South Munster Schools T&F Championships 2019

Order of Events (Girls) Wednesday 8th 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(3k)	Senior(1k)	Junior(400g)
		SENIOR			Inter	Junior	Senior	Minor(2.72k)	Inter(1k)	Senior(600g)
11:30am	300m Hurdles(76.2cm)	INTERMEDIATE			Senior	Inter	Inter	Senior(4k)	Junior(0.75k)	Inter(500g)
	400m Hurdles(76.2cm)	SENIOR			Junior			Junior(2.72k)		
11:40am	100m Finals									
12:00noon	800m	MINOR		12:30pm	All Pole Vault competitions (both boys and girls) - start time to be confirmed					
		JUNIOR								
		INTERMEDIATE				**Notes**				
		SENIOR		**Track Events**						
12:30pm	3000m	INTERMEDIATE		**Times on the left are only an indication of the likely start of an event.**						
	3000m	SENIOR		**Races may start ahead of time**						
12:50pm	200m	JUNIOR		Where heats are necessary other than 100m the medal winners will be decided by times						
		INTERMEDIATE		Relay teams should be declared at registration before 1:30pm						
		SENIOR		The Intermediate 3000m and Senior 3000m will be an amalgamed race						
1:15pm	1500m St. Chase	INTERMEDIATE		The Intemediate and Senior 1500m Steeplechase will be an amalgamated race						
	1500m St. Chase	SENIOR								
1:30pm	Closing time for relay declaration			**Field Events**						
1:40pm	75m Hurdles(68.6cm)	MINOR		Field events will start at 11:30am and then be run off in the sequence shown						
	75m Hurdles(76.2cm)	JUNIOR		Age groups may be amalgamated if numbers dictate						
	80m Hurdles(76.2cm)	INTERMEDIATE		Hammer events where more than 3 are entered will be held at a separate date to be announced						
	100m Hurdles(83.8cm)	SENIOR								
2:00pm	300m	INTERMEDIATE								
	400m	SENIOR		**General**						
2:10pm	1 Mile	Under 16		Minor: Under 14 on 1st July 2019 Junior: Under 15 on 1st July 2019						
	1500m	JUNIOR		Intermediate: Under 17 on 1st July 2019 Senior: Under 19 on 1st January 2019						
		INTERMEDIATE		An athlete may compete in not more than 2 individual events plus one relay						
		SENIOR		A school may not have more than 2 athletes in any event						
2:30pm	4X100m Relay	MINOR		A relay team may be completed by the addition of no more than one athlete from the age						
		JUNIOR		group immediately below						
		INTERMEDIATE		Athletes must compete in their own age group (Junior, Intermediate, Senior)						
		SENIOR		Minor athletes may compete at Junior level where an event is not held at Minor level						
	4x300m Relay	SENIOR		Minor and Junior athletes can take part in an 800m or 1500m but not both						
3:00pm	Walks	JUNIOR		The first 3 in each event qualify for the Munster championship - 4 qualify in the Under 16 mile race						
		INTERMEDIATE								
		SENIOR								