

Galway Indoor Track & Field, Saturday 3rd January 2009

Provisional Order of Events

All times below are provisional and subject to change on the day

Outer Track

Time	Event	Age	
11.00am	3000m	Junior/Senior	All on times
11.30am	Relays	U10s up to Senior	All on times
1.00pm	Kept free during sprints		
2.30pm	350m	U10s	All on times
2.40pm	550m	U11s	All on times
2.55pm	600m	U12s & U13s	All on times
3.20pm	800m	Seniors down to U14s	All on times
4.00pm	200m	U16/17 & U18/19/Jun/Sen	All on times

Long Jump

Time	Pit 1 (men/boys)	Pit 2 (women/girls)
11.00am	U14	U14
11.30am	Kept free for relays	
1.00pm	U18/19/Jun/Sen	U18/19/Jun/Sen
1.20pm	U16/17	U16/17
1.45pm	U15	U15
2.15pm	U13	U13
2.45pm	U12	U12

Shot Putt

Time	Age
11.30am	U18/19/Jun/Sen
11.50pm	U16/17
12.10pm	U15
12.30pm	U14
12.50pm	U13
1.10pm	U12

Inner Track

Time	Event	Age	
11.00am	Kept free for high jump		
11.25am	Kept free for high jump		
11.50am	Kept free for high jump		
12.15pm	Kept free for high jump		
12.40pm	Kept free for high jump		
1.00pm	60m	U10s up to Seniors	Heats/finals
2.30pm	60m hurdles	U13s up to Seniors	Heats/finals

High Jump

Time	Mat 1	Mat 2
11.00am	U18/19/Jun/Sen Women/Men	U15 Girls
11.25am	U16/17 Girls/Boys	U15 Boys
11.50am	U14 Girls	U14 Boys
12.15pm	U13 Girls	U13 Boys
12.40pm	U12 Girls	U12 Boys

Notes

Under 10/11 athletes can compete in 2 events plus relays
 Under 12 upwards can compete in 3 events plus relays
 Athletes can move up an age group for relays & run 2 relays
 Only 2 can move up per age group
 Under 16& U17 compete as one age group
 Under 18 upwards compete in one age group as seniors
 Where 2 age groups are combined the lower height/ weight will be used
 All races except 60m & 60m hurdles will be decided on times if heats are required

Age groups

U10 boys/girls
 U11 boys/girls
 U12 boys/girls
 U13 boys/girls
 U14 boys/girls
 U15 boys/girls
 U16/17 boys/girls
 U18/19/jun/sen

Events

60m, 350m, 4x100m relay
 60m, 550m, 4x100m relay
 60m, 600m, long jump, high jump, shot, 4x100m
 60m, 60m hurdles, 600m, long jump, high jump, shot, 4x100m
 60m, 60m hurdles, 800m, long jump, high jump, shot, 4x200m
 60m, 60m hurdles, 800m, long jump, high jump, shot, 4x200m
 60m, 60m hurdles, 200m, 800m, long jump, high jump, shot, 4x200m
 60m, 60m hurdles, 200m, 800m, 3000m, long jump, high jump, shot, 4x200m

Officials

Administration: PA+Results: Mary Porter (C); Numbers: Paul McNamara (A) ; Competition Secretary: Michael Tobin (C)
Check-in: PJ Coyle (G), Sean Kindregan (A), Patricia Monaghan(T)
Inner Track: Starter: Oliver Geraghty(G); Finish: Paul McNamara(A), Frank Maguire(G), Tony Fitzpatrick(C); Chief Judge:Tom Finnegan[C]
Outer Track: Starter: Oliver Geraghty (G); Timekeeper: Sean Kenny (B); Finish: Eamonn O'Donnell (G), Liam Duggan [C] + 1 from Athenry
Relay Zones: Long jump officials + sprint finishers
Long Jump Pit 1: Vincent Conway (A), Breda Shaughnessy (B), Gerry Treacy [C]
Long Jump Pit 2: Brendan Monaghan (T), Martin Hynes (A), Thomas Porter [C]
High Jump Mat 1: Mary Barrett [L] (initially, then moving to shot putt), Myles Murphy [A], Diarmuid Quill [C]
High Jump Mat 2: Dermot McNamara [A] + 1 from GCH
Shot Putt: Mary Barrett [L]
Track & Field Referee: Dave Evans (T)
Presentation: Nicola Monaghan (T), Lisa Porter [C]

A = Athenry; B = Ballinasloe; C = Craughwell; G = GCH; L = Loughrea; T = Tuam;