

Car Parking

In recognition that there is a cost to travel to Castleisland Cork Athletics have decided not to charge an entry fee for adults for the duration of the 2023 Juvenile County T&F Competition.

Entrance
to track

Car Parking will be
available in the
Mart car park next
to the track (2-3 min
walk)

Limited car parking will be
available at the track entrance



Castleisland Track



Viewing can be done all around the track.

Tents & Gazebos can be put up

Toilets are available inside the An Ríocht clubhouse – **no spikes allowed**

Numbers must be collected and signed for on behalf of the club – individual numbers will not be distributed

A café will be in operation serving hot food (pizza, chicken, chips) as well as a selection of sandwiches, snacks and drinks

Cork County Juvenile Track & Field Championships 2023 – Castleisland, Co Kerry

- Pre race check-in is **NOT** required.
- Athletes for track events will be called to assembly and put into their assigned heats. Adjustments to heats may be made depending on the number of no-shows.
- Field event participants should go to their appropriate discipline when called.
- For relays only the last athlete will need to have a bib number.
- Athletes taking part in the throwing events (Javelin, Discus and Hammer) may bring their own equipment.
- Turbo javelins will be provided by Cork Athletics.
- Track events are not electronically timed.
- Sprint heats will be followed by semi-finals and then finals (i.e. U9 heats, U10 heats, U11 heats, U9 semi-finals etc).
- Athletes that qualify for semi-finals or finals will be kept on the track
- Middle distance (300m, 500m and 600m) will be individual races with 1st, 2nd and 3rd for each race. The number of races will be based on the number of athletes that turn up at the start line when called.
- Where necessary heats and finals will take place for relays. Similar to sprint races, the teams qualifying for finals will be kept on the track.

Cork County Juvenile Track & Field Championships 2023 – Castleisland, Co Kerry

- There will be a café on site serving hot food, sandwiches, snacks and drinks
- Tents & Gazebos can be erected around the outside of the track (marked as viewing area on the picture)
- Toilets can be found in the clubhouse. Spikes should not be worn in the clubhouse.
- Warm up for relays can be done on the track in advance of the races.
- Only athletes and stewards are permitted to be inside on the track area for the duration of the competition.
- Athletes should be aware that there will be throwing events taking place on the infield during the track events.
- Stewards will be bringing children to their changeover stations for the relay. Parents and other spectators are asked not to be telling children to move lanes or to stand outside of the designated changeover zone. Failure to observe this may result in teams being in the incorrect lane and possibly hampering other teams as well as themselves.

TIMETABLE DAY FOUR

TIMETABLE

Event	Gender	Age	Time
Hammer	M & F	All	0945
Discus	M & F	All	Discus event will start when Hammer has been completed but not before 10.30 am.
High Jump	F	U12	10.30 Timetable has been designed to allow for athletes taking part in turbo javelin and javelin.
High Jump	M	U12-14	
High Jump	F	U13	
High Jump	F	U14	
High Jump	M & F	U15-18	
Turbo Javelin	F	U12	Javelin & Turbo Javelin events will start once the Discus has been completed but not before 11.30 am. Timetale has been designed to allow for athletes taking part in high jump.
Javelin	M & F	U15-19	
Javelin	F	U13-14	
Javelin	M	U13-14	
Turbo Javelin	M	U12	

Event	Gender	Age	Time
60m Sprints	Under 9 to Under 11 Boys & Girls	1030	Sprint races will start with u9. Semi finals and finals will take place for u9 before u10's start. U10's may be called to the assembly area when the u9's are reaching a conclusion and same with U11's when U10's are almost finished.
Middle Distance	Under 9 to Under 11 Boys & Girls		Each heat for middle distance will be treated as a separate race with medals for the top 3 in each heat. Middle Distance races will take place after the completion of the sprint races.
Relays	Under 9 to Under 11 Boys & Girls		Relays will take place after the completion of the middle distance events. Where necessary heats and finals will take place.