

Leinster 2022 Junior, Senior and Master Indoor Championships

Athlone International Arena

Day 4 Programme - 26th March 2022



Track					
Age Category	Event	Time	Age Category	Event	Time
Junior Women	60m Sprint Heats	10:30	Junior Men	60m Sprint Heats	10:30
Senior Women			Senior Men		
O35-O45 Women	60m Sprint FINAL		O35-O45 Men	60m Sprint FINAL	
O50+ Women			O50+ Men		
Junior Women	1500m	11:05	Junior Men	1500m	11:05
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
O50+ Women			O50+ Men		
Junior Women	60m Sprint FINAL	11:45	Junior Men	60m Sprint FINAL	11:45
Senior Women			Senior Men		
All Women	3000m Walk	12:00	All Men	3000m Walk	12:00
Junior Women	60m Hurdles	12:30	Junior Men	60m Hurdles	12:30
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
Junior Women	200m Sprint Heats	13:10	Junior Men	200m Sprint Heats	13:10
Senior Women			Senior Men		
O35-O45 Women	200m Sprint FINAL		O35-O45 Men	200m Sprint FINAL	
O50+ Women			O50+ Men		
Junior Women	800m	14:05	Junior Men	800m	14:05
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
O50+ Women			O50+ Men		
Junior Women	200m Sprint FINAL	14:50	Junior Men	200m Sprint FINAL	14:50
Senior Women			Senior Men		
All Women	3000m	15:05	All Men	3000m	15:05
Junior Women	400m	16:00	Junior Men	400m	16:00
Senior Women			Senior Men		
O35-O45 Women			O35-O45 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
Jun + Sen Women	High Jump	12:00	Jun + Sen Men	High Jump	14:00
O35-O45 Women			O35-O45 Men		11:00
O50+ Women			O50+ Men		
All Women	Pole Vault	12:00	All Men	Pole Vault	12:00
Junior Women	Long Jump	13:40	Junior Men	Long Jump	12:10
Senior Women			Senior Men		11:30
O35-O45 Women		10:40	O35-O45 Men		14:40
O50+ Women			O50+ Men		
All Women	Triple Jump	15:20	All Men	Triple Jump	16:10
Junior Women	Shot Putt	13:00	Junior Men	Shot Putt	11:00
Senior Women			Senior Men		
O35-O45 Women		13:50	O35-O45 Men		11:50
O50+ Women			O50+ Men		
All Women	Weight Throw	15:45	All Men	Weight Throw	15:00

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