

Galway Indoor Track & Field Championships 2020

Athlone International Arena

Sat 11th & Sun 12th 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, near-end of the warmup area.

Assembly for the inner track is upstairs at the far end of the warm-up 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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Athlone International Arena

Day 2 U13-Senior/Masters Sunday 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>	
60m Hurdles								Long Jump - Pit 1 (nearest finish)			
10:00	U13 Girls (2' 3", green)	20	3	10:30	U13 Girls 4x200m	7	2	10:00	U18/19, Senior, Masters Women	11	
	U13 Boys (2' 3", green)	18	3		U13 Boys 4x200m	7	2	10:25	U17 Girls Long Jump	9	
10:35	U14 Girls (2' 3", orange)	19	3		U15 Girls & Boys 4x200m	6	1	10:50	U15 Girls Long Jump	13	
	U14 Boys (2' 6", orange)	12	2	11:00	U17 Girls 4x200m	5	1	11:20	U16 Girls Long Jump	6	
11:05	U15 Girls (2' 6", black)	6	1		U17 Boys 4x200m	3	1	11:35	U14 Girls Long Jump	22	
	U16 Girls (2' 6", black)	5	1		U18/19 Girls & Boys 4x200m	5	1	12:30	U13 Girls Long Jump	29	
	U17 Girls (2' 6", yellow)	3	1		U14 Girls 4x200m	6	1	14:00	Pit 1 finished		
	U15 Boys (2' 9", black)	4	1		U14 Boys 4x200m	3	1	Long Jump - Pit 2 (nearest pole vault)			
11:30	U16 Boys (2' 9", yellow)	3	1	11:30	U16 Girls 4x200m	4	1	10:00	U18/19, Senior, Masters Men	8	
	U17 Boys (3' 0", yellow)	2	1		U16 Boys 4x200m	3	1	10:20	U17 Boys Long Jump	4	
	U18/19, Senior/Masters Women	7	1		Senior & Masters 4x200m	4	1	10:30	U16 Boys Long Jump	10	
	U18/19, Senior/Masters Men	4	1		All Ages 1000m Walk	7	1	10:55	U15 Boys Long Jump	9	
				12:00	All ages 3000m	14	1	11:20	U13 Boys Long Jump	17	
								12:00	U14 Boys Long Jump	12	
								12:30	Officials break and return for TJ		
	45 minute break on track				60 minute break on track			Triple Jump - Pit 2			
				13:25	U16 Girls 800m	11	1	13:15	U16 & U17 Girls/Boys	7	
					U16 Boys 800m	10	1	13:30	U18 & Older Men/Women	8	
					U17 Girls 800m	6	1	14:00	Pit 2 finished		
					U17 Boys 800m	6	1	Shot Put			
					U18/19, Senior/Masters Women 800m	7	1	10:00	U15 Girls (2.72kg)	10	
					U18/19 Boys 800m	5	1	10:25	U18/19, Senior, Masters Men (6kg, 7kg)	7	
					Senior/Masters Men 800m	8	1	10:40	U18/19, Senior, Masters Women (4kg)	8	
				14:00	U13 Girls 600m	26	3	11:00	U13 Boys (2kg)	8	
					U13 Boys 600m	25	3	11:20	U16, U17 Girls (3kg)	6	
				14:30	U14 Girls 800m	20	2	11:40	U15 & U16 Boys (3kg & 4kg)	6	
					U14 Boys 800m	12	1	11:55	U17 Boys (5kg)	4	
					U15 Girls 800m	12	1	12:05	U13 Girls (2kg)	13	
					U15 Boys 800m	10	1	12:35	U14 Boys (2.72kg)	7	
				15:00	U16 Girls 200m	14	3	12:50	U14 Girls (2kg)	10	
					U17 Girls 200m	9	2	13:30	Shot put finished		
					U17 Boys 200m	6	1	High Jump			
					U18/19 Girls 200m	7	2	10:00	U16 Girls High Jump	5	
					U18/19 Boys 200m	4	1	10:25	U14 & U15 Boys High Jump	5	
					Senior/Master Women 200m	6	1	10:50	U13 Girls High Jump	13	
				15:30	Senior Men 200m	6	1	11:55	U13 Boys High Jump	8	
					Masters Men 200m	8	2	12:35	U15 Girls High Jump	4	
					U16 & U17 Girls 1500m	5	1	12:55	U14 Girls High Jump	8	
					U16 & U17 Boys 1500m	6	1	13:35	U17 Girls High Jump	4	
					U18/19, Senior, Masters Women 1500m	14	2	13:55	U16 & U17 Boys High Jump	6	
					U18/19, Senior, Masters Men 1500m	10	1	14:25	U18/19, Senior/Masters Women	7	
								15:00	Senior/Masters Men	3	
								15:20	High jump finished		
15:00	Inner Track Finished			16:00	Outer Track Finished			14:15	Pole Vault - U19/senior	2	