

Day 4

Sunday, 12th 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 8:30 am

Check-in closes 9.15 a.m. Sprints / Mixed Relay

10.00 a.m.

Mixed Relay	U17	4x400m	(Heat declared winners)
Mixed Relay	U19	4x400m	(Heat declared winners)

10.15 a.m.

B' Championships

Girls and Boys	U12	60m	Heats
Girls and Boys	U13	80m	Heats
Girls and Boys	U14	80m	Heats
Girls and Boys	U15	100m	Heats
Girls and Boys	U16	100m	Heats

Sprint Finals in the same order

Check in closes at 10.45 a.m. Relays

11.45 a.m.

Girls and Boys	U18	4x400m	(Heat declared winners)
Girls and Boys	U13	4x100m	(Heat declared winners)
Girls and Boys	U15	4x100m	(Heat declared winners)
Girls and Boys	U17	4x100m	(Heat declared winners)
Girls and Boys	U19	4x100m	(Heat declared winners)

Check in closes at 12.30 p.m. 600m/800m

1.30 p.m.

B' Championships

Girls and Boys	U12	600m	Final
Girls and Boys	U13	600m	Final
Girls and Boys	U14	800m	Final
Girls and Boys	U15	800m	Final
Girls and Boys	U16	800m	Final

All 600m/800m Races are timed heat declared winners

Check in closes at 1.30 p.m. Relays

2.30 p.m.

Girls and Boys	U17	4x400m	(Heat declared winners)
Girls and Boys	U19	4x400m	(Heat declared winners)
Girls and Boys	U14	4x100m	(Heat declared winners)
Girls and Boys	U16	4x100m	(Heat declared winners)
Girls and Boys	U18	4x100m	(Heat declared winners)

Check in closes 9.15am for Morning Field Events

Check in closes 12 noon for Afternoon Field Events

Shot Put

10.00 a.m.	U14	Girls
	U14	Boys
	U13	Girls
	U13	Boys
	U15/U16	Girls

Shot Put

1.30 p.m.	U15/U16	Boys
	U12	Girls
	U12	Boys

Shots can be weighed at 9 a.m. and 1 p.m. only

Long Jump (Pit 1)

10.15 a.m.	U15/U16	Girls
	U14	Girls

Long Jump (Pit 1)

1.30 p.m.	U13	Girls
	U12	Girls

Long Jump (Pit 2)

10.15 a.m.	U15/U16	Boys
	U14	Boys

Long Jump (Pit 2)

1.30 p.m.	U13	Boys
	U12	Boys

High Jump

10.00 a.m.	U13	Girls
	U13	Boys
	U12	Girls
	U12	Boys

High Jump

1.30 p.m.	U15/U16	Girls
	U15/U16	Boys
	U14	Girls
	U14	Boys