

Irish Universities Track and Field Championships

University of Ulster

Programme of Events

Friday 21st April 2006

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)	Ht/Semi		
2.35pm	3.35pm	100m (M)	Ht/Semi		
2.45pm	3.45pm	800m (W)	Semi	Shot Putt (W)	Final
2.55pm	3.55pm	800m (M)	Semi		
3.05pm	4.05pm	3000m S/C (M)	Final		
3.20pm	4.20pm	200m (W)	Ht/Semi		
3.30pm	4.30pm	200m (M)	Ht/Semi	Long Jump (M)	Final
3.40pm	4.40pm	5000m (W)	Final	Javelin (W)	Final
4.05pm	5.05pm	100m Hurdles (W)	Final		
4.15pm	5.15pm	110m Hurdles (M)	Final		
4.25pm	5.25pm	400m (W)	Semi	High Jump (W)	Final
4.40pm	5.40pm	400m (M)	Semi		
4.55pm	5.55pm**	1500m (W)	Semi	Shot Putt (M)	Final
5.10pm	6.10pm**	1500m (M)	Semi		
5.25pm	6.25pm**	4x100m (W)	Semi		
5.35pm	6.35pm**	4x100m (M)	Semi		
5.45pm	6.45pm**	4x400m (W)	Semi		
5.55pm	6.55pm**	4x400m (M)	Semi		
	7.05pm**	800m (W) Pentathlon	Final		
	7.15pm**	1500m (M) Pentathlon	Final		

Note:

- * All finals will be run at final times - only exception Sprint Hurdles.
- ** If semi-finals are required in the 100m, they will be held 5.55pm and all remaining track events will be moved back by 10 minutes.
- If no semis are required in the 800m & 1500m all checked-in athletes will be called to the start line on the Friday to confirm that they are actually present and running.
- 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.

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Programme of Events

Saturday 22nd April 2006

9.00am	Check-in opens				
Check-in Closes	Event Time	Track Events		Field Events	
9.15am	9.45am			Hammer (W)	Final
10.00am	10.45am	400m Hurdles (W)	Final	Hammer (M)	Final
10.05am	11.05am	400m Hurdles (M)	Final	Triple Jump (M)	Final
10.20am	11.20am	3000m (W)	Final	Pole Vault (W)	Final
10.40am	11.40am	100m (W)	Final		
10.50am	11.50am	100m (M)	Final		
11.00am	12.00 noon	800m (W)	Final		
11.10am	12.10pm	800m (M)	Final		
11.15am	12.15pm			Discus (W)	Final
11.25am	12.25pm	3000m S/C (W)	Final	35lb WF (M)	Final
12 noon	1.00pm	400m (W)	Final		
12.10pm	1.10pm	400m (M)	Final	Triple Jump (W)	Final
12.15pm	1.15pm			Pole Vault (M)	Final
12.30pm	1.30pm	1500m Walk (W)	Final		
12.45pm	1.45pm	3000m Walk (M)	Final		
1.05pm	2.05pm	200m (W)	Final		
1.15pm	2.15pm	200m (M)	Final		
1.25pm	2.25pm	1500m (W)	Final	Discus (M)	Final
1.30pm	2.30pm			8kg WF (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	Captains Meeting				

Note:

- Hammer circle opens at 9.15am for practice throws for men and women. Women's hammer starts at 9.45am SHARP.
- 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.

Irish Universities Pentathlon Championships

University of Ulster

Programme of Events

Friday 21st April 2006

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)	
4.30pm		Long Jump (M)
5.25pm	High Jump (W)	
5.55pm		Shot Putt (M)
7.05pm	800m (W) Pentathlon	
7.15pm		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.**
- 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.