



Munster Junior & U23 T&F Championships 2022

Sunday 29th May, MTU Cork

Provisional Timetable



Track				Field			
11.00am	*110mH (3'6")	Men	U23 Times	10am	Hammer (6kg, 7.26kg)	Men	Jnr & U23
	*110mH (3'3")	Men	Jnr Times		Hammer (4kg)	Women	Jnr & U23
	*100mH (3'0")	Men	Youth Decathlon				
	**100mH (2'9")	Women	Jnr & U23 Times	11.00am	High Jump	Women	Jnr & U23
					*High Jump	Men	Jnr & U23
11.30am	1500m	Women	Jnr & U23 Times				
	1500m	Women	Jnr & U23 Times	11.30am	Discus (1.75kg, 2kg)	Men	Jnr & U23
					Discus (1kg)	Women	Jnr & U23
12.00pm	100m	Women	Jnr & U23 Heats				
	100m	Men	Jnr & U23 Heats	11.30am	Pole Vault	Women	Jnr & U23
					*Pole Vault	Men	Jnr & U23
12.30pm	400m	Women	Jnr & U23 Times				
	400m	Men	Jnr & U23 Times	1.00pm	*Long Jump	Women	Jnr & U23
					Long Jump	Men	Jnr & U23
1.00pm	100m	Women	Jnr & U23 Final				
	100m	Men	Jnr & U23 Final	2.30pm	Shot Put (4kg)	Women	Jnr & U23
					Shot Put (6kg, 7.26kg)	Men	Jnr & U23
1.30pm	4x 100m Relay	Women	Jnr & U23 Final				
	4x 100m Relay	Men	Jnr & U23 Final	2.30pm	**Javelin (600g)	Women	Jnr & U23
					*Javelin (800g)	Men	Jnr & U23
2.00pm	200m	Women	Jnr & U23 Heats				
	200m	Men	Jnr & U23 Heats	2.30pm	Triple Jump	Women	Jnr & U23
					Triple Jump	Men	Jnr & U23
2.30pm	3000m	Women	Jnr & U23 Final				
	3000m	Men	Jnr & U23 Final	3.30pm	Weight for Distance (28lbs)	Women	Jnr & U23
					Weight for Distance (35lbs)	Men	Jnr & U23
3.00pm	400mH	Women	Jnr & U23 Times				
	400mH	Men	Jnr & U23 Times				
				* Mens Decathlon Events, **Womens Heptathlon Events			
3.30pm	800m	Women	Jnr & U23 Times				
	800m	Men	Jnr & U23 Times				
	**800m	Women	Heptathlon				
	*1500m	Men	Decathlon				
4.00pm	200m	Women	Jnr & U23 Final				
	200m	Men	Jnr & U23 Final				
4.30pm	4x 400m Relay	Women	Jnr & U23 Final				
	4x 400m Relay	Men	Jnr & U23 Final				