

LEEVALE

JUNIOR & SENIOR PROGRAMME

Monday May 7th, CIT Track

TRACK 12:30

Time	Event	
12:30	Junior Women	100mH
	Senior Women	100mH
	Junior Men	110mH
	Senior Men	110mH
13:00	Senior Women	100m
	Senior Men	100m
13:30	Senior Women	400m
	Senior Men	400m
13:45	Senior Women	800m
	Senior Men	800m
14:00	Final Senior Women	100m
	Final Senior Men	100m
14:15	Senior Women	3000m
	Senior Men	3000m
15:00	Senior & Junior Women	400mH
	Senior & Junior Men	400mH
15:15	Senior Women	200m
	Senior Men	200m
15:30	Senior Men	1500m
15:45	Men & Womens	4x100m
16:00	Senior Medely Relay	
	Women	1200m, 400m,
	Men 2 Women & 2 Men	800m & 1600m.

FIELD 11:00am

Time	Event	
11:00	Junior/Senior Women & Men	Hammer
12:30	Open Competition Men & Women	Pole Vault
12:30	Junior/Senior Women & Men	Discus
13:00	Senior Women	High Jump
13:30	Senior Men	Long Jump
13:30	Junior/Senior Women & Men	Shot Putt
14:00	Senior Men	High Jump
14:30	Senior Women	Long Jump
14:30	Junior/Senior Women & Men	Javelin

NOTES:-

The programme will commence on time at 11:00am

Online Entries for all junior & senior events @ www.leevale.org

Entry Fee €10 for the first event, €5 for each subsequent event

Electronic timing and cash prizes for senior events only

200m, 400m & 400mH results will be on times.

Races will be graded based on PBs indicated on entries.

€10 entry free relay team