

EAST MUNSTER SCHOOLS **BOYS 2019 TRACK & FIELD PROGRAMME**
WATERFORD RSC, THURSDAY 9th MAY 2019 @ 11.30am

TIME	AGE CATEGORY	TRACK EVENT	
11.30AM	Junior	1200m Walk	
	Intermediate	2000m Walk	
	Senior	3000m Walk	
	Intermediate	400m Hurdles (2'9") (10) Green (On Times)	
	Senior	400m Hurdles (3'0") (10) Green (On Times)	
	Intermediate	1500m Steeplechase Final	
	Senior	2000m Steeplechase Final	
	Minor	200m Heats	
	Junior	200m Heats	
	Intermediate	200m Heats	
	Senior	200m Heats	
			200m FINALS
	Minor		800m Final
	Junior		800m Final
	Intermediate		800m Final
	Senior		800m Final
	Minor		100m Heats
	Junior		100m Heats
	Intermediate		100m Heats
	Senior		100m Heats
			100m FINALS
	Intermediate		3000m Final
	Senior		3000m Final
	Minor		75m Hurdles (2'6") (8) Orange
	Junior		80m Hurdles (2'9") (8) Black
	Intermediate		100m Hurdles (3'0") (10) Yellow
	Senior		110m Hurdles (3'3") (10) Blue
			Hurdles FINALS
	Intermediate		400m Heats/Finals to be run on times
	Senior		400m Heats/Finals to be run on times
	Minor		1500m Final
	Junior		1500m Final
	Intermediate		1500m Final
	Senior		1500m Final
	Under 16		Mile Final
	Minor, Junior, Intermediate, Senior		4 x 100m Relay Finals
	Senior		4 x 400m Relay Finals

JUMPS

	HIGH JUMP 11.30am	TRIPLE JUMP 11.30am (dependant on available Officials)	LONG JUMP 11.30am	POLE VAULT
	Senior	Intermediate	Junior	POLE VAULT (11.30am warm up with competition to start at 12.30pm)
	Junior	Senior	Minor	All Ages - GIRLS & BOYS (Junior, Intermediate & Senior)
	Intermediate	Junior	Intermediate	
			Senior	

THROWS

	SHOT 11.30am	DISCUS (held after Hammer)	JAVELIN 11.30am	HAMMER 11.30am
	Senior (6kg)	Intermediate (1.5kg)	Junior (600g)	Senior (6kg)
	Minor (3kg)	Junior (1kg)	Senior (800g)	Intermediate (5kg)
	Intermediate (5kg)	Senior (1.75kg)	Intermediate (700g)	Junior (4kg)
	Junior (4kg)			

THE SCHOOLS OF PARTICIPATING ATHLETES ARE REQUIRED TO PROVIDE ONE OFFICIAL EACH FOR THE CHAMPIONSHIPS

Athletes should be technically proficient & competent to compete in each event.

Order of Events may change throughout the day. Please be alert.