

Day 1 – Saturday 3rd July

Check in Opens 8.30am

The Committee reserve the right to alter the timetable.

Check in closes 9.15 a.m. Hurdles

10.00 a.m. Hurdles

Girls 13	60m Hurdles	2'3"	68.6cm
Boys 13	60m Hurdles	2'3"	68.6cm
Girls 14	75m Hurdles	2'3"	68.6cm
Boys 14	75m Hurdles	2'6"	76.2cm
Girls 15	80m Hurdles	2'6"	76.2cm
Girls 16	80m Hurdles	2'6"	76.2cm
Boys 15	80m Hurdles	2'9"	84.0cm
Girls 17	100m Hurdles	2'6"	76.2cm
Girls 18	100m Hurdles	2'6"	76.2cm
Boys 16	100m Hurdles	2'9"	84.0cm
Girls 19	100m Hurdles	2'9"	84.0cm
Boys 17	100m Hurdles	3'0"	91.4cm
Boys 18	110m Hurdles	3'0"	91.4cm
Boys 19	110m Hurdles	3'3"	99.0cm

HURDLE FINALS

Check in closes 12.00 . Steeplechase

1.00 p.m.

Girls 17	1200 S/C	Final
Girls 18	1500 S/C	Final
Girls 19	2000 S/C	Final
Boys 17	1500 S/C	Final
Boys 18/19	2000 S/C	Final

Check in closes 1.30 p.m. Sprints

2.30 p.m.

Girls & Boys 12	60m	Heats
Girls & Boys 13	80m	Heats
Girls & Boys 14	80m	Heats
Girls & Boys 15	100m	Heats
Girls & Boys 16	100m	Heats
Girls & Boys 17	100m	Heats
Girls & Boys 18	100m	Heats
Girls & Boys 19	100m	Heats

SPRINT FINALS

10.00 a.m.

Girls	14	Hammer (2.5k)SW
Boys	14	Hammer (2.5k)SW
Girls	15	Hammer (2.5k)SW

10.00 a.m.

Pole Vault

Girls	16,17,18 & 19
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10.00a.m.

Boys & Girls	14	Long Jump
Girls	16	High Jump
Boys	15	Shot
Girls	19	Discus
Boys	16	Javelin

11.00 a.m.

Boys & Girls	17	Long Jump
Boys	16	High Jump
Boys	18	Shot
Girls	15	Discus
Boys	19	Javelin

12.00 p.m.

Boys & Girls	15	Long Jump
Boys	13	High Jump
Girls	14	Shot
Boys	14	Discus
Girls	16	Javelin
Boys	18	Triple Jump

1.00 p.m.

Boys	17	High Jump
Girls	19	Shot
Boys	19	Discus
Boys	18	Javelin
Girls	18	Triple Jump

2.00pm

Boys	15	Javelin
Girls	15	High Jump
Boys	12	Long Jump
Girls	12	Shot Putt

3.00 p.m.

Boys	12	Shot Putt
Girls	12	High Jump

Athletic Association of Ireland 2010