

Leinster 2017 Junior, Senior and Master Indoor Championships
National Indoor Arena, Abbotstown
Day 4 Program - 26th February 2017



Track					
Age Category	Event	Time	Age Category	Event	Time
Junior Women	60m Sprint Heats	10:00	Junior Men	60m Sprint Heats	10:00
Senior Women			Senior Men		
O35-O45 Women	60m Sprint FINAL	10:00	O35-O45 Men	60m Sprint FINAL	10:00
O50+ Women			O50+ Men		
Junior Women	1500m	10:50	Junior Men	1500m	10:50
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
O50+ Women			O50+ Men		
Junior Women	60m Sprint FINAL	11:40	Junior Men	60m Sprint FINAL	11:40
Senior Women			Senior Men		
ALL Women	3km Walk	12:00			
Junior Women	60m Hurdles	12:20	Junior Men	60m Hurdles	12:20
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
			ALL Men	3km Walk	12:45
Junior Women	200m Sprint Heats	13:15	Junior Men	200m Sprint Heats	13:15
Senior Women			Senior Men		
O35-O45 Women	200m Sprint FINAL	13:15	O35-O45 Men	200m Sprint FINAL	13:15
O50+ Women			O50+ Men		
Junior Women	800m	14:40	Junior Men	800m	14:40
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
O50+ Women			O50+ Men		
Junior Women	200m Sprint FINAL	15:40	Junior Men	200m Sprint FINAL	15:40
Senior Women			Senior Men		
All Women	3000m	15:50	All Men	3000m	15:50
Junior Women	400m	17:10	Junior Men	400m	17:10
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
O50+ Women			O50+ Men		
All Women	4x200m Relay	18:10	All Men	4x200m Relay	18:10
All Women	4x400m Relay	18:25	All Men	4x400m Relay	18:25
FIELD					
Age Category	Event	Time	Age Category	Event	Time
Junior Women	High Jump	12:00	Junior Men	High Jump	13:00
Senior Women		10:00	Senior Men		
O35-O45 Women			O35-O45 Men		11:00
O50+ Women		O50+ Men			
All Women	Pole Vault	10:30	All Men	Pole Vault	10:30
Junior Women	Long Jump	10:00	Junior Men	Long Jump	10:45
Senior Women		11:45	Senior Men		
O35-O45 Women		13:45	O35-O45 Men		12:45
O50+ Women			O50+ Men		
All Women	Triple Jump	14:30	All Men	Triple Jump	14:30
Junior Women	Shot Putt	11:00	Junior Men	Shot Putt	10:00
Senior Women		13:30	Senior Men		
O35-O45 Women			O35-O45 Men		12:00
O50+ Women		O50+ Men	14:30		
All Women	Weight Throw	16:00	All Men	Weight Throw	16:00

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