

ATHLETICS LEINSTER INDOOR CHAMPIONSHIPS
SUNDAY 1ST FEB. 2009, NENAGH, CO. TIPPERARY
START AT 10.30AM.

TRACK EVENTS DAY 1

Women	Jun/Sen/Mast	60m Heats	Men	Jun/Sen/Mast	60m Heats
Women	Jun/Sen/Mast	60m Final	Men	Jun/Sen/Mast	60m Final
Women	Jun/Sen/Mast	3K	Men	Jun/Sen/Mast	3K
Women	Jun/Sen/Mast	400m Heats	Men	Jun/Sen/Mast	400m Heats
Women	Jun/Sen/Mast	3K Walk	Men	Jun/Sen/Mast	5K Walk
Women	Jun/Sen/Mast	800m	Men	Jun/Sen/Mast	800m
Girls	U16	200m Heats	Boys	U16	200m Heats
Girls	U17	200m Heats	Boys	U17	200m Heats
Girls	U18	200m Heats	Boys	U18	200m Heats
Girls	U19	200m Heats	Boys	U19	200m Heats
Women	Jun/Sen/Mast	200m Heats	Men	Jun/Sen/Mast	200m Heats
Girls	U16	60mH	Boys	U16	60mH
Girls	U17	60mH	Boys	U17	60mH
Girls	U18	60mH	Boys	U18	60mH
Girls	U19	60mH	Boys	U19	60mH
Women	Jun/Sen/Mast	60mH	Men	Jun/Sen/Mast	60mH
All	Finals	60mH	All	Finals	60mH
Women	Jun/Sen/Mast	400m Final	Men	Jun/Sen/Mast	400m Final
Women	Jun/Sen/Mast	1500m	Men	Jun/Sen/Mast	1500m
All	Finals	200m	All	Finals	200m
Women	Jun/Sen/Mast	Relays	Men	Jun/Sen/Mast	Relays

FIELD EVENTS DAY 1

Girls	U18	Triple Jump	Boys	U18	Triple Jump
Girls	U19	Triple Jump	Boys	U19	Triple Jump
Women	Jun/Sen/Mast	Triple Jump	Men	Jun/Sen/Mast	Triple Jump
Girls	U16	High Jump	Boys	U16	High Jump
Girls	U17	High Jump	Boys	U17	High Jump
Girls	U18	High Jump	Boys	U18	High Jump
Girls	U19	High Jump	Boys	U19	High Jump
Women	Jun/Sen/Mast	High Jump	Men	Jun/Sen/Mast	High Jump
Women	Jun/Sen/Mast	Long Jump	Men	Jun/Sen/Mast	Long Jump
Girls	U17	Shot Putt	Boys	U17	Shot Putt
Girls	U19	Shot Putt	Boys	U19	Shot Putt
Women	Jun/Sen/Mast	Shot Putt	Men	Jun/Sen/Mast	Shot Putt

Junior & Masters Competitions will be subject to 3 Competitors present and checked in for the competition.

JUVENILE ENTRY FEE: €2 per event.

JUNIOR ENTRY FEE: €3 per event.

SENIOR ENTRY FEE: €5 for first event & €3 per extra event.

RELAY FEE: €10 per team