	South Munster	Schools T&F C	ools T&F Championships 2015								
	Order of Events (Girls) Wednesday 6th May										
Approx Time	Track			<u>_</u>		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(4	.00g)	
		SENIOR		Inter	Junior	Senior	Minor(2.72k)	Inter(1k)	-	Senior(600g)	
11:30am	300m Hurdles(76.2cm)	INTERMEDIATE		Senior	Inter	Inter	Senior(4k)	Junior(0.75k)	Inter(500g)		
	400m Hurdles(76.2cm)	SENIOR		Junior			Junior(2.72k)				
1:40am	100m Finals										
12:00noon	800m	MINOR									
		JUNIOR									
		INTERMEDIATE			Notes						
		SENIOR	Track Ever	nts							
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 Internediate and Senior 1500m Steeplechase will be an amalgamated race								
1:15pm	1500m St. Chase	INTERMEDIATE				•					
	1500m St. Chase	SENIOR	Field Even	ts							
1:40pm	75m Hurdles(76.2cm)	JUNIOR	Field events will start at 11:30am and then be run off in the sequence shown								
	80m 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 800m or 1500m 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									