

MUNSTER ATHLETICS 2016 Track & Field Programme
Juvenile U14 -U19 TRACK & FIELD CHAMPIONSHIPS Venue: CIT Cork
DAY – 1 Saturday Hammer Competition Start – Time 9:30am

TIME	AGE CATEGORY	TRACK EVENT
11:00am	Boys U14, U15, U16	200m Heats
	Girls U14, U15, U16	200m Heats
	Boys U17, U18, U19	800m (Times)
	Girls U17, U18, U19	800m (Times)
	Girls U14, U15, U16	2000m Walks Finals
	Boys U14, U15	2000m Walks Finals
	Girls U17, U18, U19	3000m Walks Finals
	Boys U16, U17	3000m Walks Finals
	Boys U19, U18,	5000m Walks Finals
	Boys U19	110m Hurdles (3'3")
	Boys U18	110m Hurdles (3'0")
	Boys U17	110m Hurdles (3'0")
	Girls U19	100m Hurdles (2'9")
	Girls U18 & Boys U16	100m Hurdles (2'9")
	Boys U15	80m Hurdles (2'9")
	Girls U17	100m Hurdles (2'6")
	Girls U15, U16	80m Hurdles (2'6")
	Boys U14	75m Hurdles (2'6")
	Girls U14	75m Hurdles (2'3")
BREAK		
	Girls U17, U18,U19	400m (Times)
	Boys U17, U18, U19	400m (Times)
	Boys U16, U17, U18, U19	3000m Finals
	Girls U18, U19	3000m Finals
	Girls U17, U18, U19	100m Heats
	Boys U17, U18, U19	100m Heats
	Boys U14, U15, U16	1500m Finals
	Girls U14, U15, U16	1500m Finals
		100m & 200m FINALS
	Girls U14, U16, U18	4 x 100m Relay Heats/Final
	Boys U15, U17, U19	4 x 100m Relay Heats/Final

JUMPS				
	HIGH JUMP 11:00am	TRIPLE JUMP 11:00am	LONG JUMP 11:00am	POLE VAULT 10:30am
	Girls U14 (1.10m)	Boys U17, U18 (Pit 2)	Girls U19 (Pit 1)	Boys U15 – U19
	Boys U19 (1.50m)	Girls U17, U19 (Pit 2)	Girls U15 (Pit 1)	Girls U15 – U19
	Girls U16 (1.20m)		Boys U14 (Pit 1)	
	Girls U18 (1.30m)		Boys U18 (Pit 2)	
	Boys U17 (1.35m)		Girls U17 (Pit 2)	
	Boys U15 (1.25m)		Boys U16 (Pit 2)	
THROWS				
	SHOT 11:00am	DISCUS 11:30am	JAVELIN 11:00am	HAMMER 9:30am
	Girls U19 (4kg)	Girls U18 (1kg)	Girls U16 (500g)	Boys U18 (5kg)
	Girls U18 (3kg)	Boys U14 (.75kg)	Girls U14 (400g)	Girls U19 (4kg)
	Girls U17 (3kg)	Boys U15 (1kg)	Boys U17 (700g)	Girls U17 (3kg)
	Girls U16 (3kg)	Boys U16 (1kg)	Boys U19 (800g)	Boys U16 (4kg)
	Boys U17 (5kg)	Boys U19 (1.75kg)	Boys U15 (500g)	Girls U15 (2.5kg)
	Girls U14 (2kg)	Girls U15 (.75kg)	Boys U18 (700g)	Boys U14 (2.5kg)

NO ENTRIES OR CHANGE OF ENTRIES ON THE DAY OF COMPETITION

THE CLUBS OF PARTICIPATING ATHLETES ARE REQUIRED TO PROVIDE TWO OFFICIALS FOR THE CHAMPIONSHIPS