

Galway Indoor Track & Field Championships 2019

Athlone International Arena

Sat 12th & Sun 13th Jan

Please treat the facility with respect - in particular bring your rubbish home or place in the bins provided.

The order of events will remain as per this programme but all start times are provisional and subject to change. They will be brought forward if the day runs smoothly so please arrive at least an hour before the time listed below. If behind schedule, athletes can use the info below to estimate a revised start time as the order of events will be adhered to.

RACE NUMBERS

Race numbers can be collected upstairs overlooking the track.

WARM-UP AREA

The warmup area is upstairs overhead the seating area. Only competing athletes allowed in the warm-up area. No spectators are allowed in the warm-up area. No relay practise in the warm-up area - please go outside for that.

ASSEMBLY AREA

Assembly for the outer track is upstairs beside the numbers collection point.

Assembly for the inner track is downstairs in the corner beside the shot putt area.

Assembly for the long jump is on the benches alongside the track on the side with the glass wall.

Assembly for the high jump and shot putt is at the event area for each event.

There will be spot checks on spikes length in assembly - only 5mm spikes allowed.

TRACK AND EVENTS AREA

Only competing athletes and officials allowed on the track.

Coaches will be briefly allowed in to help athletes get marks prior to long jump or high jump.

SPECTATORS

Please remain seated as much as possible.

No food or fizzy drinks allowed in the arena. Please eat in the area provided beside the entrance.

Or go to the canteen in the main campus building.

TAKING OF PHOTOGRAPHS

Parents clearly may take photographs of their own child.

In all other cases, designated club photographers should register as such with the competition secretary.

No other photographers are permitted at the event.

OFFICIALS

Please arrive at 9am and register upstairs with the competition secretary.

Each lead official should the go to Brendan Treacy near PA at start of their day and call their team in.

Officials should not leave their role until replaced by another official

as per the officials allocation which will be published to all clubs on Thursday night.

The organisers are very grateful to all officials for their volunteerism and encourage spectating parents to lend a hand to relieve people for lunch during the day. Please just come to PA if you wish to help.

TIMETABLE

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Day 1 U8-U12 Saturday 12th Jan @ 10.00am

Please note that all times are provisional and events may run up to 45 minutes ahead of schedule

<u>Time</u>	<u>Inner Track</u>	<u>Entries</u>	<u>Heats</u>	<u>Time</u>	<u>Outer Track</u>	<u>Entries</u>	<u>Heats</u>	<u>Time</u>	<u>Field</u>	<u>Entries</u>
10:00	U12 Girls Hurdles (2' 3", green)	35	5	10:30	U10 Girls 4x200m	14	3	10:00	U9 Girls Long Jump	19
	U12 Boys Hurdles (2' 3", green)	18	3		U10 Boys 4x200m	14	3	10:50	U11 Girls Long Jump	46
	Clear away hurdles			11:05	U12 Girls 4x200m	15	3	13:00	U12 Girls Long Jump	39
10:50	U8 Girls 60m	14	2		U12 Boys 4x200m	15	3	14:45	U10 Girls Long Jump	35
	U8 Boys 60m	20	3	11:40	U11 Girls 4x200m	16	3	16:20	Girls Long Jump Finished	
11:15	U9 Girls 60m	36	5		U11 Boys 4x200m	12	2			
	U9 Boys 60m	32	4	12:15	U9 Girls 200m	24	3	10:00	U9 Boys Long Jump	17
11:50	U10 Girls 60m	53	7		U9 Boys 200m	23	3	10:45	U11 Boys Long Jump	36
	U10 Boys 60m	57	8		60 minute break			12:25	U12 Boys Long Jump	48
	45 minute break			14:00	U10 Girls 400m	37	4	14:40	U10 Boys Long Jump	32
13:30	U11 Girls 60m	65	9		U10 Boys 400m	44	4	16:10	Boys Long Jump Finished	
	U11 Boys 60m	47	6	14:40	U11 Girls 600m	42	4			
14:30	U12 Girls 60m	51	7		U11 Boys 600m	36	3	12:00	U12 Boys Shot Putt (2kg)	13
	U12 Boys 60m	58	8	15:15	U12 Girls 600m	43	4	12:35	U12 Girls Shot Putt (2kg)	19
					U12 Boys 600m	46	4			
15:40	Inner Track Finished			16:00	Outer Track Finished			12:00	U12 Girls High Jump	20
								13:40	U12 Boys High Jump	13

TIMETABLE

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Day 2 U13-Senior/Masters Sunday 13th Jan @ 10.00am

*Please note that all times are provisional and
events may run up to 45 minutes ahead of schedule*

<u>Time</u>	<u>Inner Track</u>	<u>Entries</u>	<u>Heats</u>	<u>Time</u>	<u>Outer Track</u>	<u>Entries</u>	<u>Heats</u>	<u>Time</u>	<u>Field</u>	<u>Entries</u>
10:00	U13 Girls Hurdles (2' 3", green)	25	4	10:30	U13 Girls 4x200m	12	2	10:00	U15 Girls Long Jump	22
	U13 Boys Hurdles (2' 3", green)	20	3		U13 Boys 4x200m	9	2	10:55	U16/17 Girls Long Jump	17
	U14 Girls Hurdles (2' 3", orange)	14	2		U14 Girls 4x200m	11	2	11:40	U13 Girls Long Jump	41
	U14 Boys Hurdles (2' 6", orange)	6	1		U14 Boys 4x200m	4	1	13:20	U14 Girls Long Jump	27
11:00	U15 Girls Hurdles (2' 6", black)	13	2	11:15	U15 Girls 4x200m	6	1	14:25	Senior/Masters Women Long Jump	8
	U16/17 Girls Hurdles (2' 6", black)	5	1		U15 Boys 4x200m	4	1	14:45	Long Jump 1 Finished	
	U15 Boys Hurdles (2' 9", black)	7	1		U16/17 Girls 4x200m	7	2	10:00	Senior/Masters Men Long Jump	9
	U16/17 Boys Hurdles (2' 9", yellow)	5	1	11:30	U16/17 Boys 4x200m	8	2	10:20	U16/17 Boys Long Jump	12
	Senior/Masters Women Hurdles	5	1		Senior/Masters Women 4x200m	8	2	10:50	U13 Boys Long Jump	27
	Senior/Masters Men Hurdles	5	1		Senior/Masters Men 4x200m	7	2	12:00	U15 Boys Long Jump	9
11:45	U13 Girls 60m	53	7	12:00	Senior/Masters Women 3000m	9	1	12:20	U14 Boys Long Jump	11
	U13 Boys 60m	36	5		Senior/Masters Men 3000m	15	1	12:50	Triple Jump All ages	5
	U14 Girls 60m	34	5		45 minute break on track		1	13:10	Long Jump 2 Finished	
12:45	U14 Boys 60m	17	3	13:30	U14 Girls 1000m Walk	10	1			
	U15 Girls 60m	22	3		All other 1000m Walk	9	1	10:00	Senior/Masters Women Shot Putt	14
	U15 Boys 60m	13	2	14:00	U16/17 Girls 800m	9	1	10:30	Senior/Masters Men Shot Putt	12
	U16/17 Girls 60m	18	3		U16/17 Boys 800m	15	2	11:00	U16/17 Girls Shot Putt (3kg)	10
	U16/17 Boys 60m	13	2		Senior/Masters Women 800m	10	1	11:30	U16/17 Boys Shot Putt (4kg)	10
13:45	Senior/Masters Women 60m	12	2		Senior/Masters Men 800m	13	2	12:00	U15 Girls Shot Putt (2.72kg)	8
	Senior Men 60m	15	2	14:30	U13 Girls 600m	26	3	12:15	U15 Boys Shot Putt (3kg)	6
	Masters Men 60m	11	2		U13 Boys 600m	22	2	12:30	U14 Girls Shot Putt (2kg)	15
14:10	Inner Track Finished			15:00	U14 Girls 800m	28	3	13:00	U14 Boys Shot Putt (2.72kg)	3
					U14 Boys 800m	11	1	13:15	U13 Girls Shot Putt (2kg)	16
					U15 Girls 800m	14	2	14:00	U13 Boys Shot Putt (2kg)	10
					U15 Boys 800m	10	1	14:20	Shot putt finished	
				15:40	U16/17 Girls 200m	17	3			
					U16/17 Boys 200m	17	3	10:00	U16/17/Girls High Jump	9
					Senior Women 200m	15	3	10:45	U16/17 Boys High Jump	6
					Senior Men 200m	16	3	11:15	Senior/Masters Women High Jump	6
					Masters Women 200m	5	1	11:45	Senior/Masters Men High Jump	3
					Masters Men 200m	7	2	12:00	U15 Girls High Jump	6
				16:20	U16/17 Girls 1500m	6	1	12:30	U15 Boys High Jump	5
					U16/17 Boys 1500m	8	1	13:00	U14 Girls High Jump	7
					Senior/Masters Men 1500m	6	1	13:30	U14 Boys High Jump	4
					Senior/Masters Women 1500m	8	1	13:50	U13 Girls High Jump	12
				16:40	Outer Track Finished			14:50	U13 Boys High Jump	11
								15:45	High jump finished	
								13:30	Pole Vault - U15/older	7