

South Munster Schools Track and Field Championships

Cork Institute of Technology - Wednesday 12th May 2010

PLEASE NOTE THE SEQUENCE OF TRACK EVENTS

Track Events		Field Events	
1.30pm	200m H/F Junior/Inter /Senior	1.30pm	High Jump - Inter/Senior Boys Triple Jump - Girls - All grades Long Jump - Junior Boys Shot - Minor Girls Javelin - Senior Boys
FOLLOWED BY			
	(i) Under 16Girls Mile		
	(ii) Under 16Boys Mile		
	(iii) 1500m Junior/Inter /Senior		
	(iv) 100m H/F Minor/Junior/Inter /Senior	2.20pm	Shot - Inter/Senior Girls Javelin - Inter Boys Discus - Junior Girls
	(v) 300/400m H/F Inter/Senior		
INTERVAL (20 - 25 mins)			
	(vi) 100m Finals	2.30pm	Long Jump - Inter Boys High Jump - Junior Boys
	(vii) 300/400m Finals		
	(viii) Inter Boys 1500mSteeplechase		
	(ix) Senior Boys 2000mSteeplechase	3.00pm	Shot - Junior Girls Long Jump - Senior Boys Javelin - Junior Boys Discus - Inter/Senior Girls
	(x) 200m Finals		
	(xi) Relays H/F Minor Girls/Minor Boys Junior Girls/Junior Boys Inter Girls/Inter Boys Senior Girls/Senior Boys	3.30pm	Long Jump - Minor Boys

H = Heat F = Final

Competitors numbers for **ALL athletes** (Relay excepted) will be available from 12.45pm

Needle spikes must be worn

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

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 an athlete may not compete in both 800m and 1500m

Minor events are not held at Irish Schools level