

Junior Championships
Le Chéile (Leixlip)
Friday 23rd June
Start time 7:00pm

TRACK			FIELD		
	Age Category	Event		Age Category	Event
19:00	Junior Women	100m Hurdles	19:00	Junior Men	Long Jump
19:05	Junior Men	110m Hurdles	19:30	Junior Women	Long Jump
19:10	Junior Men	3000m Walk			
19:10	Junior Women	3000m Walk	19:45	Junior Men	High Jump
19:30	Junior Women	400m Hurdles	20:00	Junior Women	High Jump
19:35	Junior Men	400m Hurdles			
19:40	Junior Women	100m	20:15	Junior Men	Triple Jump
19:45	Junior Men	100m	20:30	Junior Women	Triple Jump
19:50	Junior Women	3000m			
20:05	Junior Men	3000m			
20:20	Junior Women	200m			
20:25	Junior Men	200m			
20:30	Junior Women	1500m			
20:37	Junior Men	1500m			
20:45	Junior Women	800m			
20:50	Junior Men	800m			
20:55	Junior Women	400m			
20:48	Junior Men	400m			
21:00	Junior Men	4x100m Relay			
	Junior Women				

PLEASE NOTE: Juniors

- The order of events will be as listed
- The list is a guide only; events may be run ahead of time. Please listen to the P.A. for announcements.
- All Walk races will be held as a single event.
- To compete as a Junior the athlete must be over 16 and under 20 in the year of competition.
- Relays will be held at the end of the Programme, and relay entries may be taken on the night.