|  | South Munster Schools T\&F Championships 2015 |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Order of Events (Girls) Wednesday 6th 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(3k) | Senior(1k) | Junior(400 | 00g) |  |
|  |  | SENIOR |  | Inter | Junior | Senior | Minor(2.72k) | Inter(1k) | Senior(600 | 600g) |  |
| 11:30am | 300m Hurdles(76.2cm) | INTERMEDIATE |  | Senior | Inter | Inter | Senior(4k) | Junior(0.75k) | Inter(50 |  |  |
|  | 400m Hurdles( 76.2 cm ) | SENIOR |  | Junior |  |  | Junior(2.72k) |  |  |  |  |
| 11:40am | 100m Finals |  |  |  |  |  |  |  |  |  |  |
| 12:00noon | 800m | MINOR |  |  |  |  |  |  |  |  |  |
|  |  | JUNIOR |  |  |  |  |  |  |  |  |  |
|  |  | INTERMEDIATE |  |  | Notes |  |  |  |  |  |  |
|  |  | SENIOR | Track Events |  |  |  |  |  |  |  |  |
| 12:30pm | 3000m | INTERMEDIATE | Times on the left are only an indication of the likely start of an event. Races may start ahead of time |  |  |  |  |  |  |  |  |
|  | 3000m | SENIOR | Where heats are necessary other than 100m the medal winners will be decided by times |  |  |  |  |  |  |  |  |
| 12:50pm | 200m | JUNIOR | Relay teams should be declared at registration before 1:30pm |  |  |  |  |  |  |  |  |
|  |  | INTERMEDIATE | The Intermediate 3000m and Senior 3000m will be an amalgamed race |  |  |  |  |  |  |  |  |
|  |  | SENIOR | The Intemediate and Senior 1500m Steeplechase will be an amalgamated race |  |  |  |  |  |  |  |  |
| 1:15pm | 1500m St. Chase | INTERMEDIATE |  |  |  |  |  |  |  |  |  |
|  | 1500m St. Chase | SENIOR | Field Events |  |  |  |  |  |  |  |  |
| 1:40pm | 75 m Hurdles(76.2cm) | JUNIOR | Field events will start at 11:30am and then be run off in the sequence shown |  |  |  |  |  |  |  |  |
|  | 80 m Hurdles(76.2cm) | INTERMEDIATE | Age groups may be amalgamated if numbers dictate |  |  |  |  |  |  |  |  |
|  | 100m Hurdles(83.8cm) | SENIOR | Hammer and Pole Vault competitions will be held on Friday 8th May |  |  |  |  |  |  |  |  |
| 2:00pm | 300m | INTERMEDIATE |  |  |  |  |  |  |  |  |  |
|  | 400m | SENIOR |  |  |  |  |  |  |  |  |  |
| 2:10pm | 1 Mile | Under 16 | General |  |  |  |  |  |  |  |  |
|  | 1500m | JUNIOR | Minor: Under 14 on 1st July 2015 Junior: Under 15 on 1st July 2015 |  |  |  |  |  |  |  |  |
|  |  | INTERMEDIATE | Intermediate: Under 17 on 1st July 2015 Senior: Under 19 on 1st January 2015 |  |  |  |  |  |  |  |  |
|  |  | SENIOR | Athletes must compete in their own age group (Junior, Intermediate, Senior) |  |  |  |  |  |  |  |  |
| 2:30pm | 4X100m Relay | MINOR | Minor athletes may compete at Junior level where an event is not held at Minor level |  |  |  |  |  |  |  |  |
|  |  | JUNIOR | An athlete may compete in not more than 2 events plus one relay |  |  |  |  |  |  |  |  |
|  |  | INTERMEDIATE | No school may have more than 2 athletes in any event |  |  |  |  |  |  |  |  |
|  |  | SENIOR | A relay team may be completed by the addition of no more than one athlete from the age group immediately below |  |  |  |  |  |  |  |  |
| 3:00pm | Walks | JUNIOR | Minor and Junior athletes can take part in an 800 m or 1500 m but not both |  |  |  |  |  |  |  |  |
|  |  | INTERMEDIATE | The first 3 in each event qualify for the Munster championship except for track events of 400m or less where 2 qualify |  |  |  |  |  |  |  |  |
|  |  | SENIOR |  |  |  |  |  |  |  |  |  |

