

Leinster 2025 U20, Senior and Master Indoor Championships
National Indoor Arena, Abbotstown
Day 3 Programme - 1st March 2025



Track					
Age Category	Event	Time	Age Category	Event	Time
U18, U20, Sen, Mas Women	60m Hurdles (CE)	09:30	U18, U20, Sen Mas, Men	60m Sprint (CE)	09:40
U20 Women	60m Sprint Heats	09:45	U20 Men	60m Sprint Heats	10:15
Senior Women			Senior Men		
O35-O45 Women	60m Sprint FINAL	11:00	O35-O45 Men	60m Sprint FINAL	11:10
O50+ Women			O50+ Men		
U20 Women	1500m	11:40	U20 Men	1500m	11:46
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
O50+ Women			O50+ Men		
U20 Women	60m Sprint FINAL	11:50	U20 Men	60m Sprint FINAL	12:10
Senior Women	3000m Walk	12:30	Senior Men	3000m Walk	12:45
All Women	60m Hurdles	12:30	U20 Men	60m Hurdles	12:45
U20 Women			Senior Men		
O35-O45 Women			O35-O45 Men		
Break					
U20 Women	200m Sprint Heats	13:20	U20 Men	200m Sprint Heats	13:55
Senior Women			Senior Men		
O35-O45 Women	200m Sprint FINAL	14:45	O35-O45 Men	200m Sprint FINAL	14:55
O50+ Women			O50+ Men		
U20 Women	800m	15:35	U20 Men	800m	15:45
Senior Women			Senior Men		
O35-O45 Women			O50+ Men		
O50+ Women			O50+ Men		
U20 Women	200m Sprint FINAL	15:55	U20 Men	200m Sprint FINAL	16:00
Senior Women			Senior Men		
U18, U20, Sen, Mas Women	800m (CE)	16:10	Mixed	4x200m Relay	16:25
All Women	3000m	16:50	All Men	3000m	17:20
U20 Women	400m	18:00	U20 Men	400m	18:10
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
O50+ Women			O50+ Men		
All Women	4x200m Relay	18:20	All Men	4x200m Relay	18:30
All Women	4x400m Relay		All Men	4x400m Relay	
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		13:30
O50+ Women			O50+ Men		
All Women	Pole Vault	13:00	All Men	Pole Vault	11:00
U18, U20, Sen, Mas Women CE	Long Jump	14:00	U18, U20, Sen Mas, Men CE	Long Jump	10:45
U20 Women		14:30	U20 + Sen Men		11:30
Sen + O35-O45 Women			O35-O45 Men		12:45
O50+ Women		10:00	O50+ Men		
All Women	Triple Jump	15:30	All Men	Triple Jump	16:15
U18, U20, Sen, Mas Women CE	Shot Putt	12:30	U18, U20, Sen Mas, Men CE	Shot Putt	14:00
U20 + Sen Women		11:15	U20 + Sen Men		10:00
O35-O45 Women			O35-O45 Men		
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 2025 Juvenile Relay Indoor Championships
National Indoor Arena, Abbotstown
Day 4 Programme - 2nd March 2025



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	12:20	U13 Boys	4x200m Relay FINAL	12:20
U15 Girls			U15 Boys		
U17 Girls			U17 Boys		
U19 Girls			U19 Boys		
Break					
			U20,Sen,Mas Men	1000m (CE)	13:20
U12 Girls	4x200m Relay Heats	13:30	U12 Boys	4x200m Relay Heats	13:30
U14 Girls			U14 Boys		
U16 Girls			U16 Boys		
U18 Girls			U18 Boys		
U12 Girls	4x200m Relay FINAL	15:30	U12 Boys	4x200m Relay FINAL	15:30
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)		10:30
U13 Girls	Pole Vault	11:45	U13 Boys	Pole Vault	11:45
U14 Girls			U14 Boys		
U15 Girls			U15 Boys		
U16 Girls			U16 Boys		
U17 Girls		14:00	U17 Boys		14:00
U18 Girls			U18 Boys		
U19 Girls			U19 Boys		
U14-U16 Girls			Triple Jump		
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	

NB - Schedule can run upto 1 hour ahead.

Listen to PA for Announcements of Changes in the Timetable

Check-In for Events Closes at 13:00