

## CORK ATHLETICS JUVENILE TRACK AND FIELD COUNTY CHAMPIONSHIPS 2023

DATE: 07-MAY-2023

VENUE: MARDYKE ATHLETICS TRACK

**CHECK-IN:** CHECK-IN TIMES ARE INDICATIVE. THE PURPOSE IS TO ALLOW ORGANISERS CONFIRM THE ATHLETES THAT ARE ATTENDING AND TO ADJUST HEATS IF NECESSARY. ATHLETES MAY BE ABLE TO WARM UP AFTER CHECKING-IN.

**NOTE:** THE TIMETABLE IS DESIGNED TO GIVE ATHLETES AND PARENTS AN INDICATION OF WHEN EVENTS WILL TAKE PLACE. EVENTS MAY TAKE PLACE UP TO 30 MINUTES BEFORE THE SCHEDULED TIME. PLEASE LISTEN CAREFULLY TO PUBLIC ADDRESS ANNOUNCEMENTS ON THE DAY

### Day 1

# TRACK

| Event  | Age       | Gender        | Check-In Time | Race Time |
|--|-----------|---------------|---------------|-----------|
| 1500m<br><i>* U14 and U15 will be run on their own</i><br><i>* U16 and above may be combined depending on the number of entrants</i>   | U14 - U19 | Male & Female | 0945          | 1000      |
| Long Hurdles<br><i>* will be run as a straight final if no more than 8 entrants per race</i><br><i>* qualifiers for final will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>                                   | U15 - U19 | Male & Female | 1000          | 1045      |
| Sprints 100m - Heats (Gym Side)<br><i>* will be run as a straight final if no more than 8 entrants per race</i><br><i>* qualifiers for semifinal or final will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>   | U15 - U19 | Male          | 1045          | 1145      |
| Sprints 100m - Heats (River Side)<br><i>* will be run as a straight final if no more than 8 entrants per race</i><br><i>* qualifiers for semifinal or final will be based on finishing positions in each each and will be determined once we know how many heats are required.</i> | U15 - U19 | Female        | 1045          | 1145      |
| Sprint Hurdles (River Side)<br><i>* will be run as a straight final if no more than 8 entrants per race</i><br><i>* qualifiers for final will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>                    | U13 - U14 | Male & Female | 1145          | 1245      |
| 600m<br><i>* each heat will have a maximum of 15 athletes</i><br><i>* each heat will be treated as an individual final and medals distributed for the top three in each race</i>   | U12 - U13 | Male & Female | 1245          | 1345      |
| 400m - Heats U17 to U19 Male & Female<br><i>* will be run as a straight final if no more than 8 entrants per race</i><br><i>* qualifiers for final will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>          | U17 - U19 | Male & Female | 1345          | 1445      |
| Sprints 100m - SemiFinals (Gym Side)<br><i>* if required; may be a final depending on the number of heats</i><br><i>* qualifiers for semi finals will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>            | U15 - U19 | Male & Female | 1500          | 1515      |
| Sprint Hurdles Finals (River Side)<br><i>* if required</i>   | U13 - U14 | Male & Female | 1500          | 1515      |
| 400m - Finals<br><i>* if required</i>  | U17 - U19 | Male & Female | 1545          | 1600      |
| Sprints - Finals (River Side)<br><i>* if required</i>  | U15 - U19 | Male & Female | 1615          | 1630      |

Where multiple age groups are shown for the same discipline we will start with the youngest age group and work up.

Older age groups may be grouped depending on numbers.

With the exception of Walks there will be separate races for male and female even where ages are grouped.

Entrants in the hurdles need to be proficient in this event.

As no electronic timing is available, qualifiers from heats to semi-final or final and semi-final to final will be based on the individual finishing positions in the heat or semi-final and the number of heats and semi-finals (e.g. 2 semi-finals will have the top 4 in each qualify for the final; 4 semi-finals will have the top 2 in each to qualify for the final).

# FIELD

| Event             | Age            | Gender | Check-In Time | Race Time |
|-------------------|----------------|--------|---------------|-----------|
| Long Jump - Pit 1 | U15 & U17      | Male   | 0945          | 1015      |
| Long Jump - Pit 2 | U16, U18 & U19 | Female | 0945          | 1015      |
| Long Jump - Pit 1 | U12            | Male   | 1045          | 1130      |
| Long Jump - Pit 2 | U12            | Female | 1045          | 1130      |
| Long Jump - Pit 1 | U14            | Male   | 1330          | 1415      |
| Long Jump - Pit 2 | U14            | Female | 1330          | 1415      |
| Shot Put          | U12            | Female | 0945          | 1015      |
| Shot Put          | U13            | Female | 1015          | 1115      |
| Shot Put          | U14 - U15      | Female | 1115          | 1215      |
| Shot Put          | U16 - U19      | Female | 1215          | 1315      |

## CORK ATHLETICS JUVENILE TRACK AND FIELD COUNTY CHAMPIONSHIPS 2023

DATE: 14-MAY-2023

VENUE: MARDYKE ATHLETICS TRACK

**CHECK-IN:** CHECK-IN TIMES ARE INDICATIVE. THE PURPOSE IS TO ALLOW ORGANISERS CONFIRM THE ATHLETES THAT ARE ATTENDING AND TO ADJUST HEATS IF NECESSARY. ATHLETES MAY BE ABLE TO WARM UP AFTER CHECKING-IN.

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### Day 2

# TRACK

| Event  | Age       | Gender        | Check-In Time | Race Time |
|--|-----------|---------------|---------------|-----------|
| 3000m  | U16 - U19 | Male & Female | 0945          | 1000      |
| <i>* U16 will be run on their own</i><br><i>* U17 and above may be combined depending on the number of entrants</i>  |           |               |               |           |
| Sprints 200m - Heats   | U14 - U19 | Male & Female | 1000          | 1045      |
| <i>* will be run as a straight final if no more than 8 entrants per race</i><br><i>* qualifiers for final will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>   |           |               |               |           |
| Sprint Hurdles (River Side)  | U15 - U19 | Male & Female | 1045          | 1145      |
| <i>* Finals will take place directly after the heats for all age groups</i><br><i>* Hurdles for different age groups may take place at the same time depending on the number of entrants</i><br><i>* qualifiers for final will be based on finishing positions in each each and will be determined once we know how many heats are required.</i> |           |               |               |           |
| Sprints 60m & 80m - Heats (Gym Side)   | U12-U14   | Male & Female | 1045          | 1145      |
| <i>* if required; may be a final depending on the number of heats</i><br><i>* qualifiers for semi finals will be based on finishing positions in each each and will be determined once we know how many heats are required.</i><br><i>* U12 girls semi-finals may take place at the end of U14 heats</i>   |           |               |               |           |
| 800m   | U14 - U19 | Male & Female | 1200          | 1300      |
| <i>* will be run as a straight final if there are no more than 16 entrants per race</i>  |           |               |               |           |
| 200m - Finals (River Side)   | U14 - U19 | Male & Female | 1345          | 1400      |
| <i>* if required</i>   |           |               |               |           |
| Sprints 60m & 80m - SemiFinals (River Side)  | U12-U14   | Male & Female | 1400          | 1430      |
| <i>* qualifiers for the final will either be top 4 from two semi-finals or top 2 from four semi-finals depending on how many entrants overall</i><br><i>* may be run as a final depending on the number of heats</i>   |           |               |               |           |
| Walks  | U14 - U19 | Male & Female | 1415          | 1515      |
| <i>* may take place as one overall event across all distances and genders depending on numbers. Will be clarified after entries are received.</i>  |           |               |               |           |
| Sprints - Finals (River Side)  | U12-U14   | Male & Female | 1545          | 1600      |
| <i>* if required</i>   |           |               |               |           |
| 800m - Final   | U14 - U19 | Male & Female | 1615          | 1630      |
| <i>* if required</i>   |           |               |               |           |

Where multiple age groups are shown for the same discipline we will start with the youngest age group and work up.

Older age groups may be grouped depending on numbers.

With the exception of Walks there will be separate races for male and female even where ages are grouped.

Entrants in the hurdles need to be proficient in this event.

As no electronic timing is available, qualifiers from heats to semi-final or final and semi-final to final will be based on the individual finishing positions in the heat or semi-final and the number of heats and semi-finals (e.g. 2 semi-finals will have the top 4 in each qualify for the final; 4 semi-finals will have the top 2 in each to qualify for the final).

# FIELD

| Event               | Age            | Gender | Check-In Time | Race Time |
|---------------------|----------------|--------|---------------|-----------|
| Long Jump - Pit 1   | U13            | Male   | 0945          | 1015      |
| Long Jump - Pit 2   | U13            | Female | 0945          | 1015      |
| Long Jump - Pit 1   | U15 & U17      | Female | 1100          | 1200      |
| Long Jump - Pit 2   | U16, U18 & U19 | Male   | 1100          | 1230      |
| Triple Jump - Pit 1 | U15 - U19      | Male   | 1330          | 1500      |
| Triple Jump - Pit 1 | U16 - U19      | Female | 1330          | 1500      |
| Shot Put            | U12            |        | 0945          | 1015      |
| Shot Put            | U13            |        | 1015          | 1115      |
| Shot Put            | U14 - U15      |        | 1115          | 1215      |
| Shot Put            | U16 - U19      |        | 1215          | 1315      |

Entrants in the triple jump must be competent at the discipline. It will be at the discretion of the triple jump referee to remove somebody from the competition if he/she believes the athlete is unable to complete the event in a safe manner.

## CORK ATHLETICS JUVENILE TRACK AND FIELD COUNTY CHAMPIONSHIPS 2023

DATE: 21-MAY-2023

VENUE: MARDYKE ATHLETICS TRACK

**CHECK-IN:** CHECK-IN TIMES ARE INDICATIVE. THE PURPOSE IS TO ALLOW ORGANISERS CONFIRM THE ATHLETES THAT ARE ATTENDING AND TO ADJUST HEATS IF NECESSARY. ATHLETES MAY BE ABLE TO WARM UP AFTER CHECKING-IN.

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### Day 3

# TRACK

| Event   | Age       | Gender        | Check-In Time | Race Time |
|---|-----------|---------------|---------------|-----------|
| 4 * 400m relay<br><i>* All athletes in U17 4 * 400m relay must be born in 2007.<br/>* will be run as a straight final if no more than 8 teams per race<br/>* qualifers for final will be based on finishing positions in each each and will be determined once we know how many heats are required.</i> | U17 - U19 | Male & Female | 0945          | 1015      |
| 4 * 100m relay - Heats<br><i>* will be run as a straight final if no more than 8 teams per race<br/>* qualifers for final will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>  | U13, U15  | Male & Female | 1000          | 1045      |
| 4 * 100m relay<br><i>* will be run as a straight final if no more than 8 teams per race<br/>* qualifers for final will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>  | U17, U19  | Male & Female | 1100          | 1145      |
| 4 * 100m relay - Finals<br><i>* if required</i>   | U13, U15  | Male & Female | 1215          | 1230      |
| 4 * 100m relay<br><i>* will be run as a straight final if no more than 8 teams per race<br/>* qualifers for final will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>  | U18       | Male & Female | 1245          | 1315      |
| 4 * 100m relay - Heats<br><i>* will be run as a straight final if no more than 8 teams per race<br/>* qualifers for final will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>  | U12       | Male & Female | 1300          | 1345      |
| 4 * 100m relay - Heats<br><i>* will be run as a straight final if no more than 8 teams per race<br/>* qualifers for final will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>  | U14       | Male & Female | 1345          | 1430      |
| 4 * 100m relay<br><i>* will be run as a straight final if no more than 8 teams per race<br/>* qualifers for final will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>  | U16       | Male & Female | 1430          | 1515      |
| 4 * 100m relay - Finals<br><i>* if required</i>   | U12       | Male & Female | 1530          | 1545      |
| 4 * 100m relay - Finals<br><i>* if required</i>   | U14       | Male & Female | 1545          | 1600      |
| 4 * 100m relay - Finals<br><i>* if required</i>   | U16       | Male & Female | 1600          | 1615      |
| Relay teams will need to be entered in advance.<br>Athletes can run one year up in age for relays.<br>Each relay team must have at least two athletes of the age running.<br>Substitutes must be in attendance if they wish to be awarded a medal.  |           |               |               |           |

# FIELD

| Event             | Age | Gender | Check-In Time | Race Time |
|-------------------|-----|--------|---------------|-----------|
| Long Jump - Pit 1 | U11 | Female | 0945          | 1015      |
| Long Jump - Pit 2 | U11 | Male   | 0945          | 1015      |
| Long Jump - Pit 1 | U10 | Female | 1200          | 1230      |
| Long Jump - Pit 2 | U10 | Male   | 1200          | 1230      |
| Long Jump - Pit 1 | U9  | Female | 1415          | 1445      |
| Long Jump - Pit 2 | U9  | Male   | 1415          | 1445      |
| Turbo Javelin     | U9  | Female | 1000          | 1030      |
| Turbo Javelin     | U9  | Male   | 1000          | 1030      |
| Turbo Javelin     | U11 | Female | 1215          | 1245      |
| Turbo Javelin     | U11 | Male   | 1215          | 1245      |
| Turbo Javelin     | U10 | Female | 1415          | 1445      |
| Turbo Javelin     | U10 | Male   | 1415          | 1445      |

## CORK ATHLETICS JUVENILE TRACK AND FIELD COUNTY CHAMPIONSHIPS 2023

DATE: 28-MAY-2023

VENUE: CASTLEISLAND ATHLETICS TRACK

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### Day 4

# TRACK

| Event  | Age    | Gender        | Check-In Time | Race Time |
|--|--------|---------------|---------------|-----------|
| Sprints 60m - Heats<br><i>* Boys &amp; Girls will be held on separate sites of the track</i><br><i>* qualifiers for semifinal will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>   | U9     | Male & Female | 0930          | 1000      |
| Sprints 60m - Heats<br><i>* Boys &amp; Girls will be held on separate sites of the track</i><br><i>* qualifiers for semifinal will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>   | U10    | Male & Female | 1000          | 1045      |
| Sprints 60m - Heats<br><i>* Boys &amp; Girls will be held on separate sites of the track</i><br><i>* qualifiers for semifinal will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>   | U11    | Male & Female | 1000          | 1130      |
| Sprints 60m - SemiFinal<br><i>* Boys &amp; Girls will be held on separate sites of the track</i><br><i>* qualifiers for final will be based on finishing positions in each each and will be determined once we know how many SemiFinal are required.</i>   | U9     | Male & Female | 1145          | 1215      |
| Sprints 60m - SemiFinal<br><i>* Boys &amp; Girls will be held on separate sites of the track</i><br><i>* qualifiers for final will be based on finishing positions in each each and will be determined once we know how many SemiFinal are required.</i>   | U10    | Male & Female | 1215          | 1245      |
| Sprints 60m - SemiFinal<br><i>* Boys &amp; Girls will be held on separate sites of the track</i><br><i>* qualifiers for final will be based on finishing positions in each each and will be determined once we know how many SemiFinal are required.</i>   | U11    | Male & Female | 1245          | 1315      |
| 300m<br><i>* each heat will have a maximum of 15 athletes</i><br><i>* each heat will be treated as an individual final and medals distributed for the top three in each race</i>   | U9     | Male & Female | 1315          | 1345      |
| 500m<br><i>* each heat will have a maximum of 15 athletes</i><br><i>* each heat will be treated as an individual final and medals distributed for the top three in each race</i>   | U10    | Male & Female | 1345          | 1415      |
| 600m<br><i>* each heat will have a maximum of 15 athletes</i><br><i>* each heat will be treated as an individual final and medals distributed for the top three in each race</i>   | U11    | Male & Female | 1415          | 1445      |
| Relay Heats<br><i>* will be run as a straight final if no more than 8 teams per race</i><br><i>* qualifiers for final will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>   | U9     | Male & Female | 1430          | 1515      |
| Relay Heats<br><i>* will be run as a straight final if no more than 8 teams per race</i><br><i>* qualifiers for final will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>   | U10    | Male & Female | 1500          | 1545      |
| Relay Heats<br><i>* will be run as a straight final if no more than 8 teams per race</i><br><i>* qualifiers for final will be based on finishing positions in each each and will be determined once we know how many heats are required.</i>   | U11    | Male & Female | 1530          | 1615      |
| Sprints 60m - Final<br><i>* all finals will be run on one side of the track</i>  | U9-U11 | Male & Female | 1630          | 1645      |
| Relay Finals<br><i>* if required</i>   | U9-U11 | Male & Female | 1645          | 1700      |
| Relay teams will need to be entered in advance.<br>Athletes can run one year up in age for relays.<br>Each relay team must have at least two athletes of the age running except U9 where all athletes must be born in 2015.<br>Substitutes must be in attendance if they wish to be awarded a medal. |        |               |               |           |

# FIELD

| Event         | Age     | Gender        | Check-In Time | Race Time |
|---------------|---------|---------------|---------------|-----------|
| Hammer        | U14-U19 | Male & Female | 0915          | 0930      |
| High Jump     | U12-U13 | Female        | 1000          | 1030      |
| High Jump     | U14-U16 | Female        | 1100          | 1130      |
| High Jump     | U17-U19 | Female        | 1200          | 1230      |
| Turbo Javelin | U12     | Male          | 1000          | 1030      |
| Javelin       | U13-U15 | Male          | 1100          | 1130      |
| Javelin       | U16-U19 | Male          | 1145          | 1215      |
| Discus        | U14-U19 | Male & Female | 1230          | 1300      |
| High Jump     | U12-U13 | Male          | 1300          | 1330      |
| High Jump     | U14-U16 | Male          | 1400          | 1430      |
| High Jump     | U17-U19 | Male          | 1500          | 1530      |
| Turbo Javelin | U12     | Female        | 1345          | 1415      |
| Javelin       | U13-U14 | Female        | 1515          | 1545      |
| Javelin       | U15-U19 | Female        | 1615          | 1645      |
| Pole Vault    | U15-U19 | Male & Female | 1030          | 1100      |