

## Cork County Junior, Senior & Masters T&F, May 27th 2012, 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 (Hurdles for masters O35, O40, O45)
- For Other Events - Check In at the Start line or at the Field Event, Numbers available at the office.
- Athletes may only compete in one category.
- Eligibility for Junior & Senior: Athletes born in 1996, 1995....
- 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