

**Day 4 Dublin Juvenile Indoor Championships 2019 – Sunday 16<sup>th</sup> February - Abbotstown**

**10.00 a.m**

Girls & Boys 18 400m Heats  
Girls & Boys 19 400m Heats

**10.50 a.m**

Girls & Boys 16 1500m Heats  
Girls & Boys 17 1500m Heats  
Girls & Boys 18 1500m Heats  
Girls & Boys 19 1500m Heats

***Long Jump***

10.00 a.m. Girls (Pit 1) 12  
Boys (Pit 2) 12  
11.15 a.m. Girls (Pit 1) 19  
Boys (Pit 2) 19  
12.15 p.m. Girls (Pit 1) 18  
Boys (Pit 2) 18  
1.15 p.m. Girls (Pit 1) 13  
2.30 p.m. Boys (Pit 1) 13

**400m and 1500m Finals WILL BE HELD AT  
HEAT TIME IF HEATS ARE NOT REQUIRED**

**11.30 a.m**

Girls & Boys 9 60m Heats (Dublin only competition)  
Girls & Boys 10 60m Heats (Dublin only competition)  
Girls & Boys 11 60m Heats (Dublin only competition)

***Shot Putt***

10.00 a.m. Boys 13 (2k)  
11.15 a.m. Girls 13 (2k)

Followed by qtr/Semi/Finals in same order

**2.00 p.m.**

Finals of 400m (if any)

**NOTE: THERE WILL BE A 20 MINUTE  
BREAK ON THE TRACK AFTER THE 400m**

***High Jump***

10.00 a.m. Girls (Mat 1) 13  
Boys (Mat 2) 13  
11.30 a.m. Girls (Mat 1) 14  
Boys (Mat 2) 14  
1.00 p.m. Girls (Mat 1) 12  
Boys (Mat 2) 12  
2.30 p.m. Boys (Mat 1) 19  
3.15 p.m. Boys (Mat 1) 15

**2.45 p.m. (60m)**

Girls & Boys 14 60m Heats  
Girls & Boys 15 60m Heats  
Girls & Boys 16 60m Heats  
Girls & Boys 17 60m Heats  
Girls & Boys 18 60m Heats  
Girls & Boys 19 60m Heats

Followed by qtr/Semi/Finals in same order

**5.00 p.m.**

***FINALS of 1500m (if any)***

