

# **Galway Indoor Track & Field Championships 2020**

## **Athlone International Arena**

**Sat 11th & Sun 12th Jan**

Please treat the facility with respect - in particular bring your rubbish home or place in the bins provided.

The order of events will remain as per this programme but all start times are provisional and subject to change. They will be brought forward if the day runs smoothly so please arrive at least an hour before the time listed below. If behind schedule, athletes can use the info below to estimate a revised start time as the order of events will be adhered to.

### **RACE NUMBERS**

Race numbers can be collected upstairs overlooking the track.

### **WARM-UP AREA**

The warmup area is upstairs overhead the seating area. Only competing athletes allowed in the warm-up area. No spectators are allowed in the warm-up area. No relay practise in the warm-up area - please go outside for that.

### **ASSEMBLY AREA**

Assembly for the outer track is upstairs beside the numbers collection point, near-end of the warmup area.

Assembly for the inner track is upstairs at the far end of the warm-up area.

Assembly for the long jump is on the benches alongside the track on the side with the glass wall.

Assembly for the high jump and shot putt is at the event area for each event.

There will be spot checks on spikes length in assembly - only 5mm spikes allowed.

### **TRACK AND EVENTS AREA**

Only competing athletes and officials allowed on the track.

Coaches will be briefly allowed in to help athletes get marks prior to long jump or high jump.

### **SPECTATORS**

Please remain seated as much as possible.

No food or fizzy drinks allowed in the arena. Please eat in the area provided beside the entrance.

Or go to the canteen in the main campus building.

### **TAKING OF PHOTOGRAPHS**

Parents clearly may take photographs of their own child.

In all other cases, designated club photographers should register as such with the competition secretary.

No other photographers are permitted at the event.

### **OFFICIALS**

Please arrive at 9am and register upstairs with the competition secretary.

Each lead official should the go to Brendan Treacy near PA at start of their day and call their team in.

Officials should not leave their role until replaced by another official

as per the officials allocation which will be published to all clubs on Thursday night.

The organisers are very grateful to all officials for their volunteerism and encourage spectating parents to lend a hand to relieve people for lunch during the day. Please just come to PA if you wish to help.

# PROVISIONAL TIMETABLE

## Galway Indoor Track & Field Championships 2020

### Athlone International Arena

### Day 1 U8-U12 Saturday 11th Jan @ 10.00am

*Please note that all times are provisional and events may run up to 45 minutes ahead of schedule*

<u>Time</u>	<u>Inner Track</u>	<u>Entries</u>	<u>Heats</u>	<u>Time</u>	<u>Outer Track</u>	<u>Entries</u>	<u>Heats</u>	<u>Time</u>	<u>Field</u>	<u>Entries</u>
<b>10:00</b>	U12 Girls Hurdles (2' 3", green)	20	3	<b>10:30</b>	U12 Girls 4x200m	10	2	<b>10:00</b>	U9 Girls Long Jump	10
	U12 Boys Hurdles (2' 3", green)	11	2		U12 Boys 4x200m	11	2	<b>10:30</b>	U11 Girls Long Jump	36
	<b>Clear away hurdles</b>			<b>10:55</b>	U10 Girls 4x200m	10	2	<b>12:05</b>	U12 Girls Long Jump	34
<b>10:35</b>	U8 Girls 60m	14	2		U10 Boys 4x200m	9	2	<b>13:40</b>	U10 Girls Long Jump	33
	U8 Boys 60m	19	3	<b>11:20</b>	U11 Girls 4x200m	10	2	<b>15:10</b>	<b>Girls Long Jump Finished</b>	
<b>10:55</b>	U9 Girls 60m	26	4		U11 Boys 4x200m	11	2			
	U9 Boys 60m	37	5	<b>11:40</b>	U9 Girls 200m	18	3	<b>10:00</b>	U9 Boys Long Jump	16
<b>11:30</b>	U10 Girls 60m	47	6		U9 Boys 200m	29	4	<b>10:45</b>	U11 Boys Long Jump	32
	U10 Boys 60m	46	6		<b>60 minute break</b>			<b>12:15</b>	U12 Boys Long Jump	31
	<b>45 minute break</b>			<b>13:15</b>	U10 Girls 400m	28	3	<b>13:50</b>	U10 Boys Long Jump	30
<b>13:05</b>	U11 Girls 60m	40	5		U10 Boys 400m	38	4	<b>15:15</b>	<b>Boys Long Jump Finished</b>	
	U11 Boys 60m	51	7	<b>13:50</b>	U11 Girls 600m	33	3			
<b>13:50</b>	U12 Girls 60m	35	5		U11 Boys 600m	37	4	<b>11:30</b>	U12 Girls Shot Putt (2kg)	6
	U12 Boys 60m	38	5	<b>14:30</b>	U12 Girls 600m	38	4	<b>11:45</b>	U12 Boys Shot Putt (2kg)	8
					U12 Boys 600m	22	2			
<b>14:30</b>	<b>Inner Track Finished</b>			<b>15:00</b>	<b>Outer Track Finished</b>			<b>11:30</b>	U12 Boys High Jump	4
								<b>11:50</b>	U12 Girls High Jump	17