

Leinster 2026 U20, Senior and Master Indoor Championships
Athlone International Arena, TUS
Day 1 Programme - 31st January 2026



Track					
Age Category	Event	Time	Age Category	Event	Time
U18, U20, Sen, Mas Women	60m Hurdles (CE)	09:30	U18, U20, Sen Mas, Men	60mH / 60mS (CE)	09:40
U20 Women	60m Sprint Heats	10:00	U20 Men	60m Sprint Heats	10:00
Senior Women			Senior Men		
Master Women			Master Men		
U20 Women	1500m	11:00	U20 Men	1500m	11:10
Senior Women			Senior Men		
Master Women			Master Men		
U20 Women	60m Sprint FINAL	11:30	U20 Men	60m Sprint FINAL	11:35
Senior Women			Senior Men		
All Women	4x200m Relay	11:45	All Men + Mixed	4x200m Relay	11:50
All Women	3000m Walk	12:00	All Men	3000m Walk	12:15
Break					
U20 Women	200m Sprint Heats	13:00	U20 Men	200m Sprint Heats	13:35
Senior Women			Senior Men		
Master Women			Master Men		
U20 Women	800m	14:15	U20 Men	800m	14:30
Senior Women			Senior Men		
O35-O45 Women			Master Men		
U20 Women	200m Sprint FINAL	15:00	U20 Men	200m Sprint FINAL	15:05
Senior Women			Senior Men		
U18, U20, Sen, Mas Women	800m (CE)	15:15	Master Men	1000m (CE-Pent)	15:20
U20 Women	400m	15:30	U20 Men	400m	15:55
Senior Women			Senior Men		
Master Women			Master Men		
U20 Women	60m Hurdles	16:25	U20 Men	60m Hurdles	16:35
Senior Women			Senior Men		
Master Women			Master Men		
All Women	4x400m Relay	16:50	All Men + Mixed	4x400m Relay	16:50
FIELD					
Age Category	Event	Time	Age Category	Event	Time
U18, U20, Sen, Mas Women CE	High Jump	10:00	U18, U20, Sen Mas, Men CE	High Jump	15:00
U20 + Sen Women		12:15	U20 + Sen Men		11:00
O35-O45 Women			O35-O45 Men		
O50+ Women			O50+ Men		
All Women	Pole Vault	13:00	All Men	Pole Vault	11:00
U18, U20, Sen, Mas Women CE	Long Jump	14:20	U18, U20, Sen Mas, Men CE	Long Jump	11:00
U20 Women		10:00	U20 + Sen Men		11:45
Sen + O35-O45 Women			O35-O45 Men		13:30
O50+ Women			O50+ Men		
All Women	Triple Jump	15:15	All Men	Triple Jump	16:00
U18, U20, Sen, Mas Women CE	Shot Putt	12:30	U18, U20, Sen Mas, Men CE	Shot Putt	13:30
U20 + Sen Women		11:15	U20 + Sen Men		14:00
O35-O45 Women			O35-O45 Men		10:00
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 2026 Juvenile Relay Indoor Championships
Athlone International Arena, TUS
Day 2 Programme - 1st February 2026



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	10:35
U13 Girls	4x200m Relay Heats	10:40	U13 Boys	4x200m Relay Heats	10:40
U15 Girls			U15 Boys		
U17 Girls			U17 Boys		
U19 Girls			U19 Boys		
U13 Girls	4x200m Relay FINAL	12:00	U13 Boys	4x200m Relay FINAL	12:00
U15 Girls			U15 Boys		
U17 Girls			U17 Boys		
U19 Girls			U19 Boys		
Break					
U20,Sen,Mas Men	1000m (CE)	12:30	U20,Sen,Mas ALL	3000m	12:45
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	15:00	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
			U20,Sen,Mas Men (CE)	Pole Vault	10:30
U13 Girls	Pole Vault	11:45	U13 Boys	Pole Vault	11:45
U14 Girls			U14 Boys		
U15 Girls			U15 Boys		
U16 Girls	Pole Vault	14:00	U16 Boys	Pole Vault	14:00
U17 Girls			U17 Boys		
U18 Girls			U18 Boys		
U19 Girls			U19 Boys		
U14-U16 Girls	Triple Jump	10:30	U14-U19 Boys	Triple Jump	14:00
U17-U19 Girls		12:30			
U17 Girls	High Jump	10:30	U17 Boys	High Jump	11:45
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