South Munster Schools T&F Championships 2015

Order of Events (Boys) Friday 8th May

Approx Time	Track						Field Events				
11:00am	100m heats	MINOR									
		JUNIOR		11:30am	**Long Jump**	**High Jump**	**Triple Jump**	**Shot**	**Discus**	**Javelin**	
		INTERMEDIATE			Minor	Senior	Junior(12m run up)	Inter(5k)	Senior(1.75k)	Junior(600g)	
		SENIOR			Inter	Junior	Senior	Minor(3.25k)	Inter(1.5k)	Senior(800g)	
11:30am	400m Hurdles(83.8cm)	INTERMEDIATE			Senior	Inter	Inter	Senior(6k)	Junior(1k)	Inter(700g)	
	400m Hurdles(91.4cm)	SENIOR			Junior			Junior(4k)			
11:40am	100m Finals										
12:00noon	800m	MINOR		12:30pm	All Pole Vault competitions (both boys and girls) - start time to be confirmed						
		JUNIOR		6:00pm	All Hammer competitions (both boys and girls)						
		INTERMEDIATE									
		SENIOR				**Notes**					
12:30pm	3000m	INTERMEDIATE		**Track Events**							
	5000m	SENIOR		Times on the left are only an indication of the likely start of an event. Races may start ahead of time							
12:50pm	200m	JUNIOR		Where heats are necessary other than 100m the medal winners will be decided by times							
		INTERMEDIATE		Relay teams should be declared at registration before 1:30pm							
		SENIOR		The Intermediate 3000m and Senior 5000m will be an amalgamated race							
1:15pm	1500m St. Chase	INTERMEDIATE									
	2000m St. Chase	SENIOR									
1:40pm	80m Hurdles(83.8cm)	JUNIOR		**Field Events**							
	100m Hurdles(91.4cm)	INTERMEDIATE		Field events will start at 11:30am and then be run off in the sequence shown							
	110m Hurdles(99.0cm)	SENIOR		Age groups may be amalgamated if numbers dictate							
2:00pm	400m	INTERMEDIATE									
		SENIOR		**General**							
2:10pm	1 Mile	Under 16		Minor: Under 14 on 1st July 2015 Junior: Under 15 on 1st July 2015							
	1500m	JUNIOR		Intermediate: Under 17 on 1st July 2015 Senior: Under 19 on 1st January 2015							
		INTERMEDIATE		An athlete may compete in not more than 2 events plus one relay							
		SENIOR		No school may have more than 2 athletes in any event							
2:30pm	4X100m Relay	MINOR		A relay team may be completed by the addition of no more than one athlete from the age group immediately below							
		JUNIOR		Athletes must compete in their own age group (Junior, Intermediate, Senior)							
		INTERMEDIATE		Minor athletes may compete at Junior level where an event is not held at Minor level							
		SENIOR		Minor and Junior athletes can take part in an 800m or 1500m but not both							
3:00pm	Walks	JUNIOR		The first 3 in each event qualify for the Munster championship except for track events of 400m or less where 2 qualify							
		INTERMEDIATE									
		SENIOR									