

**Irish Universities Track and Field Championships  
Queen's University Belfast**



## **IMPORTANT INFORMATION FOR ATHLETES AND CAPTAINS**

**All Captains and athletes involved in the Championships should note the following:**

- 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 captains must make any necessary substitutions and/or withdrawals in accordance with IUAA rules, and prior to close of check-in.
- **All checked-in/qualified athletes must compete in the events in which they are checked-in/qualified to/for otherwise they will be ineligible to partake in the remainder of the championships.**
- All finals will be run at final times - only exception Sprint Hurdles & 1500m.
- If semi-finals are required in the 100m, they will be held 5.55pm and all remaining track events will be moved back by 10 minutes.
- If no semis are required in the 800m all checked-in athletes will be called to the start line on the Friday to confirm that they are actually present and running.
- No warm-ups allowed on the track except immediately prior to the start of an event.
- Medal presentations will be made throughout the championship. Can athletes please attend promptly when called, or if the athlete is unavailable can a captain/representative please attend in their place.

**CAPTAINS: PLEASE ENSURE THAT YOUR ATHLETES DO NOT GO DIRECTLY TO THEIR EVENTS WITHOUT FIRST HAVING CHECKED THEMSELVES IN, OR HAVING ENSURED THAT YOU (I.E. THEIR CAPTAIN) HAS CHECKED THEM IN. MISUNDERSTANDINGS CANNOT BE RECTIFIED AFTER CLOSE OF CHECK-IN.**

# Irish Universities Track and Field Championships Queen's University Belfast

## Programme of Events

Friday 29<sup>th</sup> April 2011

<b>12.30pm</b>	<b>Check-in opens</b>				
<b>1.00pm</b>	<b>Captain's Meeting (Information / Questions &amp; Answers Session)</b>				
<b>Check-in</b>	<b>Event</b>	<b>Track</b>		<b>Field</b>	
<b>Closes</b>	<b>Time</b>	<b>Events</b>		<b>Events</b>	
1.30pm	<b>2.00pm*</b>	100m Hurdles (W)	Semi*		
1.30pm	<b>2.15pm*</b>	110m Hurdles (M)	Semi*	Javelin (M)	Final
1.30pm	<b>2.25pm</b>	10000m (M)	Final		
1.35pm	<b>2.35pm</b>			Long Jump (W)	Final
1.45pm	<b>2.45pm</b>			High Jump (M)	Final
2.05pm	<b>3.05pm</b>	400m Hurdles (W)	Semi		
2.15pm	<b>3.15pm</b>	400m Hurdles (M)	Semi		
2.25pm	<b>3.25pm</b>	100m (W)	Ht/Semi		
2.35pm	<b>3.35pm</b>	100m (M)	Ht/Semi		
2.45pm	<b>3.45pm</b>	800m (W)	Semi	Shot Putt (W)	Final
2.55pm	<b>3.55pm</b>	800m (M)	Semi		
3.05pm	<b>4.05pm</b>	3000m S/C (M)	Final		
3.20pm	<b>4.20pm</b>	200m (W)	Ht/Semi		
3.30pm	<b>4.30pm</b>	200m (M)	Ht/Semi	Long Jump (M)	Final
3.40pm	<b>4.40pm</b>	5000m (W)	Final	Javelin (W)	Final
4.05pm	<b>5.05pm</b>	100m Hurdles (W)	Final		
4.15pm	<b>5.15pm</b>	110m Hurdles (M)	Final		
4.25pm	<b>5.25pm</b>	400m (W)	Semi	High Jump (W)	Final
4.40pm	<b>5.40pm</b>	400m (M)	Semi		
4.55pm	<b>5.55pm†*</b>	1500m (W)	Semi*	Shot Putt (M)	Final
5.10pm	<b>6.10pm†*</b>	1500m (M)	Semi*		
5.25pm	<b>6.25pm†</b>	4x100m (W)	Semi		
5.35pm	<b>6.35pm†</b>	4x100m (M)	Semi		
5.45pm	<b>6.45pm†</b>	4x400m (W)	Semi		
5.55pm	<b>6.55pm†</b>	4x400m (M)	Semi		
	<b>7.05pm†</b>	800m (W) Pentathlon	Final		
	<b>7.15pm†</b>	1500m (M) Pentathlon	Final		

### Note:

- \* All finals will be run at final times - only exception Sprint Hurdles & 1500m.
- † If semi-finals are required in the 100m, they will be held 5.55pm and all remaining track events will be moved back by 10 minutes.
- If no semis are required in the 800m all checked-in athletes will be called to the start line on the Friday to confirm that they are actually 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.

## Irish Universities Track and Field Championships Queen's University Belfast

### Programme of Events

Saturday 30<sup>th</sup> April 2011

<b>9.00am</b>	<b>Check-in opens</b>				
<b>Check-in Closes</b>	<b>Event Time</b>	<b>Track Events</b>		<b>Field Events</b>	
9.15am	<b>9.45am</b>			Hammer (W)	Final
10.00am	<b>10.45am</b>	400m Hurdles (W)	Final	Hammer (M)	Final
10.05am	<b>11.05am</b>	400m Hurdles (M)	Final	Triple Jump (M)	Final
10.20am	<b>11.20am</b>	3000m (W)	Final	Pole Vault (W)	Final
10.40am	<b>11.40am</b>	100m (W)	Final		
10.50am	<b>11.50am</b>	100m (M)	Final		
11.00am	<b>12.00 noon</b>	800m (W)	Final		
11.10am	<b>12.10pm</b>	800m (M)	Final		
11.15am	<b>12.15pm</b>			Discus (W)	Final
11.25am	<b>12.25pm</b>	3000m S/C (W)	Final	35lb WF (M)	Final
12 noon	<b>1.00pm</b>	400m (W)	Final		
12.10pm	<b>1.10pm</b>	400m (M)	Final	Triple Jump (W)	Final
12.15pm	<b>1.15pm</b>			Pole Vault (M)	Final
12.30pm	<b>1.30pm</b>	1500m Walk (W)	Final		
12.45pm	<b>1.45pm</b>	3000m Walk (M)	Final		
1.05pm	<b>2.05pm</b>	200m (W)	Final		
1.15pm	<b>2.15pm</b>	200m (M)	Final		
1.25pm	<b>2.25pm</b>	1500m (W)	Final	Discus (M)	Final
1.30pm	<b>2.30pm</b>			20lb WF (W)	Final
1.40pm	<b>2.40pm</b>	1500m (M)	Final		
1.50pm	<b>2.50pm</b>	4x100m (W)	Final		
2.00pm	<b>3.00pm</b>	4x100m (M)	Final		
2.10pm	<b>3.10pm</b>	5000m (M)	Final		
2.30pm	<b>3.30pm</b>	4x400m (W)	Final		
2.40pm	<b>3.40pm</b>	4x400m (M)	Final		
<b>4.00pm</b>	<b>Captains Meeting</b>				

#### Note:

- **Hammer circle opens at 9.15am for practice throws for men and women. Women's hammer starts at 9.45am SHARP.**
- **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.**
- **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.**

## Irish Universities Pentathlon Championships Queen's University Belfast

### Programme of Events

Friday 29<sup>th</sup> April 2011

12.30pm      **Check-in opens**  
 1.00pm      **Captain's Meeting (Information / Questions & Answers Session)**  
 1.30pm      **Check-in closes**

Event Time	Women's Events	Men's Events
2.00pm	100m Hurdles (W)	
2.15pm		110m Hurdles (M)
2.35pm	Long Jump (W)	
2.45pm		High Jump (M)
3.45pm	Shot Putt (W)	
4.30pm		Long Jump (M)
5.25pm	High Jump (W)	
5.55pm		Shot Putt (M)
7.05pm	800m (W) Pentathlon	
7.15pm		1500m (M) Pentathlon

#### **Note:**

- **Pentathlon Athletes and Pentathlon Teams must be declared by 1.30pm.**
- **All Pentathlon Athletes are required to check-in, in person with their student ID cards Before 1.30pm. No late entries accepted on the day.**
- Each Member team for the Pentathlon Championship shall consist of at least three athletes and shall have at least one male and one female athlete. A team may consist of up to eight athletes, four male and four female of which two of the male and two of the female athletes may be entered as one year downs.
- The scoring events for the Pentathlon Championship for men shall consist of: (i) 110m Hurdles, (ii) High Jump, (iii) Long Jump, (iv) Putting the Shot and (v) 1500m and for women (i) 100m 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 Competitions.
- The competition shall be judged on the sum of the scores of the highest male and female athlete of a Member's team, together with either the next highest male or female score of the same team. The team with the highest score for its three athletes shall be the winning team.
- The Pentathlon is a separate Championship that incorporates Men's & Women's individual Pentathlon Championship with a mixed Team Pentathlon Championship. Separate individual and team medals and a separate trophy will be presented to the individual winners and scoring team members.
- Pentathlon athletes will participate with the regular Track & Field athletes in all events except the 800m (W) and 1500m (M). Performances will if required count for both Pentathlon competition and Track & Field Championships but only if entered in both. 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.