

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)

3. Guests welcome to take part, but must be registered AAI members

4. Entry €2 per event, €10 per event after the closing date (June 17th), or on competition day

5. Only competing athletes and officials are permitted on the track and infield area

6. All clubs are asked to provide 2 officials. Only those nominated will get free entry.

7. No limit on no. of events, but competition will not be held up waiting for athletes.

8. Events for which no entries have been received by the closing date (June 17th) will be cancelled.

9. Entries sent on modified forms will be returned, no entries taken over the phone!

10. Relay entries on the day of competition

11. All athletes must wear footwear and club colours

12. Please respect all property at C.I.T.

13. Rubbish - Please take away, or dispose of, all rubbish. There is a clean-up charge!!

14. Safety: Dogs / Hurleys / Footballs are not permitted inside the Track grounds, including spectator areas.

Programme:

Cork AAI Jnr & Snr T&F 2015, June 21 st			
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