



**JUNIOR & SENIOR PROGRAMME**  
**Saturday May 7th, CIT Track**

**TRACK 11:45am**

| Time  | Event              |               | Sponsor |
|-------|--------------------|---------------|---------|
| 12:00 | Junior Women       | 100mH         |         |
|       | Senior Women       | 100mH         |         |
|       | Junior Men         | 110mH         |         |
|       | Senior Men         | 110mH         |         |
| 12:30 | Senior Women       | 100m          |         |
|       | Senior Men         | 100m          |         |
| 13:15 | Senior Women       | 400m          |         |
|       | Senior Men         | 400m          |         |
| 13:45 | Final Senior Women | 100m          |         |
|       | Final Senior Men   | 100m          |         |
| 14:15 | Senior Women       | 800m          |         |
|       | Senior Men         | 800m          |         |
| 14:45 | Senior Women       | 3000m         |         |
|       | Senior Men         | 3000m         |         |
| 15:30 | Senior Women       | 400mH         |         |
|       | Senior Men         | 400mH         |         |
| 15:50 | Senior Women       | 200m          |         |
|       | Senior Men         | 200m          |         |
| 16:15 | Senior Men         | 1500m         |         |
| 16:40 | Senior Men & Women | 4x100m Relays |         |

**FIELD 10:30am**

| Time  | Event                        |            | Sponsor |
|-------|------------------------------|------------|---------|
| 10:30 | Junior/Senior Women & Men    | Hammer     |         |
| 12:00 | Junior/Senior Women & Men    | Discus     |         |
| 11:30 | Open Competition Men & Women | Pole Vault |         |
| 14:00 | Junior/Senior Women & Men    | Shot Putt  |         |
| 14:00 | Senior Men                   | Long Jump  |         |
| 14:00 | Senior Women                 | High Jump  |         |
| 15:00 | Junior/Senior Women & Men    | Javelin    |         |
| 15:30 | Senior Women                 | Long Jump  |         |
| 15:30 | Senior Men                   | High Jump  |         |

**NOTES:-** The programme will commence on time at 10:30am

Online Entries for all junior & senior events @ [www.leevale.org](http://www.leevale.org)

Electronic timing and cash prizes for senior events only

International standard times achieved at Leevale 2016 will be acknowledged by Athletics Ireland

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

Heats & races will be graded based on PBs indicated on entries

€10 entry free relay team

Admission charges will apply to all athletes and spectators on the day