

South Munster Schools T&F Championships 2019										
Order of Events (Boys) Friday 10th May										
Track				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(5k)	Senior(1.75k)	Junior(600g)
		SENIOR			Inter	Junior	Senior	Minor(3.25k)	Inter(1.5k)	Senior(800g)
11:30am	400m Hurdles(83.8cm)	INTERMEDIATE			Senior	Inter	Inter	Senior(6k)	Junior(1k)	Inter(700g)
	400m Hurdles(91.4cm)	SENIOR			Junior			Junior(4k)		
11:40am	100m Finals									
12:00noon	800m	MINOR								
		JUNIOR								
		INTERMEDIATE								
		SENIOR								
					Notes					
12:30pm	3000m	INTERMEDIATE		Track Events						
	3000m	SENIOR		Times on the left are only an indication of the likely start of an event.						
12:50pm	200m	JUNIOR		Races may start ahead of time						
		INTERMEDIATE		Where heats are necessary other than 100m the medal winners will be decided by times						
		SENIOR		Relay teams should be declared at registration before 1:30pm						
1:15pm	1500m St. Chase	INTERMEDIATE		The Intermediate 3000m and Senior 3000m will be an amalgamated race						
	2000m St. Chase	SENIOR								
1:30pm	Closing time for relay declaration									
1:40pm	75m Hurdles(76.2cm)	MINOR		Field Events						
	80m Hurdles(83.8cm)	JUNIOR		Field events will start at 11:30am and then be run off in the sequence shown						
	100m Hurdles(91.4cm)	INTERMEDIATE		Age groups may be amalgamated if numbers dictate						
	110m Hurdles(99.0cm)	SENIOR		Pole Vault competitions will be held on Wednesday 8th May						
2:00pm	400m	INTERMEDIATE		Hammer events where more than 3 are entered will be held at a separate date to be announced						
		SENIOR								
2:10pm	1 Mile	Under 16		General						
	1500m	JUNIOR		Minor: Under 14 on 1st July 2019 Junior: Under 15 on 1st July 2019						
		INTERMEDIATE		Intermediate: Under 17 on 1st July 2019 Senior: Under 19 on 1st January 2019						
		SENIOR		An athlete may compete in not more than 2 individual events plus one relay						
2:30pm	4X100m Relay	MINOR		A school may not have more than 2 athletes in any event						
		JUNIOR		A relay team may be completed by the addition of no more than one athlete from the						
		INTERMEDIATE		age group immediately below						
		SENIOR		Athletes must compete in their own age group (Junior, Intermediate, Senior)						
	4x400m Relay	SENIOR		Minor athletes may compete at Junior level where an event is not held at Minor level						
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 - 4 qualify						
		SENIOR		in the Under 16 mile race						