South Munster Schools T&F Championships 2017

Order of Events (Girls) Thursday 4th 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									
		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. Races may start ahead of time							
	3000m	SENIOR		Where heats are necessary other than 100m the medal winners will be decided by times							
12:50pm	200m	JUNIOR		Relay teams should be declared at registration before 1:30pm							
		INTERMEDIATE		The Intermediate 3000m and Senior 3000m will be an amalgamed race							
		SENIOR		The Intemediate and Senior 1500m Steeplechase will be an amalgamated race							
1:15pm	1500m St. Chase	INTERMEDIATE									
	1500m St. Chase	SENIOR		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		Pole Vault competitions will be held on Thursday 11th May							
	100m Hurdles(83.8cm)	SENIOR		Hammer events where more than 3 are entered will be held at a separate date to be announced							
2:00pm	300m	INTERMEDIATE									
	400m	SENIOR									
2:10pm	1 Mile	Under 16		General							
	1500m	JUNIOR		Minor: Under 14 on 1st July 2017 Junior: Under 15 on 1st July 2017							
		INTERMEDIATE		Intermediate: Under 17 on 1st July 2017 Senior: Under 19 on 1st January 2017							
		SENIOR		Athletes must compete in their own age group (Junior, Intermediate, Senior)							
2:30pm	4X100m Relay	MINOR		Minor athletes may compete at Junior level where an event is not held at Minor level							
		JUNIOR		An athlete may compete in not more than 2 events plus one relay							
		INTERMEDIATE		A school may not have more than 2 athletes in any event							
		SENIOR		A relay team may be completed by the addition of no more than one athlete from the age group immediately below							
	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									