

**Irish Universities Track and Field Championships
Ulster University**



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 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

Ulster University

Programme of Events

Friday 5th April 2024

12.30pm	Check-in opens				
1.00pm	Captain's Meeting (Information / Questions & Answers Session)				
Check-in Closes	Event Time	Track Events		Field Events	
1.30pm	2.00pm*	100m Hurdles (W)	Semi*		
1.30pm	2.15pm*	110m Hurdles (M)	Semi*	Javelin (M)	Final
1.30pm	2.25pm	10000m (M)	Final		
1.35pm	2.35pm			Long Jump (W)	Final
1.45pm	2.45pm			High Jump (M)	Final
2.05pm	3.05pm	400m Hurdles (W)	Semi		
2.15pm	3.15pm	400m Hurdles (M)	Semi		
2.25pm	3.25pm	100m (W)	Heat		
2.35pm	3.35pm	100m (M)	Heat		
2.45pm	3.45pm			Shot Putt (W)	Final
2.50pm	3.50pm	800m (W)	Semi		
3.00pm	4.00pm	800m (M)	Semi		
3.15pm	4.15pm	200m (W)	Heat		
3.25pm	4.25pm	200m (M)	Heat	Long Jump (M)	Final
3.35pm	4.35pm	5000m (W)	Final	Javelin (W)	Final
4.00pm	5.00pm	100m Hurdles (W)	Final		
4.10pm	5.10pm	110m Hurdles (M)	Final		
4.20pm	5.20pm	400m (W)	Semi	High Jump (W)	Final
4.35pm	5.35pm	400m (M)	Semi		
4.55pm	5.55pm†	100m (W)	Semi	Shot Putt (M)	Final
5.00pm	6.00pm†	100m (M)	Semi		
5.10pm	6.10pm*	1500m (W)	Semi		
5.25pm	6.25pm*	1500m (M)	Semi		
5.40pm	6.40pm	4x400m (Mixed)	Final		
5.50pm	6.50pm	4x100m (W)	Semi		
6.00pm	7.00pm	4x100m (M)	Semi		
6.10pm	7.10pm	4x400m (W)	Semi		
6.20pm	7.20pm	4x400m (M)	Semi		
	7.30pm^Ω	800m (W) Pentathlon	Final		
	7.40pm^Ω	1500m (M) Pentathlon	Final		

Note:

- * All finals will be run at final times - only exception Sprint Hurdles & 1500m.
- † If semi-finals are not required in the 100m, the final will run at final time.
- ^Ω Pentathlon will be brought forward if any of the Relay Semi finals are not required
- 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.

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Saturday 6th April 2024

9.00am **Check-in opens**

Check-in Closes	Event Time	Track Events	Field Events
9.15am	9.45am		Hammer (M) Final
9.25am	10.25am	400m Hurdles (W) Final	
9.35am	10.35am	400m Hurdles (M) Final	
9.45am	10.45am[†]	200m (W) Semi	
9.50am	10.50am[†]	200m (M) Semi	
10.05am	11.05am	3000m (W) Final	Triple Jump (W) Final
10.10am	11.10am		Hammer (W) Final
10.20am	11.20am	100m (W) Final	Pole Vault (M) Final
10.35am	11.35am	100m (M) Final	
10.45am	11.45am	800m (W) Final	
10.55am	11.55am	800m (M) Final	
11.10am	12.10pm	3000m S/C (M) Final	
11.15am	12.15pm		Discus (M) Final
11.30am	12.30pm	3000m S/C (W) Final	
12.05pm	1.05pm	400m (W) Final	20lb WF (W) Final
12.15pm	1.15pm	400m (M) Final	Triple Jump (M) Final
12.35pm	1.35pm	1500m Walk (W) Final	Pole Vault (W) Final
12.50pm	1.50pm	3000m Walk (M) Final	
1.10pm	2.10pm	200m (W) Final	35lb WF (M) Final
1.20pm	2.20pm	200m (M) Final	
1.30pm	2.30pm	1500m (W) Final	Discus (W) Final
1.40pm	2.40pm	1500m (M) Final	
1.50pm	2.50pm	4x100m (W) Final	
2.00pm	3.00pm	4x100m (M) Final	
2.10pm	3.10pm	5000m (M) Final	
2.30pm	3.30pm	4x400m (W) Final	
2.40pm	3.40pm	4x400m (M) Final	

4.00pm **Captain's Meeting**

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.
- 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.
- † If semi-finals are not required in the 200m, the final will run at final time.

Irish Universities Pentathlon Championships

Ulster University

Programme of Events

Friday 5th April 2024

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)	
4.25pm		Long Jump (M)
5.20pm	High Jump (W)	
5.55pm		Shot Putt (M)
7.30pm^Ω	800m (W) Pentathlon	
7.40pm^Ω		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.**
- **Ω Pentathlon will be brought forward if any of the Relay Semi finals are not required**
- 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.