

**EAST MUNSTER SCHOOLS GIRLS 2019 TRACK & FIELD PROGRAMME  
TEMPLEMORE TRACK, WEDNESDAY 1st MAY 2019 @ 12 NOON**

TIME	AGE CATEGORY	TRACK EVENT
<b>12 NOON</b>	Junior	1200m Walk
	Intermediate	2000m Walk
	Senior	3000m Walk
	Intermediate	300m Hurdles (2'6") (7) Green (On Times)
	Senior	400m Hurdles (2'6") (10) Green (On Times)
	Intermediate & Senior	1500m Steeplechase Final
	Minor	100m Heats
	Junior	100m Heats
	Intermediate	100m Heats
	Senior	100m Heats
		100m FINALS
	Senior	400m (Heats/Finals to be run on times)
	Intermediate	300m (Heats/Finals to be run on times)
	Intermediate	3000m
	Senior	3000m
	Minor	75m Hurdles (2'3") (8) Orange
	Junior	75m Hurdles (2'6") (8) Orange
	Intermediate	80m Hurdles (2'6") (8) Black
	Senior	100m Hurdles (2'9") (10) Yellow
	Minor	800m Final
	Junior	800m Final
	Intermediate	800m Final
	Senior	800m Final
	Minor	200m Heats
	Junior	200m Heats
	Intermediate	200m Heats
	Senior	200m Heats
		200m FINALS
	Junior	1500m Final
	Intermediate	1500m Final
	Senior	1500m Final
Minor	1500m Final	
Under 16	Mile Final	
Minor, Junior, Intermediate, Senior	4 x 100m Relay Finals	
Senior	4 x 300m Relay Finals	

**JUMPS**

	HIGH JUMP 12 noon	TRIPLE JUMP 12 noon (dependent on available Officials)	LONG JUMP 12 noon	POLE VAULT Will be held with the Boys competition on Thursday 9 <sup>th</sup> May in Waterford RSC
	Junior	Intermediate	Senior	
	Senior	Junior	Intermediate	(Junior, Intermediate & Senior)
	Intermediate	Senior	Minor	
			Junior	

**THROWS**

	SHOT 12 noon	DISCUS (held after Hammer)	JAVELIN 12 noon	HAMMER 12 noon
	Minor (2.72kg)	Intermediate (1kg)	Senior (600g)	Junior (2.5kg)
	Intermediate (3kg)	Junior (0.75kg)	Junior (400g)	Intermediate (3kg)
	Senior (4kg)	Senior (1kg)	Intermediate (500g)	Senior (4kg)
	Junior (2.72kg)			

**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.