

Irish Universities Indoor Track and Field Championships Nenagh Olympic Stadium

Programme of Events

Saturday 8th Dec 2007

11.30am	Check-in opens				
Check-in Closes	Event Time	Track Events		Field Events	
12 noon	12.30pm	60m Hurdles (W)	Semi		
12.15pm	12.45pm	60m Hurdles (M)	Semi		
12.15pm	1.00pm	200m (W)	Heat		
12.30pm	1.30pm	200m (M)	Heat	Triple Jump (W)	Final
1.00pm	2.00pm	60m Hurdles (W)	Final		
1.15pm	2.15pm	60m Hurdles (M)	Final		
1.45pm	2.45pm	60m (W)	Semi		
2.00pm	3.00pm	60m (M)	Semi		
2.15pm	3.15pm	400m (W)	Heat		
2.30pm	3.30pm			High Jump (M)	Final
2.45pm	3.45pm	400m (M)	Heat		
3.15pm	4.15pm	800m (W)	Semi	Triple Jump (M)	Final
3.30pm	4.30pm	800m (M)	Semi		
3.45pm	4.45pm*	3000m (W)	Semi*		
4.15pm	5.15pm*	3000m (M)	Semi*	High Jump (W)	Final
5.00pm	6.00pm	400m (W)	Semi		
5.15pm	6.15pm	400m (M)	Semi		
5.45pm	6.45pm	60m (W)	Final		
6.00pm	7.00pm	60m (M)	Final		
6.15pm	7.15pm	1500m (W)	Semi**		
6.30pm	7.30pm**	1500m (M)	Semi**		

Note:

- *** All finals will be run at final times - only exception 3000m.**
- **** If heats are not required in the women's 1500m, the timetable will advance by 15 minutes.**
- **If no heats are required in the 800m & 1500m all checked-in athletes will be called to the start line on the Saturday to confirm that they are present and running.**
- **All athletes are required to check-in, in person with their student ID card at least one hour prior to the start of their event. No late entries accepted on the day.**
- **All athletes must check-in for the first round and straight finals of all track events and for all field events, at least one hour prior to the start time of their event.**
- **Pits, jumps & throwing areas will open 30 minutes prior to the start of an event for warm up jumps & throws.**
- **No warm-ups allowed on the track except immediately prior to the start of an event.**

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Programme of Events

Sunday 9th Dec 2007

10.00am	Check-in opens				
Check-in Closes	Event Time	Track Events		Field Events	
10.30am	11.00am	200m (W)	Semi	Shot Putt (W)	Final
10.30pm	11.00pm			Long Jump (M)	Final
10.45am	11.15am	200m (M)	Semi	Pole Vault (W)	Final
10.45am	11.30am	1500m Walk (W)	Final		
10.45am	11.45am	800m (W)	Final		
11.00am	12 noon	800m (M)	Final		
11.15am	12.15pm	200m (W)	Final		
11.30am	12.30pm	200m (M)	Final	Shot Putt (M)	Final
11.45am	12.45pm	2000m Walk (M)	Final		
12 noon	1.00pm			Long Jump (W)	Final
12.30pm	1.30pm	4x200m (W)	Semi		
12.45pm	1.45pm	4x200m (M)	Semi	Pole Vault (M)	Final
1.00pm	2.00pm	3000m (W)	Final	8kg WF (W)	Final
1.30pm	2.30pm	3000m (M)	Final		
2.00pm	3.00pm	400m (W)	Final		
2.15pm	3.15pm	400m (M)	Final	16kg WF (M)	Final
2.30pm	3.30pm	1500m (W)	Final		
2.45pm	3.45pm	1500m (M)	Final		
3.00pm	4.00pm	4x200m (W)	Final		
3.15pm	4.15pm	4x200m (M)	Final		
	4.30pm	800m (W) pentathlon			
	4.40pm	1000m (M) pentathlon			

Note:

- All athletes are required to check-in, in person with their student ID card at least one hour prior to the start of their event. No late entries accepted on the day.
- All athletes must check-in for the first round and straight finals of all track events and for all field events, at least one hour prior to the start time of their event.
- Pits, jumps & throwing areas will open 30 minutes prior to the start of an event for warm up jumps & throws.
- No warm-ups allowed on the track except immediately prior to the start of an event.

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Pentathlon Programme

Saturday 8th Dec 2007

11.30pm	Check-in opens	
12 noon	Check-in closes	
Event Time	Women's Events	Men's Events
12.30pm	60m Hurdles (W)	
12.45pm		60m Hurdles (M)
3.30pm	High Jump (M)	
5.15pm	High Jump (W)	

Pentathlon Programme

Sunday 9th Dec 2007

Event Time	Women's Events	Men's Events
11.00am	Shot Putt (W)	Long Jump (M)
12.30pm		Shot Putt (M)
1.00pm	Long Jump (W)	
4.30pm	800m (W) pentathlon	
4.40pm		1000m (M) pentathlon

Note:

- **Pentathlon Athletes must be declared by 12 noon on the Saturday.**
- **All Pentathlon Athletes are required to check-in, in person with their student ID cards before 12 noon on the Saturday.**
- **No warm-ups allowed on the track except immediately prior to the start of an event.**
- The scoring events for the Pentathlon Championship for men shall consist of: (i) 60m Hurdles, (ii) High Jump, (iii) Long Jump, (iv) Putting the Shot and (v) 1000m and for women (i) 60m Hurdles, (ii) Long Jump, (iii) Putting the Shot, (iv) High Jump and (v) 800m. The Scoring Tables in these championships shall be the current Tables of the IAAF Pentathlon Indoor Competitions.
- Pentathlon athletes will participate with the regular indoor Track & Field athletes in all events except the 800m (W) and 1000m (M). Performances will if required count for both the Pentathlon competition and the individual indoor Track & Field Championships but only if the athlete is entered in both events. If an athlete is entered in the hurdles as an Individual and as a Pentathlon competitor and heats are required in the hurdles then heat times only will count for that athletes Pentathlon score. In field events, first 3 attempts only count for combined-event competition, except for the high jump.
- **Colleges can enter up to two male and two female undergraduate/postgraduate athletes and one male and one female 'one year down' athlete in the Pentathlon. A maximum of two male and two female athletes from each college can score points towards the Indoor Track & Field Championships.**