

**Cork County Junior, Senior & Masters T&F, May 29th 2011, 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, Number available at the office.

Athletes may only compete in one category.

Eligibility for Junior & Senior: Athletes born in 1995, 1994....
 Masters Categories start at O35, O40..... Men & Women

further details : Mary Meagher corkaaicompsec@gmail.com

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

Entry on the day is €10 per event

Closing Time for Entry to Field Event – 11.30am

Closing Time for Entry to Track Event – 1.00pm

Proof of Registration may be Requested