

Cork County Masters T &F, July 13th 2013, CIT Track

<u>Time</u>	<u>Throws</u>	<u>Jumps</u>	<u>Track</u>
12.00	Hammer		Sprint Hurdles (12.30pm)
13.00	Discus	Long Jump	100m followed by 3000m
14.00	Javelin	High Jump	200m followed by 800m
15.00	Shot		400m followed by 1500m
	Wt. for Dist.		Relays

- Field Events may be brought forward by up to 30 minutes prior to 2pm and up to 1 hour after this time.
- Track events may be brought forward by 30 minutes.
- Athletes doing the hurdles must check in by 12.00pm
- 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 & in a maximum of 5 events
- Masters Categories start at O35, O40..... Men & Women
- Guests are welcome to participate but must be registered with the AAI
- Entry on the day is €10 per event
- Proof of Registration may be Requested

- Closing Date – July 9th, Events for which no entry has been received by this date will be cancelled, entry form available on www.corkathletics.org

- further details : fleming.liam1@gmail.com