

**MUNSTER ATHLETICS 2016 Track & Field Programme**

**Juvenile U14 – U19 TRACK & FIELD CHAMPIONSHIPS**

**Venue: CIT Cork**

**Day – 2 Sunday 19<sup>th</sup> June**

**Hammer Competition Start – Time 9:30am**

| TRACK |                                   |                            |
|-------|-----------------------------------|----------------------------|
| 11:00 | Girls U17, U18, U19               | 200m Heats                 |
|       | Boys U17, U18, U19                | 200m Heats                 |
|       |                                   |                            |
|       | Girls U17, U18, U19               | 1500m Finals               |
|       | Boys U17, U18, U19                | 1500m Finals               |
|       | Girls U15, U16                    | 250m Hurdles (2'3")        |
|       | Boys U15, U16                     | 250m Hurdles (2'6")        |
|       | Girls U17                         | 300m Hurdles (2'6")        |
|       | Boys U17                          | 300m Hurdles (2'6")        |
|       | Girls U18, U19                    | 400m Hurdles (2'6")        |
|       | Boys U18                          | 400m Hurdles (2'9")        |
|       | Boys U19                          | 400m Hurdles (3'0")        |
|       | Girls U14, U15, U16               | 800m (Times)               |
|       | Boys U14, U15, U16                | 800m (Times)               |
| BREAK |                                   |                            |
|       | Girls U14, Boys U14               | 80m Heats                  |
|       | Girls U15, U16                    | 100m Heats                 |
|       | Boys U15, U16                     | 100m Heats                 |
|       |                                   |                            |
|       | Girls U17 (2'6") S/C              | 2000m Steeplechase (2'6")  |
|       | Girls U18, U19 (2'6")             | 3000m Steeplechase (2'6")  |
|       | Boys U17                          | 2000m Steeplechase (3'0")  |
|       | Boys U18, U19 Boys U17 (3'0") S/C | 3000m Steeplechase (3'0")  |
|       |                                   | 200m FINALS                |
|       |                                   | 80m / 100m FINALS          |
|       |                                   |                            |
|       | Girls U15, U17, U19               | 4 x 100m Relay Heats/Final |
|       | Boys U14, U16, U18                | 4 x 100m Relay Heats/Final |

| JUMPS          |                   |            |                   |
|----------------|-------------------|------------|-------------------|
| High Jump      | Long Jump         | Pole Vault | Triple Jump       |
| Start at 11:00 | Start at 11:00    |            | Start at 11:00    |
| Boys U14       | Girls U16 (Pit 1) |            | Boys U15 (Pit 2)  |
| Girls U17, U19 | Boys U19 (Pit 1)  |            | Girls U18 (Pit 2) |
| Boys U16, U18  | Boys U17 (Pit 1)  |            | Boys U16 (Pit 2)  |
| Girls U15      | Boys U15 (Pit 2)  |            | Boys U19 (Pit 2)  |
|                | Girls U18 (Pit 2) |            | Girls U16 (Pit 2) |
|                | Girls U14 (Pit 2) |            |                   |

| THROWS             |                   |                  |                   |
|--------------------|-------------------|------------------|-------------------|
| SHOT               | DISCUS            | JAVELIN          | HAMMER            |
| Start at 11:00     | Start at 11:30    | Start at 11:00   | 9:30AM            |
| Boys U18 (5k)      | Girls U17 (1kg)   | Boys U16 (600g)  | Boys U19 (6kg)    |
| Boys U14 (2.72kg)  | Boys U18 (1.5kg)  | Girls U17 (500g) | Boys U17 (5kg)    |
| Boys U15 (3kg)     | Girls U14 (.75kg) | Girls U15 (400g) | Girls U18 (3kg)   |
| Boys U16 (4kg)     | Boys U17 (1.5kg)  | Girls U18 (500g) | Girls U16 (3kg)   |
| Boys U19 (6kg)     | Girls U16 (1kg)   | Girls U19 (600g) | Boys U15 (3kg)    |
| Girls U15 (2.72kg) | Girls U19 (1kg)   | Boys U14 (400g)  | Girls U14 (2.5kg) |

**NO ENTRIES OR CHANGE OF ENTRIES ON THE DAY OF COMPETITION**

THE CLUBS OF PARTICIPATING ATHLETES ARE REQUIRED TO PROVIDE 2 OFFICIALS FOR THE CHAMPIONSHIPS