

## Cork County Junior, Senior & Masters T&F, May 9th 2009, CIT Track

**Electronic Timing will be used!**

TIME	THROWS	JUMPS	TRACK
10:30	Mens Hammer		
11:30	Mens Discus	Womens Long Jump	
12:15		Mens Long Jump	
12:30	Womens Hammer	Men & Women Pole Vault	
12:45			400m Hurdles
13:00	Womens Discus		100m Heats
13:30			800m
14:00	Mens Shot	Men & Women Triple Jump	100m Finals
14:30	Mens Javelin		3000m
14:45		Men High Jump	5000m
15:00	Womens Javelin		Sprint Hurdles
15:15	Womens Shot	Women High Jump	200m*
15:30			1500m
15:45			Steeplechase
16:00	56lb WD		400m*
16:30	56lb OB		4x100m Relays
16:45			4x400m Relays

\*If heats are required for these events, overall placings will be decided on times

Events may be brought forward by up to 30 minutes prior to 1pm, no restriction after 1pm

**Athletes doing the hurdles and Steeple chase must check in 1 hour prior to their event @ the office  
For Other Events - Check In at the Start line or at the Field Event**

**Athletes may only compete in one category with the following exceptions:**

Junior & Masters Women may also compete as senior in all events with the exception of the 100m, 200m & 400m

Junior Men may also compete as senior in the jumps, 800m & 1500m

Masters Men may also compete as senior in the jumps, 800m & 1500m

Masters Men O35, O40 & O45 may also compete as senior in the throws events

Eligibility for Senior: Athletes born in 1994, 1993....

Eligibility for Junior: Athletes born in 1995-1991

Masters Categories start at O35, O40..... Men & Women

Entry forms available on [www.corkathletics.org](http://www.corkathletics.org)  
further details : Pat Buckley 085 1480725

Guests are welcome to participate but must be registered with the AAI

**Entry on the day is €10 per event per category**