

## South Munster Schools Track and Field Championships

### **Cork Institute of Technology - Thursday 6th May 2010**

<b>Track Events</b>		<b>Field Events</b>	
1:30pm	<b>300/400m Hurdles</b> (i) Inter Girls 300m Hurdles (ii) Senior Girls 400m Hurdles (iii) Inter Boys 400m Hurdles (iv) Senior Boys 400m Hurdles	1:30pm	Long Jump - Minor Girls Triple Jump - Junior Boys High Jump - Inter/Senior Girls Shot - Minor Boys Discus - Inter Boys
	<b>Followed by</b>		
2:00pm	<b>800m</b> (i) Minor Boys (ii) Minor Girls (iii) Junior Girls (iv) Junior Boys (v) Inter Girls (vi) Inter Boys (vii) Senior Girls (viii) Senior Boys	2:20pm	Long Jump - Junior Girls Triple Jump - Inter Boys Shot - Junior Boys Discus - Senior Boys
		2:30pm	High Jump - Junior Girls
		2:45pm	Discus - Junior Boys Javelin - Junior Girls
2:45pm	<b>75/80/100/110m Hurdles</b> (i) Junior Girls 75m (ii) Inter Girls 80m (iii) Junior Boys 80m (iv) Senior Girls 100m (v) Inter Boys 100m (vi) Senior Boys 110m	3:00pm	Long Jump - Inter/Senior Girls Triple Jump - Senior Boys
		3:15pm	Shot - Inter Boys
		3:30pm	Javelin - Inter/Senior Girls
3:15pm	3000m Inter & Senior Girls 3000m Inter Boys 5000m Senior Boys 800m Finals (where required)	4:00pm	Shot - Senior Boys

Competitors numbers for **ALL athletes** will be available from 12.30pm

Needle spikes must be worn

**Minor athletes may not compete in the same event at Minor and Junior Level**

**Munster Schools Championships - Cork Institute of Technology - 22nd May  
1st, 2nd and 3rd will qualify in all events**

**An athlete may compete in not more than 2 events + Relay in South Munster Championships**

**In the Junior age group an athlete may not compete in both 800m and 1500m**

**Minor events are not held at Irish Schools level**