

# Cork Athletics Junior & Senior T&F Championships 2019

## CIT Track

Sunday May 26<sup>th</sup> 2019

Junior & Senior Programme will Start at 2:30pm

Track Events - Women & Men: 100m, 800m, 3000m/5000m, 200m, 1500m & 400m

Field Events - Women & Men: Shot, Javelin, Weight, Long Jump, High Jump & Pole Vault

2:30pm	100m	Junior / Senior
2:50pm	800m	
3:10pm	3000m/5000m	
3:30pm	200m	
3:50pm	1500m	
4:15pm	400m	
4:45pm	Relays	

**All times are approx. Programme may move forward**

**All senior clubs are asked to provide 2 non-competing athletes/officials to help out at events**

**There will be NO Hammer or Discus competition, as the Cage is in an unsafe condition, following storm damage**