

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



Check in		Assembly	Track				Entrants	Heats	Time Allocated	Qualification
Open	Close		Time	E. No	Event	Age				
08:30	09:00	09:45	10:00	1	600m Heats	Girls U12	86	6	00:18	Time
08:45	09:18	10:03	10:18	2	600m Heats	Boys U12	63	5	00:15	Time
09:00	09:33	10:18	10:33	3	600m Heats	Girls U13	66	5	00:15	Time
09:10	09:48	10:33	10:48	4	600m Heats	Boys U13	53	4	00:12	Time
Finals will be held at heat time if fewer than 11 athletes						8 Lanes/11 per heat	00:03	15		
09:15	10:00	10:45	11:00	5	800m Heats	Girls U14	39	4	00:12	1+4
09:27	10:12	10:57	11:12	6	800m Heats	Boys U14	36	4	00:12	1+4
09:39	10:24	11:09	11:24	7	800m Heats	Girls U15	30	3	00:09	2+2
09:48	10:33	11:18	11:33	8	800m Heats	Boys U15	35	4	00:12	1+4
10:00	10:45	11:30	11:45	9	800m Heats	Girls U16	23	3	00:09	2+2
10:09	10:54	11:39	11:54	10	800m Heats	Boys U16	21	2	00:06	2+4
Finals will be held at heat time if fewer than 11 athletes. Girls U18/19 may be combined						8 Lanes/11 per heat	00:03	11		
10:15	11:00	11:45	12:00	11	800m Heats	Girls U17	9	1	00:03	Final
10:18	11:03	11:48	12:03	12	800m Heats	Boys U17	12	2	00:06	2+4
10:24	11:09	11:54	12:09	13	800m Heats	Girls U18	11	1	00:03	Final
10:27	11:12	11:57	12:12	14	800m Heats	Boys U18	18	2	00:06	2+4
10:33	11:18	12:03	12:18	15	800m Heats	Girls U19	5	1	00:03	Final
10:36	11:21	12:06	12:21	16	800m Heats	Boys U19	12	2	00:06	2+4
Under 18/19 Girls, U18/19 Boys may be combined for Hurdles						8 Lanes/8 per heat	00:04	8		
10:42	11:27	12:12	12:27	17	250m Hurdles 2.3 6x6	Girls U15	23	3	00:12	1+5
10:54	11:39	12:24	12:39	19	250 Hurdles 2.6x6	Girls U16	12	2	00:08	2+4
11:02	11:47	12:32	12:47	18	250m Hurdles 2.6x6	Boys U15	9	2	00:08	2+4
11:10	11:55	12:40	12:55	20	250 Hurdles 2.6x6	Boys U16	8	1	00:04	Final
11:14	11:59	12:44	12:59	21	300m Hurdles 2.6x7	Girls U17	8	1	00:04	Final
11:18	12:03	12:48	13:03	22	300m Hurdles 2.6x7	Boys U17	7	1	00:04	Final
11:22	12:07	12:52	13:07	23	400m Hurdles 2.6x10	Girls U18	4	1	00:04	Final
11:26	12:11	12:56	13:11	25	400m Hurdles 2.6x10	Girls U19	2	1	00:04	Final
11:30	12:15	13:00	13:15	24	400m Hurdles 2.9x10	Boys U18	3	1	00:04	Final
11:34	12:19	13:04	13:19	26	400m Hurdles 3.0x10	Boys U19	0	0	00:00	Final
BREAK						8 Lanes/8 per Heat	00:04	8		
		13:45	14:00		FINAL 250m Hurdles 2.3 x6	Girls U15	8	1	00:04	Final
		13:49	14:04		FINAL 250 Hurdles 2.3x6	Girls U16	8	1	00:04	Final
		13:53	14:08		FINAL 250 Hurdles 2.3x6	Boys U15	8	1	00:04	Final
U17/18/19 boys combined if less than 25 check-in, otherwise U17's will run alone.						8 Lanes 18 per heat	00:11	18		
12:27	13:12	13:57	14:12	27	3000m	Girls U16	12	1	00:11	Final
12:38	13:23	14:08	14:23	31	3000m	Boys U16	23	2	00:22	Final
13:00	13:45	14:30	14:45	28	3000m	Girls U17	9	1	00:11	Final
13:11	13:56	14:41	14:56	29/30	3000m	Girls U18/19	17	1	00:11	Final
13:11	13:56	14:41	14:56	32	3000m	Boys U17	15	1	00:11	Final
13:22	14:07	14:52	15:07	33	3000m	Boys U18	15	1	00:11	Final
13:33	14:18	15:03	15:18	34	3000m	Boys U19	9	1	00:11	Final
8 Lanes/8 per Heat						00:04	8			
		15:14	15:29		800m FINAL	Girls U14	8	1	00:04	Final
		15:18	15:33		800m FINAL	Boys U14	8	1	00:04	Final
		15:22	15:37		800m FINAL	Girls U15	8	1	00:04	Final
		15:26	15:41		800m FINAL	Boys U15	8	1	00:04	Final
		15:30	15:45		800m FINAL	Girls U16	8	1	00:04	Final
		15:34	15:49		800m FINAL	Boys U16	8	1	00:04	Final
		15:38	15:53		800m FINAL	Boys U17	8	1	00:04	Final
		15:42	15:57		800m FINAL	Boys U18	8	1	00:04	Final
		15:46	16:01		800m FINAL	Boys U19	8	1	00:04	Final

Check in		Field				Entrants	Check in		Field				Entrants
Open	Close	Time	E. No	Event	Age		Open	Close	Time	E. NO	Event	Age	
09:15	10:00	10:45	35	Shot Put Girls 2.72K	15	15	09:00	09:45	10:45	41	Long Jump Girls (standard 3.9m)	15	31
			36	Shot Put Boys 3k	15	6	10:30	11:30	12:30	42	Long Jump Boys (standard 4.00m)	15	21
			37	Shot Put Girls 2k	14	21	11:30	12:30	13:30	43/44/45	Long Jump Girls	17/18/19	24
			38	Shot Put Boys 2.72k	14	16	11:30	12:30	13:30	46/47/48	Long Jump Boys	17/18/19	8
			39	Shot Put Girls 2k	12	44	12:30	13:30	14:30	49	Long Jump Girls	16	12
			40	Shot Put Boys 2k	12	29	12:30	13:30	14:30	50	Long Jump Boys	16	12
09:00	09:30	10:30	51	High Jump Girls (standard 1.05)	13	29	09:00	09:45	10:45	53/56	Javelin Boys/Girls 400g	14	16/11
10:00	11:00	12:00	52	High Jump Girls (standard 1.00)	12	54	10:30	11:15	12:15	57/58	Javelin Girls 500g / Boys 600g	16	10/11
13:30	14:30	15:30	54	High Jump Girls (standard 1.10)	14	22	11:45	12:45	13:30	59/60	Javelin Boys/Girls 400g	13	22/2
			61	High Jump Girls (standard 1.05)	13	29	13:15	14:15	15:00	61/62	Javelin Girls 400g Boys 500g	15	12/6

Key messages:

- ** No late check-ins.
- ** Check in opens 90 mins and closes 45 mins before the assembly
- ** First four events check 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

