

ATHLETICS LEINSTER INDOOR CHAMPIONSHIPS

SUNDAY 30TH JAN. 2011, NENAGH, CO. TIPPERARY

JUNIOR / SENIOR / MASTER - FIELD EVENTS 10.30AM, TRACK 1.30 PM

TRACK EVENTS DAY 1 - 10.30AM

Girls	U13	4 x 100m	Boys	U13	4 x 100m
Girls	U15	4 x 200m	Boys	U15	4 x 200m
Girls	U17	4 x 200m	Boys	U17	4 x 200m
Girls	U19	4 x 200m	Boys	U19	4 x 200m
Girls	U13/15/17/19	Relay Finals	Boys	U13/15/17/19	Relay Finals
Girls	U12	4 x 100m	Boys	U12	4 x 100m
Girls	U14	4 x 200m	Boys	U14	4 x 200m
Girls	U16	4 x 200m	Boys	U16	4 x 200m
Girls	U18	4 x 200m	Boys	U18	4 x 200m
Girls	U12/14/16/18	Relay Finals	Boys	U12/14/16/18	Relay Finals
1.30PM			1.30PM		
Women	Jun/Sen/ Mast	3000m	Men	Jun/Sen/Mast	3000m
Women	Jun/Sen/Mast	400m Heats	Men	Jun/Sen/Mast	400m Heats
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 Walk	Men	Jun/Sen/Mast	3K Walk
Women	Jun/Sen/Mast	800m	Men	Jun/Sen/Mast	800m
Women	Jun/Sen/Mast	200m Heats	Men	Jun/Sen/Mast	200m Heats
Women	Jun/Sen/Mast	60mH Heats	Men	Jun/Sen/Mast	60mH Heats
Women	Jun/Sen/Mast	60mH Final	Men	Jun/Sen/Mast	60mH Final
Women	Jun/Sen/Mast	400m Final	Men	Jun/Sen/Mast	400m Final
Women	Jun/Sen/Mast	1500m	Men	Jun/Sen/Mast	1500m
Women	Jun/Sen/Mast	200m Final	Men	Jun/Sen/Mast	200m Final
Women	Jun/Sen/Mast	Relays	Men	Jun/Sen/Mast	Relays

JUNIOR / SENIOR / MASTER FIELD EVENTS - 10.30AM

Women	Junior	Triple Jump	Men	Junior	Triple Jump
Women	Senior	Triple Jump	Men	Senior	Triple Jump
Women	Masters	Triple Jump	Men	Masters	Triple Jump
Women	Masters	High Jump	Men	Masters	High Jump
Women	Junior	High Jump	Men	Junior	High Jump
Women	Senior	High Jump	Men	Senior	High Jump
Women	Junior	Pole Vault	Men	Junior	Pole Vault
Women	Senior	Pole Vault	Men	Senior	Pole Vault
Women	Senior	Long Jump	Men	Senior	Long Jump
Women	Masters	Long Jump	Men	Masters	Long Jump
Women	Junior	Long Jump	Men	Junior	Long Jump
Women	Junior	Shot Putt	Men	Junior	Shot Putt
Women	Senior	Shot Putt	Men	Senior	Shot Putt
Women	Masters	Shot Putt	Men	Masters	Shot Putt
			Men	Junior	35lb Weight
			Men	Senior	56lb Weight
			Men	Masters	56lb / 36lb

RELAYS: €10 per team (LATE ENTRY; €20 per team)

(Juvenile Relay Entries / Changes not accepted after 10am on day of competition)

JUNIOR ENTRY FEE: €3 per event

SENIOR / MASTER ENTRY FEES: €5 for first event & €3 per extra event

Entries to; Sports Development Project, Claremont, Commons Rd, Navan, Co Meath before Wed, 19th January 2011 (**Double entry after Friday, 21st January**)