

Leinster 2019 Junior, Senior and Master Indoor Championships  
National Indoor Arena, Abbotstown  
Day 3 Programme - 2nd March 2019



Track					
Age Category	Event	Time	Age Category	Event	Time
Junior Women	60m Hurdles (CE)	10:00	Junior Men	60m (CE)	10:10
Senior Women			Senior Men		
Junior Women	60m Sprint Heats	10:15	Junior Men	60m Sprint Heats	10:35
Senior Women			Senior Men		
O35-O45 Women	60m Sprint FINAL	10:15	O35-O45 Men	60m Sprint FINAL	10:35
O50+ Women			O50+ Men		
Junior Women	1500m	11:00	Junior Men	1500m	11:25
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
O50+ Women			O50+ Men		
Junior Women	60m Sprint FINAL	11:45	Junior Men	60m Sprint FINAL	11:50
Senior Women			Senior Men		
All Women	3000m Walk	11:55			
Junior Women	60m Hurdles	12:15	Junior Men	60m Hurdles	12:30
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
			All Men	3000m Walk	12:45
Junior Women	200m Sprint Heats	13:05	Junior Men	200m Sprint Heats	13:35
Senior Women			Senior Men		
O35-O45 Women	200m Sprint FINAL	13:05	O35-O45 Men	200m Sprint FINAL	13:35
O50+ Women			O50+ Men		
Junior Women	800m	14:10	Junior Men	800m	14:30
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
O50+ Women			O50+ Men		
Junior Women	200m Sprint FINAL	14:50	Junior Men	200m Sprint FINAL	14:55
Senior Women			Senior Men		
Junior Women	800m (CE)	15:00			
Senior Women					
All Women	3000m	15:05	All Men	3000m	15:20
Junior Women	400m	15:40	Junior Men	400m	15:55
Senior Women			Senior Men		
O35-O45 Women			O35-O45 Men		
O50+ Women			O50+ Men		
All Women	4x200m Relay	16:25	All Men	4x200m Relay	16:25
All Women	4x400m Relay	16:35	All Men	4x400m Relay	16:35
FIELD					
Age Category	Event	Time	Age Category	Event	Time
Junior Women (+CE)	High Jump	10:45	Junior Men (+CE)	High Jump	14:00
Senior Women (+CE)			Senior Men (+CE)		
O35-O45 Women		11:30	O35-O45 Men		10:00
O50+ Women			O50+ Men		
All Women	Pole Vault	11:00	All Men	Pole Vault	11:00
Junior Women (+CE)	Long Jump	13:30	Junior Men (+CE)	Long Jump	10:50
Senior Women (+CE)			Senior Men (+CE)		
O35-O45 Women		10:00	O35-O45 Men		12:00
O50+ Women			O50+ Men		
All Women	Triple Jump	14:30	All Men	Triple Jump	14:30
Junior Women (+CE)	Shot Putt	11:50	Junior Men (+CE)	Shot Putt	12:50
Senior Women (+CE)			Senior Men (+CE)		
O35-O45 Women		10:45	O35-O45 Men		14:10
O50+ Women			O50+ Men		
All Women	Weight Throw	15:00	All Men	Weight Throw	15:30

**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**