys	16	13	10:00	36	Turbo Jav Girls	10	97
14:37	14:52	15	1500m Girls	Girls U14	33	2	00:12	Time										
14:49	15:04	16	1500m Boys	Boys U14	36	2	00:12	Time	14:15	27	Long Jump Girls	12	98	15:00	47	Jav Girls	14	30
15:01	15:16	17	1500m Girls	Girls U15	16	1	00:06	Time	15:15	28	Long Jump Boys	12	71	15:00	48	Jav Boys	14	14
15:07	15:22	18	1500m Boys	Boys U15	22	2	00:12	Time										
15:19	15:34	19	1500m Girls	Girls U16	20	2	00:12	Time										
15:31	15:46	20	1500m Boys	Boys U16	19	2	00:12	Time	13:00	29	High Jump Girls	15	15	10:30	36	Javelin Boys	13	26
									14:00	30	High Jump Boys	15	8	11:30	35	Javelin Girls	13	32
									12:00	31	High Jump Girls	16	9	15:00	49	Discus Girls	13	11
									10:00	32	High Jump Boys	16	9	15:45	50	Discus Boys	13	21

- \*\* BIB Numbers will be provided to the Designated Club Official.
- \*\* BIB Numbers will only be issued to Clubs who have provided sufficient officials in order for the competition to take place.
- \*\* It is the responsibility of each designated Club Official to advise the check-in Team if an athlete is not competing 40 mins before their event.
- \*\* Failure to follow the above point will cause empty lanes, potential delays and a less competitive experience for the other athletes.
- \*\* For age categories U10 & U11 - this is a Track & Field Competition where medals are awarded on the day of event.
- \*\* For age categories U12 - 16 - this is a League event where points awarded accumulate over the three league events.
- \*\* BIB Numbers must be retained for all three League events.

