



Leinster Junior, Senior Master Championships 2024
SETU South Sports Campus, Carlow

As of 23rd May 2024

Saturday 25th May 2024						
Track				Field		
10:00	80mH	Mas Women	2	10:00	Long Jump	U20 + Senior Women
	100mH	U18, U20SM Women +CE	10	11:15	Long Jump	U20, Senior Men +CE
	100mH	Mas Men	4	12:30	Long Jump	Master Women
	110mH	U18, U20SM Men	4	14:00	Long Jump	Master Men
	100m	All Men CE				
10:40	1500m	Women	30	11:00	Pole Vault	Women
11:00	1500m	Men	70	12:30	Pole Vault	Men
11:20	100mH	Series 2		10:00	Shot Put	U20 + Senior Men
	110mH	Series 2		10:30	Shot Put	Master Men
			4	11:40	Shot Put	U20 + Senior Women
12:00	3000m SC	Women	4	12:20	Shot Put	Men CE
12:10	2000m SC	U18 Women		13:00	Seated	Men
			50	13:30	Shot Put	Master Women + U18W CE
12:40	100m	Women (U20U23SM)	70	14:00	Weight D	Men
13:10	100m	Men (U20U23SM)		15:00	Weight D	Women
14:00	2000m SC	U18 Men		12:00	Javelin	Men
14:10	3000m SC	Mas Men		13:45	Javelin	Women
14:25	3000m SC	U20, Sen Men		15:15	Weight H	Men + Women
14:40	100m	Finals (U20, U23 Sen)		TBC	High Jump	Combined Events
		Series 2 where no Final				
			36			
15:00	400m	Women	41	Heats available for U20 & Senior Athletes in the Short Hurdles, 100m & 200m. Wind Direction chosen at start of first set of races for Event.		
15:20	400m	Men				
15:50	200m	Women CE	7			
15:55	400m	Men CE				
16:00	Relays	4x100m; HP Sprints				
Sunday 26th May 2024						
10:00	110mH	Men CE	1	10:30	Long Jump	Women CE
10:30	300mH	Mas Women	1	11:00	High Jump	Women
	400mH	U18, JSM Women	10	12:30	High Jump	Men
	400mH	U18, JSM Men	11			
				12:30	Triple Jump	Women
11:00	800m	Women	28	13:30	Triple Jump	Men
11:20	800m	Men	56			
11:50	5k, 3k Walks	Men + Women		TBC	Pole Vault	Men
			16	TBC	Javelin	Combined Events
13:00	200m	Women		ALL CAGE THROWS ARE IN St. Laurence O'Tooles in Carlow Town		
13:25	200m	Men	45			
			58	10:00	Hammer	Women
14:00	3000m	Women		11:15	Discus	Men CE
14:30	3000m	U20 Men + Mas O65+	27	11:45	Hammer	Men
14:50	200m	JS Finals	18	13:00	Discus	Women
TBC	800m / 1500m	Combined Events		14:15	Discus	Men
15:10	Relays	Mixed 4x4 + HP Sprints	33	15:30	H Hammer	Women
15:30	5000m	Senior Men + Mas Men		15:30	H Hammer	Men
16:00	Relays	4x400m				

NB - Schedule can run up to 1 hour ahead.

Listen to PA for Announcements of Changes in the Timetable

Check-In for Events Closes at 14:00

Implement Check 1hr before event Schedule (SETU Sat, SLOT Sun)