

Day 3

Saturday, 11th July 2026

Tullamore, Offaly

The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable.

Check-in opens at 08:30am

Check in closes 9.15 a.m. Hurdles

10.00 a.m.

Boys	U19	400mH	3'0" 91.4cm
Boys	U18	400mH	2'9" 84.0cm
Girls	U19	400mH	2'6" 76.2cm
Girls	U18	400mH	2'6" 76.2cm
Boys	U17	300mH	2'6" 76.2cm
Girls	U17	300mH	2'6" 76.2cm
Boys	U16	250mH	2'6" 76.2cm
Boys	U15	250mH	2'6" 76.2cm
Girls	U16	250mH	2'3" 68.6cm
Girls	U15	250mH	2'3" 68.6cm

Finals to be held at heat time if heats not required.

Hurdle Finals in the same order @11.25a.m.

Check-in closes 11.00 a.m. 200m

12.10 p.m.

Girls and Boys	U19	200m	Heats
Girls and Boys	U18	200m	Heats
Girls and Boys	U17	200m	Heats
Girls and Boys	U16	200m	Heats
Girls and Boys	U15	200m	Heats
Girls and Boys	U14	200m	Heats

Check in closes 12.45 p.m. 1500m

1.50 p.m.

Girls and Boys	U14	1500m	Final
Girls and Boys	U15	1500m	Final
Girls and Boys	U16	1500m	Final
Girls and Boys	U17	1500m	Final
Girls and Boys	U18	1500m	Final
Girls and Boys	U19	1500m	Final

3.45 p.m. 200m Finals in the same order

Check in Closes 1 hour prior to each start time

Shot Put

10.00 a.m.	U19	Boys
11.30 a.m.	U18	Girls
1.30 p.m.	U18	Boys
3.00 p.m.	U19	Girls
3.30 p.m.	U17	Boys

Javelin

10.00 a.m.	U17	Girls
11.15 a.m.	U17	Boys
1.00 p.m.	U18	Girls
2.00 p.m.	U18	Boys

Long Jump

10.00 a.m.	U17	Girls
11.30 a.m.	U19	Boys
1.15 p.m.	U16	Boys
2.15 p.m.	U16	Girls
4.00 p.m.	U19	Girls

Triple Jump

11.15 a.m.	U17	Boys
1.30 p.m.	U17	Girls

High Jump

10.00 a.m.	U17	Boys
11.15 a.m.	U18	Boys
1.30 p.m.	U18	Girls
2.45 p.m.	U17	Girls
4.00 p.m.	U19	Boys