**Information for Cork AAI County Junior & Senior Track and Field June 21st 2015**

1. **All athletes must be registered AAI members**
2. **Ages:**

* **Juniors born in 1999/1998/1997/1996 (under 17 to Under 20)**
* **Seniors born in or before 1999 (Under 17 or Older)**

1. **Guests welcome to take part, but must be registered AAI members**
2. **Entry €2 per event, €10 per event after the closing date (June 17th), or on competition day**
3. **Only competing athletes and officials are permitted on the track and infield area**
4. **All clubs are asked to provide 2 officials.  Only those nominated will get free entry.**
5. **No limit on no. of events, but competition will not be held up waiting for athletes.**
6. **Events for which no entries have been received by the closing date (June 17th) will be cancelled.**
7. **Entries sent on modified forms will be returned, no entries taken over the phone!**
8. **Relay entries on the day of competition**
9. **All athletes must wear footwear and club colours**
10. **Please respect all property at C.I.T.**
11. **Rubblish - Please take away, or dispose of, all rubbish. There is a clean-up charge!!**
12. **Safety: Dogs / Hurleys / Footballs are not permitted inside the Track grounds, including spectator areas.**

**Programme:**

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| **Cork AAI Jnr & Snr T&F 2015, June 21st** | | | |
| **Time** | **Track** | **Jumps** | **Throws** |
| 11.00am |  | Pole Vault | Hammer |
| 11.30am | 400mH  check in closes 11.00am |  |  |
| 12.00pm | 100m |  | Discus |
| 12.30pm | 800m | Triple Jump |  |
| 1.00pm | 100m finals | Long Jump | Javelin |
| 1.10pm | 5000m men |  |  |
| 1.30pm | 3000m  women |  |  |
| 2.00pm | Sprint Hurdles  Check in closes 12.30pm | High Jump | Shot |
| 2.15pm | 200m |  |  |
| 2.30pm | Steeple Chase  Check in closes 1pm |  |  |
| 3.00pm | 1500m |  | Weight for Dist |
| 3.30pm | 400m |  | Weight OB\* |
| 4.00pm | Relays |  |  |
| * Events may move up to 30 minutes ahead prior to 2.30pm, after this no restriction applies | | | | |
| * Check in will operate for the hurdles & Steeplechase only | | | | |
| * Cork AAI reserves the right to change this programme on competition day if necessary * Further details see [www.corkathletics.org](http://www.corkathletics.org) | | | | |