

Leinster 2019 Junior, Senior and Master Indoor Championships
National Indoor Arena, Abbotstown
Day 3 Programme - 22nd February 2020



Track					
Age Category	Event	Time	Age Category	Event	Time
YJS Women CE	60m Hurdles	10:00	YJS Men CE	60m Sprint	10:10
Junior Women	60m Sprint Heats	10:15	Junior Men	60m Sprint Heats	10:35
Senior Women			Senior Men		
O35-045 Women	60m Sprint FINAL	10:15	O35-045 Men	60m Sprint FINAL	10:35
O50+ Women			O50+ Men		
Junior Women	1500m	11:00	Junior Men	1500m	11:25
Senior Women			Senior Men		
O35-045 Women			O35-045 Men		
O50+ Women			O50+ Men		
Junior Women	60m Sprint FINAL	11:40	Junior Men	60m Sprint FINAL	11:45
Senior Women			Senior Men		
All Women	3000m Walk	11:50			
Junior Women	60m Hurdles	12:10	Junior Men	60m Hurdles	12:25
Senior Women			Senior Men		
O35-045 Women			O35-045 Men		
			All Men	3000m Walk	12:40
Junior Women	200m Sprint Heats	13:00	Junior Men	200m Sprint Heats	13:30
Senior Women			Senior Men		
O35-045 Women	200m Sprint FINAL	13:00	O35-045 Men	200m Sprint FINAL	13:30
O50+ Women			O50+ Men		
Junior Women	800m	14:00	Junior Men	800m	14:20
Senior Women			Senior Men		
O35-045 Women			O35-045 Men		
O50+ Women			O50+ Men		
Junior Women	200m Sprint FINAL	14:45	Junior Men	200m Sprint FINAL	14:50
Senior Women			Senior Men		
All Women	3000m	15:00	All Men	3000m	15:25
YJS Women	800m (CE)	15:50			
Junior Women	400m	16:00	Junior Men	400m	16:20
Senior Women			Senior Men		
O35-045 Women			O35-045 Men		
O50+ Women			O50+ Men		
All Women	4x200m Relay	16:50	All Men	4x200m Relay	16:50
All Women	4x400m Relay	17:00	All Men	4x400m Relay	17:00
FIELD					
Age Category	Event	Time	Age Category	Event	Time
YJS Women CE	High Jump	10:45	YJS Men CE	High Jump	13:45
Jun + Sen Women			Jun + Sen Men		13:00
O35-045 Women		12:15	O35-045 Men		10:00
O50+ Women			O50+ Men		
All Women	Pole Vault	11:00	All Men	Pole Vault	11:00
Junior Women (+CE)	Long Jump	13:45	YJS Men CE	Long Jump	10:45
Senior Women (+CE)			Jun + Sen Men		11:30
O35-045 Women		10:00	O35-045 Men		13:00
O50+ Women			O50+ Men		
All Women	Triple Jump	14:30	All Men	Triple Jump	15:00
Junior Women (+CE)	Shot Putt	11:50	YJS Men CE	Shot Putt	13:00
Senior Women (+CE)			Jun + Sen Men		13:30
O35-045 Women		10:45	O35-045 Men		14:10
O50+ Women			O50+ Men		
All Women	Weight Throw	15:00	All Men	Weight Throw	15:30

NB - Schedule can run upto 1 hour ahead.

Listen to PA for Announcements of Changes in the Timetable

Check-In for ALL Events Closes at 15:00