

Leinster 2023 Junior, Senior and Master Indoor Championships
National Indoor Arena, Abbotstown
Day 3 Programme - 11th March 2023



Track					
Age Category	Event	Time	Age Category	Event	Time
YJSM Women CE	60m Hurdles	10:00	Master Men CE	60m Hurdles	10:05
			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-O45 Women	60m Sprint FINAL		O35-O45 Men	60m Sprint FINAL	
O50+ Women			O50+ Men		
Junior Women	1500m	11:10	Junior Men	1500m	11:20
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	11:52
Senior Women			Senior Men		
All Women	3000m Walk	12:00	All Men	3000m Walk	12:20
Junior Women	60m Hurdles	12:40	Junior Men	60m Hurdles	12:55
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
Junior Women	200m Sprint Heats	13:10	Junior Men	200m Sprint Heats	13:55
Senior Women	200m Sprint FINAL		Senior Men	200m Sprint FINAL	
O35-O45 Women			O35-O45 Men		
O50+ Women	O50+ Men				
Junior Women	800m	14:40	Junior Men	800m	15:00
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
O50+ Women			O50+ Men		
Junior Women	200m Sprint FINAL	15:20	Junior Men	200m Sprint FINAL	15:30
Senior Women			Senior Men		
YJS Women	800m (CE)	15:40	Manster Men	1000m (CE)	15:45
All Women	3000m	15:50	All Men	3000m	16:10
Junior Women	400m	16:30	Junior Men	400m	17:00
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
O50+ Women			O50+ Men		
All Women	4x200m Relay	17:40	All Men	4x200m Relay	17:50
All Women	4x400m Relay	18:00	All Men	4x400m Relay	18:10
FIELD					
Age Category	Event	Time	Age Category	Event	Time
YJSM Women CE	High Jump	10:45	YJS Men CE	High Jump	13:45
Jun + Sen Women			Jun + Sen Men		13:00
O35-O45 Women		12:15	O35-O45 Men		10:00
O50+ Women			O50+ Men		
All Women	Pole Vault	13:00	All Men	Pole Vault	11:00
YJSM Women CE	Long Jump	13:45	YJS Men CE	Long Jump	10:45
Jun + Senior Women		10:00	Jun + Sen Men		11:30
O35-O45 Women			O35-O45 Men		13:00
O50+ Women		O50+ Men			
All Women	Triple Jump	14:30	All Men	Triple Jump	15:30
YJSM Women CE	Shot Putt	11:50	YJS Men CE	Shot Putt	13:00
Jun + Sen Women			Jun + Sen Men		13:30
O35-O45 Women		10:45	O35-O45 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

Leinster 2023 Juvenile Relay Indoor Championships
National Indoor Arena, Abbotstown
Day 4 Programme - 12th March 2023



Track					
Age Category	Event	Time	Age Category	Event	Time
			YJS Men	60m Hurdles (CE)	10:15
U13 Girls	4x200m Relay Heats	10:30	U13 Boys	4x200m Relay Heats	10:30
U15 Girls			U15 Boys		
U17 Girls			U17 Boys		
U19 Girls			U19 Boys		
U13 Girls	4x200m Relay FINAL	12:10	U13 Boys	4x200m Relay FINAL	12:10
U15 Girls			U15 Boys		
U17 Girls			U17 Boys		
U19 Girls			U19 Boys		
			Junior/Senior Men	1000m (CE)	12:45
U12 Girls	4x200m Relay Heats	13:00	U12 Boys	4x200m Relay Heats	13:00
U14 Girls			U14 Boys		
U16 Girls			U16 Boys		
U18 Girls			U18 Boys		
U12 Girls	4x200m Relay FINAL	15:00	U12 Boys	4x200m Relay FINAL	15:00
U14 Girls			U14 Boys		
U16 Girls			U16 Boys		
U18 Girls			U18 Boys		

FIELD					
Age Category	Event	Time	Age Category	Event	Time
			YJS Men (CE)		10:30
U15 Girls	Pole Vault	13:30	U15 Boys	Pole Vault	11:45
U16 Girls			U16 Boys		
U17 Girls			U17 Boys		
U18 Girls			U18 Boys		
U19 Girls			U19 Boys		
U14-U19 Girls	Triple Jump	12:00	U14-U19 Boys	Triple Jump	13:30
U17 Girls	High Jump	10:30	U17 Boys	High Jump	11:30
U18 Girls	High Jump		U18 Boys	High Jump	
U19 Girls	High Jump		U19 Boys	High Jump	
U17 Girls	Shot Putt	11:30	U17 Boys	Shot Putt	10:30
U18 Girls	Shot Putt		U18 Boys	Shot Putt	
U19 Girls	Shot Putt		U19 Boys	Shot Putt	

NB - Schedule can run upto 1 hour ahead.

Listen to PA for Announcements of Changes in the Timetable

Check-In for Events Closes at 13:00