



### Day 3 - Dublin Juvenile Outdoor Championships 6th June 2026

| Check in                                  |       | Assembly | Track |                      |          | Entrants | No of Heats | Time Allocated | Qualification | Check in |       | Field |  |          | Entrants | Check in |       | Field |   |       | Entrants |
|---|-------|----------|-------|----------------------|----------|----------|-------------|----------------|---------------|----------|-------|-------|--|----------|----------|----------|-------|-------|---|-------|----------|
| Open                                      | Close |          | Time  | Event                | Age      |          |             |                |               | Open     | Close | Time  | Event  | Age      |          | Open     | Close | Time  | Event   | Age   |          |
| 09:00                                     | 09:45 | 10:15    | 10:30 | 400m Heats           | U17G     | 9        | 2           | 00:06          | 2+4           | 09:00    | 09:45 | 10:45 | Discs Boys .75k  | 14       | 15       | 09:00    | 09:45 | 10:45 | Shot Put Boys 4K  | 16    | 6        |
| 09:06                                     | 09:51 | 10:21    | 10:36 | 400m Heats           | U18G     | 12       | 2           | 00:06          | 2+4           | 09:45    | 10:30 | 11:30 | Discs Girls .75k COMBINED                                | 14/15    | 25       | 10:30    | 10:30 | 11:30 | Shot Put Girls 3k COMBINED  | 16/17 | 15       |
| 09:12                                     | 09:57 | 10:27    | 10:42 | 400m Heats           | U17B     | 10       | 2           | 00:06          | 2+4           | 11:15    | 12:00 | 13:00 | Discs Boys 1k COMBINED                                   | 15/16    | 12       | 10:45    | 11:30 | 12:30 | Shot Put Girls 3k/4k COMBINED                                       | 18/19 | 3        |
| 09:18                                     | 10:03 | 10:33    | 10:48 | 400m Heats           | U18B     | 6        | 1           | 00:03          | Final         | 11:15    | 12:00 | 13:00 | Discs Girls 1k   | 16       | 9        | 11:45    | 12:30 | 13:30 | Shot Put Boys 6k  | 19    | 2        |
| 09:21                                     | 10:06 | 10:36    | 10:51 | 400m Heats           | U19B     | 3        | 1           | 00:03          | Final         | 09:15    | 10:00 | 11:00 | High Jump Girls (Opening height 1.25/1.30/1.30) COMBINED | 17/18/19 | 11       | 12:15    | 13:00 | 14:00 | Shot Put Boys 5k COMBINED   | 17/18 | 4        |
| 09:24                                     | 10:09 | 10:39    | 10:54 | 400m Heats           | U19G     | 5        | 1           | 00:03          | Final         | 10:45    | 11:30 | 12:30 | High Jump Boys (Opening height 1.35/1.45/1.50) COMBINED  | 17/18/19 | 9        | 09:00    | 09:45 | 10:45 | Long Jump Girls both pits - 2 groups of 23 approx. Standard - 3.10m | 12    | 68       |
| Straight finals if heats are not required |       |          |       |                      |          | 10 Lanes |             | 00:04          | 10            | 11:45    | 12:30 | 13:30 | High Jump Boys (Opening height 1.35)                     | 16       | 9        | 10:45    | 11:30 | 12:30 | Long Jump Boys (Pit 2) Standard 3.30m                               | 12    | 43       |
| 09:30                                     | 10:15 | 11:00    | 11:15 | 60m Hur Heat 2.3x6   | 13 Girls | 35       | 4           | 00:16          | 2+2           | 11:45    | 12:30 | 13:30 | High Jump Boys (Opening height 1.25)                     | 15       | 7        | 12:45    | 13:30 | 14:30 | Long Jump Girls both pits Standard 3.50m 2 Groups of approx 25      | 13    | 55       |
| 09:46                                     | 10:31 | 11:16    | 11:31 | 60m Hur Heat 2.3x6   | 13 Boys  | 29       | 3           | 00:12          | 2+4           |          |       |       |  |          |          |          |       |       |   |       |          |
| 09:58                                     | 10:43 | 11:28    | 11:43 | 75m Hur Heat 2.3x8   | 14 Girls | 23       | 3           | 00:12          | 2+4           |          |       |       |  |          |          |          |       |       |   |       |          |
| 10:10                                     | 10:55 | 11:40    | 11:55 | 75m Hur Heat 2.3x8   | 14 Boys  | 12       | 2           | 00:08          | 3+4           |          |       |       |  |          |          |          |       |       |   |       |          |
| 10:18                                     | 11:03 | 11:48    | 12:03 | 80m Hur Heat 2.6x8   | 15 Girls | 14       | 2           | 00:08          | 3+4           |          |       |       |  |          |          |          |       |       |   |       |          |
| 10:26                                     | 11:11 | 11:56    | 12:11 | 80m Hur Heat 2.6x8   | 16 Girls | 11       | 2           | 00:08          | 3+4           |          |       |       |  |          |          |          |       |       |   |       |          |
| 10:34                                     | 11:19 | 12:04    | 12:19 | 80m Hur Heat 2.6x8   | 15 Boys  | 5        | 1           | 00:04          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
| 10:38                                     | 11:23 | 12:08    | 12:23 | 100m Hur Heat 2.6x10 | 17 Girls | 4        | 1           | 00:04          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
| 10:42                                     | 11:27 | 12:12    | 12:27 | 100m Hur Heat 2.6x10 | 18 Girls | 5        | 1           | 00:04          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
| 10:46                                     | 11:31 | 12:16    | 12:31 | 100m Hur Heat 2.9x10 | 16 Boys  | 5        | 1           | 00:04          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
| 10:50                                     | 11:35 | 12:20    | 12:35 | 100m Hur Heat 2.9x10 | 19 Girls | 2        | 1           | 00:04          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
| 10:54                                     | 11:39 | 12:24    | 12:39 | 110m Hur Heat 3.0x10 | 17 Boys  | 3        | 1           | 00:04          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
| 10:58                                     | 11:43 | 12:28    | 12:43 | 110m Hur Heat 3.0x10 | 18 Boys  | 3        | 1           | 00:04          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
| 11:02                                     | 11:47 | 12:32    | 12:47 | 110m Hur Heat 3.3x10 | 19 Boys  | 1        | 1           | 00:04          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       |          |       |                      |          | 8 Lanes  |             | 00:03          | 8             |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 13:00    | 13:15 | 400m Final           | 17 Girls | 8        | 1           | 00:03          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 13:03    | 13:18 | 400m Final           | 18 Boys  | 8        | 1           | 00:03          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 13:06    | 13:21 | 400m Final           | 19 Boys  | 8        | 1           | 00:03          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       |          |       |                      |          | 10 Lanes |             | 00:04          | 10            |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 13:15    | 13:30 | 60m Hur Heat 2.3x6   | 13 Girls | 10       | 1           | 00:04          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 13:19    | 13:34 | 60m Hur Heat 2.3x6   | 13 Boys  | 10       | 1           | 00:04          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 13:23    | 13:38 | 75m Hur Heat 2.3x8   | 14 Girls | 10       | 1           | 00:04          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 13:27    | 13:42 | 75m Hur Heat 2.3x8   | 14 Boys  | 10       | 1           | 00:04          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 13:31    | 13:46 | 80m Hur Heat 2.6x8   | 15 Girls | 10       | 1           | 00:04          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 13:35    | 13:50 | 80m Hur Heat 2.6x8   | 16 Girls | 10       | 1           | 00:04          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
| <b>Break</b>                              |       |          |       |                      |          | 8 Lanes  |             | 00:03          | 8             |          |       |       |  |          |          |          |       |       |   |       |          |
| 12:10                                     | 12:55 | 13:40    | 14:30 | 200m Heats           | 14G      | 57       | 8           | 00:24          | 8 fastest     |          |       |       |  |          |          |          |       |       |   |       |          |
| 13:09                                     | 13:54 | 14:39    | 14:54 | 200m Heats           | 14B      | 37       | 5           | 00:15          | 8 fastest     |          |       |       |  |          |          |          |       |       |   |       |          |
| 13:24                                     | 14:09 | 14:54    | 15:09 | 200m Heats           | 15G      | 46       | 6           | 00:18          | 8 fastest     |          |       |       |  |          |          |          |       |       |   |       |          |
| 13:42                                     | 14:27 | 15:12    | 15:27 | 200m Heats           | 15B      | 25       | 4           | 00:12          | 1+4           |          |       |       |  |          |          |          |       |       |   |       |          |
| 13:54                                     | 14:39 | 15:24    | 15:39 | 200m Heats           | 16G      | 26       | 4           | 00:12          | 1+4           |          |       |       |  |          |          |          |       |       |   |       |          |
| 14:06                                     | 14:51 | 15:36    | 15:51 | 200m Heats           | 16B      | 24       | 3           | 00:09          | 1+5           |          |       |       |  |          |          |          |       |       |   |       |          |
| 14:15                                     | 15:00 | 15:45    | 16:00 | 200m Heats           | 17G      | 20       | 3           | 00:09          | 1+5           |          |       |       |  |          |          |          |       |       |   |       |          |
| 14:24                                     | 15:09 | 15:54    | 16:09 | 200m Heats           | 17B      | 18       | 3           | 00:09          | 1+5           |          |       |       |  |          |          |          |       |       |   |       |          |
| 14:33                                     | 15:18 | 16:03    | 16:18 | 200m Heats           | 18G      | 15       | 2           | 00:06          | 2+4           |          |       |       |  |          |          |          |       |       |   |       |          |
| 14:39                                     | 15:24 | 16:09    | 16:24 | 200m Heats           | 18B      | 19       | 3           | 00:09          | 1+5           |          |       |       |  |          |          |          |       |       |   |       |          |
| 14:48                                     | 15:33 | 16:18    | 16:33 | 200m Heats           | 19G      | 8        | 1           | 00:03          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
| 14:51                                     | 15:36 | 16:21    | 16:36 | 200m Heats           | 19B      | 13       | 2           | 00:06          | 2+4           |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       |          |       |                      |          | 8 Lanes  |             | 00:03          | 8             |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 16:27    | 16:42 | 200m Final           | 14G      | 8        | 1           | 00:03          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 16:30    | 16:45 | 200m Final           | 14B      | 8        | 1           | 00:03          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 16:33    | 16:48 | 200m Final           | 15G      | 8        | 1           | 00:03          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 16:36    | 16:51 | 200m Final           | 15B      | 8        | 1           | 00:03          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 16:39    | 16:54 | 200m Final           | 16G      | 8        | 1           | 00:03          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 16:42    | 16:57 | 200m Final           | 16B      | 8        | 1           | 00:03          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 16:45    | 17:00 | 200m Final           | 17G      | 8        | 1           | 00:03          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 16:48    | 17:03 | 200m Final           | 17B      | 8        | 1           | 00:03          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 16:51    | 17:06 | 200m Final           | 18G      | 8        | 1           | 00:03          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 16:54    | 17:09 | 200m Final           | 18B      | 8        | 1           | 00:03          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |
|   |       | 16:57    | 17:12 | 200m Final           | 19B      | 8        | 1           | 00:03          | Final         |          |       |       |  |          |          |          |       |       |   |       |          |

**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\*\*
  
- \*\* 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