



LEEVALE 2016

Track & Field Meet

JUNIOR & SENIOR PROGRAMME

Saturday May 7th, CIT Track

TRACK 12:00

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 11:45am

Time	Event	Sponsor
11:45	Junior/Senior Women & Men	Hammer
12:30	Open Competition Men & Women	Pole Vault
12:30	Junior/Senior Women	Triple Jump
13:15	Junior/Senior Women & Men	Discus
14:00	Senior Men	Long Jump
14:00	Senior Women	High Jump
14:30	Junior/Senior Women & Men	Shot Putt
15:30	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 11:45am

Online Entries for all junior & senior events @ 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

Heats will take place in the 100m. Other track events will be run as graded finals with overall results being based on times

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

€10 entry fee relay team

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