

Outer Track				
Check In	Start time	Event	Entries	Duration
9.45am	10am	Boys U9 300m	66	45 min
	10.45am	Boys U11 600m	63	45 min
	11.30am	Girls U9 300m	65	45 min
	12.15pm	Girls U10 500m	77	45 min
	1pm	Girls U11 600m	66	45 min
	2pm	Boys U10 500m	85	1 hr
<p><i>Check in at 9.45am at the Pole vault area</i></p> <p>U9 & U10 - 12 athletes per heat U11 athletes - 10 athletes per heat</p> <p>Results will be based on times</p>				

Sprint Track				
Check In	Start time	Event	Entries	Duration
9.45am	10am	Girls U11 60m	100	1 hr
	11am	Girls U10 60m	105	1 hr
	12pm	Boys U11 60m	84	1 hr
	1pm	Boys U10 60m	109	1 hr
	2pm	Girls U9 60m	78	1 hr
	3pm	Boys U9 60m	84	1 hr
<p><i>Check in at 9.45am in the warm up area beside the shop</i></p> <p>Results will be based on times</p>				

Field Events				
Check In	Start time	Event	Entries	Duration
9.45am	10am	Girls U9 Long Jump pit 1	67	1.5hrs
9.45am	10am	Boys U10 Long Jump pit 2	101	2 hrs
	11.30am	Boys U9 Long Jump pit 1	61	1.5hrs
	12pm	Boys U11 Long Jump pit 2	61	1.5hrs
	1pm	Girls U10 Long Jump pit 1	82	1.5hrs
	2pm	Girls U11 Long Jump pit 2	77	1.5hrs
<p><i>Girls U9 And Boys U9 check in at 9.45am</i></p> <p>Due to the number of entries, Long jumps are divided into pools. 2* attempts per athlete. No warm up jump for U9 and U10 U11 athletes 1 warm up jump. The first round will be measured, a marker will be placed at the tenth best jump and only marks exceeding this mark will be measured. (except for an athlete that fouls in the first/second round)</p> <p>* may be increased to 3 attempts if there is enough help on the day</p>				
Field Events				
Start time	Event	Entries	Duration	
11am	Girls U11 Shot Put	22	1 hr	
2pm	Boys U11 Shot Put	16	1 hr	

Relays at 3pm approx after the outside track is finished

Due to the high volume of Covid-19 infections at the moment, it is strongly recommended that everyone wear a mask in the Stadium on Saturday

PLEASE NOTE THE FOLLOWING RE. PARKING:
There will be limited parking at the Stadium. Please follow the directions of the parking stewards.
No cars are to be parked in local estates as Nenagh Olympic A.C. have received multiple complaints from local residents during recent competitions.
Parking on one side of the road only once Nenagh Olympic car park is full.
Buses & mini buses are required to park in the free carpark at the train station 600m away.
Additional parking is also available in the hospital car park 200m away which is free and secure. This is not through the main hospital entrance but the turn in at the only traffic

Long Jump Pools will be published before Saturday at www.munsterathletics.com