

Leinster Junior, Senior Master Championships 2023 SETU South Sports Campus, Carlow

		Saturday 27th Ma				T
ack				Field		
10:00		Mas Women	2			Junior + Senior Wome
	100mH	U18, JSM Women	19			Master Women
	100mH	Mas Men	1			Junior + Senior Men
	110mH	U18, JSM Men	3	14:20	Long Jump	Master Men
	1500m	Women		11:00	Pole Vault	All Ages
11:00	1500m	Men				
				10:30	Shot Put	Junior + Senior Men
11:40	100mH	JS Women		11:20	Shot Put	Master Men
	110mH	JS Men		12:15	Shot Put	Junior + Senior Wome
				13:00	Seated	Men
12:00	3000m SC	Women		13:30	Shot Put	Master Women
	2000m SC	U18 Women		14:30	Weight	Men
					Weight	Women
13:00	100m	Women (JSU23M)				
13:25	100m	Men (JSU23M)		12:00	Javelin	Men
					Javelin	Women
	2000m SC	U18 Men				
	3000m SC	Men				
14.20	3000m 3c	With				
14:40	100m	Finals (J, Sen)		llaata.	:labla	fan kunian O Cania
		Series 2 where no Final				for Junior & Senic
				Athlete	s in the S	hort Hurdles, 100
	400m	Women			& 2	200m.
15:30		Men		344		
15:30		livieli				
15:30	400111	IVIETI		wnere		=
				wnere		equired, neat tim se Final
	Relays	4x100m	v 20			equired, heat tim pe Final
16:00	Relays	4x100m Sunday 28th Ma	y 20	23	will b	pe Final
16:00	Relays 300mH	4x100m Sunday 28th Ma Mas Women	y 20	23	will k High Jump	women
16:00	Relays 300mH 400mH	4x100m Sunday 28th Ma Mas Women U18, JSM Women	y 20	23	will b	pe Final
16:00	Relays 300mH	4x100m Sunday 28th Ma Mas Women	y 20	23	will k High Jump	women
16:00	Relays 300mH 400mH 400mH	4x100m Sunday 28th Ma Mas Women U18, JSM Women U18, JSM Men	y 20	23 11:00 12:30	Will k High Jump High Jump	Women Men
16:00 10:30	300mH 400mH 400mH 800m	4x100m Sunday 28th Ma Mas Women U18, JSM Women U18, JSM Men Women	y 20	11:00 12:30	Will k High Jump High Jump Triple Jump	Women Men Women
16:00 10:30 11:00 11:20	300mH 400mH 400mH 800m 800m	4x100m Sunday 28th Ma Mas Women U18, JSM Women U18, JSM Men Women Women Men	y 20	11:00 12:30	Will k High Jump High Jump	Women Men Women
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16:00 10:30 11:00 11:20 11:50	Relays 300mH 400mH 400mH 800m 800m 5k, 3k Walks	4x100m Sunday 28th Ma Mas Women U18, JSM Women U18, JSM Men Women Men Men Men + Women	y 20	11:00 12:30 12:30 13:30	High Jump High Jump Triple Jump Triple Jump	Women Men Women Men Junior + Senior Men
16:00 10:30 11:00 11:20 11:50	Relays 300mH 400mH 400mH 800m 800m 5k, 3k Walks	4x100m Sunday 28th Ma Mas Women U18, JSM Women U18, JSM Men Women Men Men Men + Women	y 20	11:00 12:30 12:30 13:30 10:00 10:45	High Jump High Jump Triple Jump Triple Jump Hammer Hammer	Women Men Women Men Junior + Senior Men Junior + Senior Women
16:00 10:30 11:00 11:50 13:15 13:25	300mH 400mH 400mH 800m 800m 5k, 3k Walks 200m 200m	4x100m Sunday 28th Ma Mas Women U18, JSM Women U18, JSM Men Women Men Men Women Men Men + Women Men Men	y 20	11:00 12:30 12:30 13:30 10:00 10:45 11:35	High Jump High Jump Triple Jump Triple Jump Hammer Hammer Hammer	Women Men Women Men Junior + Senior Men Junior + Senior Women Master Men
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NB - Schedule can run upto 1 hour ahead.
Listen to PA for Announcements of Changes in the Timetable
Check-In for Events Closes at 14:00