

Leinster 2024 Junior, Senior and Master Indoor Championships
TUS, Athlone International Arena
Day 3 Programme - 9th March 2024



Track					
Age Category	Event	Time	Age Category	Event	Time
U18, U20, Sen, Mas Women	60m Hurdles (CE)	10:00	U18, U20, Sen Mas, Men	60m Sprint (CE)	10:10
U20 Women	60m Sprint Heats	10:15	U20 Men	60m Sprint Heats	10:40
Senior Women			Senior Men		
O35-O45 Women	60m Sprint FINAL	11:15	O35-O45 Men	60m Sprint FINAL	11:25
O50+ Women			O50+ Men		
U20 Women	1500m	11:15	U20 Men	1500m	11:25
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
O50+ Women			O50+ Men		
U20 Women	60m Sprint FINAL	11:45	U20 Men	60m Sprint FINAL	11:50
Senior Women			Senior Men		
All Women	3000m Walk	12:00	All Men	3000m Walk	12:20
U20 Women	60m Hurdles	12:40	U20 Men	60m Hurdles	12:55
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
Leinster Star Awards Presentations - 13:00 - 13:45					
U20 Women	200m Sprint Heats	13:45	U20 Men	200m Sprint Heats	14:25
Senior Women			Senior Men		
O35-O45 Women	200m Sprint FINAL	15:05	O35-O45 Men	200m Sprint FINAL	15:25
O50+ Women			O50+ Men		
U20 Women	800m	15:05	U20 Men	800m	15:50
Senior Women			Senior Men		
O35-O45 Women			O50+ Men		
O50+ Women			O50+ Men		
U20 Women	200m Sprint FINAL	15:45	U20 Men	200m Sprint FINAL	16:00
Senior Women			Senior Men		
U18, U20, Sen, Mas Women	800m (CE)	16:00			
All Women	3000m	16:10	All Men	3000m	16:20
U20 Women	400m	16:40	U20 Men	400m	17:05
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
O50+ Women			O50+ Men		
All Women	4x200m Relay	17:40	All Men	4x200m Relay	17:45
All Women	4x400m Relay	17:50	All Men	4x400m Relay	18:00
FIELD					
Age Category	Event	Time	Age Category	Event	Time
U18, U20, Sen, Mas Women CE	High Jump	10:45	U18, U20, Sen Mas, Men CE	High Jump	13:45
U20 + Sen Women		12:15	U20 + Sen Men		13:00
O35-O45 Women			O35-O45 Men		10:00
O50+ Women		O50+ Men			
All Women	Pole Vault	13:00	All Men	Pole Vault	11:00
U18, U20, Sen, Mas Women CE	Long Jump	13:45	U18, U20, Sen Mas, Men CE	Long Jump	10:45
U20 + Senior Women		10:00	U20 + Sen Men		11:30
O35-O45 Women			O35-O45 Men		13:00
O50+ Women		O50+ Men			
All Women	Triple Jump	15:30	All Men	Triple Jump	14:45
U18, U20, Sen, Mas Women CE	Shot Putt	11:50	U18, U20, Sen Mas, Men CE	Shot Putt	13:00
U20 + Sen Women		10:45	U20 + Sen Men		13:30
O35-O45 Women			O35-O45 Men		14:10
O50+ Women		O50+ Men			
All Women	Weight Throw	16:00	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

Leinster 2024 Juvenile Relay Indoor Championships
TUS, Athlone International Arena
Day 4 Programme - 10th March 2024



Track					
Age Category	Event	Time	Age Category	Event	Time
			U20,Sen,Mas Men	60m Hurdles (CE)	10:00
U17 Mixed	4x200 Relay TT	10:30	U19 Mixed	4x200 Relay TT	10:40
U13 Girls	4x200m Relay Heats	10:50	U13 Boys	4x200m Relay Heats	10:50
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		
Leinster Star Awards Presentations - 12:30-13:30					
			U20,Sen,Mas Men	1000m (CE)	13:30
U12 Girls	4x200m Relay Heats	13:40	U12 Boys	4x200m Relay Heats	13:40
U14 Girls			U14 Boys		
U16 Girls			U16 Boys		
U18 Girls			U18 Boys		
U12 Girls	4x200m Relay FINAL	15:15	U12 Boys	4x200m Relay FINAL	15:15
U14 Girls			U14 Boys		
U16 Girls			U16 Boys		
U18 Girls			U18 Boys		

FIELD					
Age Category	Event	Time	Age Category	Event	Time
			U20,Sen,Mas Men (CE)		10:45
U13 Girls	Pole Vault	14:00	U13 Boys	Pole Vault	12:00
U14 Girls			U14 Boys		
U15 Girls			U15 Boys		
U16 Girls			U16 Boys		
U17 Girls			U17 Boys		
U18 Girls			U18 Boys		
U19 Girls			U19 Boys		
U14-U19 Girls			Triple Jump		
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	

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Check-In for Events Closes at 13:00