



Tipperary County Athletics



Secondary Schools Track & Field Championships

Date: Wednesday 20th April 2016 (Finish by 2.30pm latest)
Discus & Hammer Check in at 9.45am to start at 10am
Hurdles to commence at 10.45am. All other events to start at 11am.

Venue: Templemore Athletic Arena

Entries: Closing Date: Friday 15th April (By Email)
Entry Fees: €5.00 Per Athlete & €5.00 Per Relay
Confirmation: Emailed entries will be confirmed on day of receipt

Contact: Competition Secretary: Jim Ryan, Ballyduff Rd, Two-Mile-Borris, Thurles.
Telephone/Email: 086 8281969 tipperaryschoolsathletics@gmail.com

Age Categories

Minor Under 14 on 1st July 2016 **Junior** Under 15 On 1st July 2016
Intermediate Under 17 on 1st July 2016 **Senior** Under 19 on 1st January 2016

Programme*

Minor Girls & Boys 100m, 75mh, 800m, L/Jump, S/Putt 4 x 100m Relay
Junior Girls & Boys 100m, 75/80mh, 800m, L/Jump, Hammer, Discus, S/Putt 4 x 100m Relay
Inter Girls 100m, 80mh, 800m, 1500m, L/Jump, H/Jump, S/Putt, Discus, Hammer
4 x 100m Relay
Inter Boys 100m, 100mh, 400m, 1500m, L/Jump, H/Jump, S/Putt, Discus, Hammer
4 x 100m Relay
Senior Girls: 100m, 100mh, 800m, 1500m, L/Jump, H/Jump, S/Putt, Discus, Hammer
4 x 100m Relay
Senior Boys: 100m, 110mh, 400m, 1500m, L/Jump, H/Jump, S/Putt, Discus, Hammer, 4 x
100m Relay

***Other Events can be requested & will be added to the programme if sufficient participants.** Please note that in the interest of health & safety, ALL Field Event Athletes must be technically proficient and competent in their event. Athletes that do not demonstrate proficiency may be excluded from further participation in that event at the discretion of the Track Referee.

ORDER OF EVENTS				
Track	High Jump	Long Jump 1	Long Jump 2	Shot Putt
Girls 100m	Inter Boys	Minor Boys	Senior Boys	Inter Girls
Girls 800m/1500m	Senior Boys	Inter Boys	Junior Boys	Senior Girls
Boys 100m	Inter Girls	Minor Girls	Senior Girls	Junior Girls
Boys 800/1500m	Senior Girls	Inter Girls	Junior Girls	Junior Boys
Boys 400m				Inter Boys
Relays				Senior Boys
				Minor Boys
				Minor Girls
Track Events Sequence: Minor, Junior, Intermediate & Senior				

GENERAL INFORMATION

NUMBERS: - Numbers will be allotted to each entered athlete and fees will be payable on the day.
FOOTWEAR: - Only 5mm Tartan Needle Spikes in running Shoes. No football boots allowed
Athletes will have **3 attempts** only in the Long Jump, Shot Putt, Discus & Hammer
Yours in Sport Jim Ryan for Tipperary Athletics