

## Leinster JSM v2

Saturday 3rd July 21

Track	In	Race	Out	Field	In	Event	Out
				Long Jump JSM W	08:30	10:00	11:30
				Long Jump J+S M	12:30	14:00	15:30
100mH J+S	08:30	10:00	10:20	Long Jump M M	10:15	11:45	13:15
110mH J + M	08:40	10:10	10:30				
				Shotput JSM W	10:00	11:30	13:00
1500m JW	08:50	10:20	10:40	Shotput J+S M	11:30	13:00	14:30
1500m SW	09:00	10:30	10:50	Shot Put M M	08:30	10:00	11:30
1500m MW	09:10	10:40	11:00				
1500m JM	09:20	10:50	11:10	Pole Vault	10:30	12:00	14:10
1500m SM	09:30	11:00	11:20				
1500m SM		11:10	11:30	Javelin W	12:30	14:00	15:10
1500m MM	09:50	11:20	11:40	Javelin M	14:00	15:30	16:40
1500m MM		11:30	11:50				
1500m MM		11:40	12:00	Weight W	14:00	15:30	16:40
				Weight M	13:00	14:30	15:40
3000m SC F	10:20	11:50	12:20				
3000m SC M	10:40	12:10	12:40				
100m JW	11:00	12:30	12:47				
100m JW		12:37	12:54				
100m SW	11:14	12:44	13:01				
100m MW	11:21	12:51	13:08				
100m MW		12:58	13:15				
100m JM	11:35	13:05	13:22				
100m JM		13:12	13:29				
100m JM		13:19	13:36				
100m SM	11:56	13:26	13:43				
100m SM		13:33	13:50				
100m SM		13:40	13:57				
100m MM	12:17	13:47	14:04				
100m MM		13:54	14:11				
100m MM		14:01	14:18				
Walks M	12:50	14:20	15:10				
100m JW F	13:30	15:00	15:17				
100m SW F	13:37	15:07	15:24				
100m JM F	13:44	15:14	15:31				
100m SW F	13:51	15:21	15:38				

  

Track	In	Race	Out
400m JW	13:58	15:28	15:45
400m JW		15:35	15:52
400m SW	14:12	15:42	15:59
400m SW		15:49	16:06
400m MW	14:26	15:56	16:13
400m MW		16:03	16:20
400m JM	14:40	16:10	16:27
400m JM		16:17	16:34
400m SM	14:54	16:24	16:41
400m SM		16:31	16:48
400m MM	15:08	16:38	16:55
400m MM		16:45	17:02

