

# South Leinster Track and Field

Wednesday May 1st 2024

Starting time: 10:45am Venue SETU Carlow

Hammer at 9.30 For Inter and Senior Boys then Senior and Inter Girls

## Track Events,

### Order of Events:

10.45 start

1 Inter Girls 3000m final	To be run on best times no heats.
2 Senior Girls 3000m final	Events 2&3 will run together.
3 Inter Girls 200m heats	
4 Inter Boys 200m heats	36 Senior Boys Relay heats
5 Senior Girls 200m heats	37 Inter Girls 1,500m final
6 Senior Boys 200m heats	38 Inter Boys 1,500m final
7 Inter Girls 800m final	39 Senior Girls 1,500m final
8 Inter Boys 800m final	40 Senior Boys 1,500m final
9 Senior Girls 800m final	41 Inter Girls Relay final
10 Senior Boys 800m final	42 Inter Boys Relay final
11 Inter Girls 100m heats	43 Senior Girls Relay final
12 Inter Boys 100m heats	44 Senior Boys Relay final
13 Senior Girls 100m heats	45 Senior Girls 4x300 final
14 Senior Boys 100m heats	46 Senior Boys 4x400 final
15 Inter Boys 3000m final	
16 Inter Girls 200m final	
17 Inter Boys 200m final	
18 Senior Girls 200m final	
19 Senior Boys 200m final	
20 Inter Girls 80m Hurdles final	
21 Senior Girls 100m Hurdles final	
22 Inter boys 100m Hurdles final	
23 Senior Boys 110m Hurdles final	
24 Inter Girls 300m heats	
25 Inter Boys 400m heats	
26 Senior Girls 400m heats	
27 Senior Boys 400m heats	
28 Inter Girls 100m final	
29 Inter Boys 100m final	Run on Best Times
30 Senior Girls 100m final	Run on Best Times
31 Senior Boys 100m final	Run on Best Times
32 Senior Boys 5000m final	Run on Best Times
33 Inter Girls Relay heats	
34 Inter Boys Relay heats	
35 Senior Girls Relay heats	

## High Jump

11.00 am	Inter and Senior Girls
12.00 noon	Inter Boys
1.00 pm	Senior Boys

## Long Jump

11.30am	Inter & Senior Gi	Senior Girls:	12:30 (P2)
12.30pm	Senior Boys	Senior Boys:	12:30 (P1)
1:30pm	Senior Girls	Inter Boys:	1:30 (P1)
2.30pm	Inter Boys	Inter Girls:	3:00 (P1)

## Triple Jump:

Inter Girls:	11.30 (Pit 1)
Senior Boys:	1.30 (Pit 2)
Senior Girls	11.30 (Pit 1)
Inter Boys:	3.00 (Pit 1)

## Shot:

Senior Girls	11am	Inter Girls:	11.00am
Senior Boys:	12noon	Inter Boys:	12.00pm
Inter Girls:	1pm	Senior Boys:	1.00pm
Inter Boys:	2pm	Senior Girls:	2.00pm

## Discus:

## Javelin:

Senior Boys:	12.00pm	Inter Boys:	9.30am
Inter Girls:	1.00pm	Senior Boys:	9:30am
Senior Girls:	1.30pm	Inter Girls:	10:00am
Inter Boys:	2.00pm	Senior Girls:	10:00am

## Hammer

