

# LEEVALE 2017

## JUNIOR & SENIOR PROGRAMME

Saturday May 6th, CIT Track

### TRACK 11:00

Time	Event	Sponsor
11:00	Senior Women	5K Walk
	Senior Men	10K Walk
12:00	Senior & Junior Women	400mH
	Senior & Junior Men	400mH
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	Junior Women	100mH
	Senior Women	100mH
	Junior Men	110mH
	Senior Men	110mH
15:50	Senior Women	200m
	Senior Men	200m
16:15	Senior Men	1500m
16:40	Senior Men & Women	4x100m Relays

### FIELD 11:00am

Time	Event	Sponsor
11:00	Junior/Senior Women & Men	Hammer
12:30	Open Competition Men & Women	Pole Vault
12:30	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 11:00 am  
Online Entries for all junior & senior events @ [www.leevale.org](http://www.leevale.org)

Electronic timing and cash prizes for senior events only

International standards achieved at Leevale 2017 will be acknowledged by Athletics Ireland

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

Races will be graded based on PBs indicated on entries

€10 entry fee per relay team

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