



Day 1 - Dublin Juvenile Outdoor Championships - 23rd May 2026

Track				Field				Field			
Time	E. No	Event	Age	Time	E. No	Event	Age	Time	E. No	Event	Age
10:00	1	600m Heats	Girls U12	10:45	35	Shot Put Girls 2.72K	15	10:45	41	Long Jump Girls (standard 3.9m)	15
10:15	2	600m Heats	Boys U12		10:45	36	Shot Put Boys 3k	15	12:30	42	Long Jump Boys (standard 4.00m)
10:27	3	600m Heats	Girls U13	12:00		37	Shot Put Girls 2k	14		13:30	43/44/45
10:42	4	600m Heats	Boys U13		12:00	38	Shot Put Boys 2.72k	14	13:30		46/47/48
10:54	5	800m Heats	Girls U14	13:30		40	Shot Put Boys 2k	12		14:30	49
11:03	6	800m Heats	Boys U14		14:30	39	Shot Put Girls 2k	12	14:30		50
11:09	7	800m Heats	Girls U15	10:30		61	High Jump Girls (standard 1.05)	13		12:00	62
11:18	8	800m Heats	Boys U15		10:30	61	High Jump Girls (standard 1.05)	13	12:00		62
11:24	9	800m Heats	Girls U16	10:30		61	High Jump Girls (standard 1.05)	13		12:00	62
11:27	10	800m Heats	Boys U16		10:30	61	High Jump Girls (standard 1.05)	13	12:00		62
11:30	11	800 Heats	Girls U17	10:30		61	High Jump Girls (standard 1.05)	13		12:00	62
11:33	12	800 Heats	Boys U17		10:30	61	High Jump Girls (standard 1.05)	13	12:00		62
11:36	13	800 Heats	Girls U18	10:30		61	High Jump Girls (standard 1.05)	13		12:00	62
11:39	14	800 Heats	Boys U18		10:30	61	High Jump Girls (standard 1.05)	13	12:00		62
11:42	15	800 Heats	Girls U19	10:30		61	High Jump Girls (standard 1.05)	13		12:00	62
11:45	16	800 Heats	Boys U19		10:30	61	High Jump Girls (standard 1.05)	13	12:00		62
11:48	17	250m Hurdles 2.3 6x6	Girls U15	10:45		55/56	Javelin Boys/Girls 400g	14		12:15	57/58
11:56	19	250 Hurdles 2.6x6	Girls U16		10:45	55/56	Javelin Boys/Girls 400g	14	12:15		57/58
12:04	18	250m Hurdles 2.6x6	Boys U15	10:45		55/56	Javelin Boys/Girls 400g	14		12:15	57/58
12:12	20	250 Hurdles 2.6x6	Boys U16		10:45	55/56	Javelin Boys/Girls 400g	14	12:15		57/58
12:16	21	300m Hurdles 2.6x7	Girls U17	10:45		55/56	Javelin Boys/Girls 400g	14		12:15	57/58
12:20	22	300m Hurdles 2.6x7	Boys U17		10:45	55/56	Javelin Boys/Girls 400g	14	12:15		57/58
12:24	23	400m Hurdles 2.6x10	Girls U18	10:45		55/56	Javelin Boys/Girls 400g	14		12:15	57/58
12:28	25	400m Hurdles 2.6x10	Girls U19		10:45	55/56	Javelin Boys/Girls 400g	14	12:15		57/58
12:32	24	400m Hurdles 2.9x10	Boys U18	10:45		55/56	Javelin Boys/Girls 400g	14		12:15	57/58
12:36	26	400m Hurdles 3.0x10	Boys U19		10:45	55/56	Javelin Boys/Girls 400g	14	12:15		57/58
BREAK				15:30		54	High Jump Girls (standard 1.10)	14		15:00	61/62
13:45		FINAL 250m Hurdles 2.3	Girls U15								
13:49		FINAL 250 Hurdles 2.3x6	Girls U16	15:00	61/62	Javelin 400g Girls 500g	15	15:00	61/62	Javelin 400g Girls 500g	15
13:53		FINAL 250 Hurdles 2.3x6	Boys U16								
14:00	27	3000m	Girls U16	15:00	61/62	Javelin 400g Girls 500g	15	15:00	61/62	Javelin 400g Girls 500g	15
14:11	31	3000m	Boys U16								
14:22	9/30	3000m	Girls U17/18/19	15:00	61/62	Javelin 400g Girls 500g	15	15:00	61/62	Javelin 400g Girls 500g	15
14:33	32	3000m	Boys U17								
14:44	4	3000m	Boys U18/19	15:00	61/62	Javelin 400g Girls 500g	15	15:00	61/62	Javelin 400g Girls 500g	15
15:05		800m FINAL	Girls U14								
15:09		800m FINAL	Boys U14	15:00	61/62	Javelin 400g Girls 500g	15	15:00	61/62	Javelin 400g Girls 500g	15
15:13		800m FINAL	Girls U15								
15:17		800m FINAL	Boys U15								

Key messages:

- ** No late check-ins.
- ** Check in opens 90 mins and closes 45 mins before the assembly
- ** First four events check in is a little different**
- ** ONLY check in at appropriate time.
- ** If an athlete fails to turn up for an event that they have checked in for they will be disqualified for all events that weekend.
- ** Minimum standards in some field events may be applied.
- ** Athletes who are not competent in their event, may not be permitted to compete for their own safety.
- ** Please see additional notes under events regarding qualifications and combining of events.
- ** The organisers reserve the right to alter timetable.
- ** The starting time of events may be brought forward up to 45 minutes from the proposed timetable