

MUNSTER ATHLETICS 2014 Track & Field Programme  
 Juvenile U14 -U19 TRACK & FIELD CHAMPIONSHIPS  
 DAY – 1 Saturday 28<sup>th</sup> June in Cork I.T.

**Hammer Competition Start – Time 9:30am**

TIME	AGE CATEGORY	TRACK EVENT	
11:00am	Girls U14, U15 & U16	2000m Walks	
	Boys U14 & U15	2000m Walks	
	Girls U17, U18 & U19	3000m Walks	
	Boys U16 & U17	3000m Walks	
	Boys U18 & U19	5000m Walks	
	Girls U14	75m Hurdles (2'3"), (8) Orange	
	Boys U14	75m Hurdles (2'6"), (8) Orange	
	Girls U15 & U16	80m Hurdles (2'6") (8)	
	Girls U17 & U18	100m Hurdles (2'6") (10)	
	Boys U15	80m Hurdles (2'9") (8)	
	Boys U16	100m Hurdles (2'9") (10)	
	Girls U19	100m Hurdles (2'9") (10)	
	Boys U17	100m Hurdles (3'0") (10)	
	Boys U18	110m Hurdles (3'0") (10)	
	Boys U19	110m Hurdles (3'3") (10)	
	BREAK		
		Boys U16, U17, U18 & U19	3000m
		Girls U18 & U19	3000m
		Girls U17, U18 & U19	400m Heats
	Boys U17, U18 & U19	400m Heats	
	Girls U17, U18 & U19	100m Heats	
	Boys U17, U18 & U19	100m Heats	
	Boys U16, U17, U18 & U19	800m	
	Girls U17, U18 & U19	800m	
	Boys U14, U15 & U16	200m Heats	
	Girls U14, U15 & U16	200mHeats	
	Boys U14 & U15	1500m Finals	
	Girls U14, U15 & U16	1500m Finals	
		400m FINALS	
		100m & 200m FINALS	

JUMPS				
	HIGH JUMP 11:00am	TRIPLE JUMP 11:00am	LONG JUMP 11:00am	POLE VAULT 10:30am
	Girls U14 (1.10m)	Boys U17, U18 (Pit 2)	Girls U19 (Pit 1)	Boys U15 – U19
	Boys U19 (1.45m)	Girls U17, U19 (Pit 2)	Girls U15 (Pit 1)	Girls U17 – U19
	Girls U16 (1.20m)		Boys U14 (Pit 1)	
	Girls U18 (1.30m)		Boys U18 (Pit 2)	
	Boys U17 (1.35m)		Girls U17 (Pit 2)	
	Boys U15 (1.25m)		Boys U16 (Pit 2)	
THROWS				
	SHOT 11:00am	DISCUS 11:30am	JAVELIN 11:00am	HAMMER 9:30am
	Girls U19 (4kg)	Girls U18 (1kg)	Girls U16 (500g)	Boys U18 (5kg)
	Girls U18 (3kg)	Boys U14 (.75kg)	Girls U14 (400g)	Girls U19 (4kg)
	Girls U17 (3kg)	Boys U15 (1kg)	Boys U17 (700g)	Girls U17 (3kg)
	Girls U16 (3kg)	Boys U16 (1kg)	Boys U19 (800g)	Boys U16 (4kg)
	Boys U17 (5kg)	Boys U19 (1.75kg)	Boys U15 (500g)	Girls U15 (2.5kg )
	Girls U14 (2kg)	Girls U15 (.75kg)	Boys U18 (700g)	Boys U14 (2.5kg)

**NO ENTRIES OR CHANGE OF ENTRIES ON THE DAY OF COMPETITION**

**THE CLUBS OF PARTICIPATING ATHLETES ARE REQUIRED TO PROVIDE TWO OFFICIALS FOR EACH DAY OF THE CHAMPIONSHIPS**  
**Morning Session: Check-in for track events opens at 9:30am and closes at 10:15am**  
**Afternoon Session: Check-in for track events opens at 11:00 and closes 12:15**

MUNSTER ATHLETICS 2014 Track & Field Programme  
 Juvenile U14 – U19 TRACK & FIELD CHAMPIONSHIPS  
 Day – 2 Sunday 29<sup>th</sup> June in Cork I.T.

**Hammer Competition Start – Time 9:30am**

TRACK		
11:00	Girls U17, U18 & U19	1500m
	Boys U16, U17, U18 & U19	1500m
	Girls U15 & U16	250m Hurdles (2'3")
	Boys U15 & U16	250m Hurdles (2'6")
	Girls U17, U18 & U19	400m Hurdles (2'6")
	Boys U17	400m Hurdles (2'6")
	Boys U18	400m Hurdles (2'9")
	Boys U19	400m Hurdles (3'0")
	Girls U14, U15 & U16	800m Heats
	Boys U14 & U15	800m Heats
BREAK		
	Girls U14, Boys U14	80m Heats
	Girls U15 & U16	100m Heats
	Boys U15 & U16	100m Heats
	Girls U17, U18 & U19	200m Heats
	Boys U17, U18 & U19	200m Heats
	Girls U17 (2'6") S/C – Boys U17 (3'0") S/C	2000m Steeplechase (2'6"), (3'0")
	Girls U18 & U19	3000m Steeplechase (2'6")
	Boys U18 & U19	3000m Steeplechase (3'0")
		200m FINALS
		80m / 100m FINALS
		600m / 800M finals

JUMPS			
High Jump	Long Jump	Pole Vault	Triple Jump
<b>Start at 11:00</b>	<b>Start at 11:00</b>		<b>Start at 11:00</b>
Boys U14 (1.25m)	Girls U16 (Pit 1)		Boys U15 (Pit 2)
Girls U17 (1.25m) & U19 (1.30m)	Boys U19 (Pit 1)		Girls U18 (Pit 2)
Boys U16 (1.35m) & U18 (1.45m)	Boys U17 (Pit 1)		Boys U16 (Pit 2)
Girls U15 (1.15m)	Boys U15 (Pit 2)		Boys U19 (Pit 2)
	Girls U18 (Pit 2)		
	Girls U14 (Pit 2)		

THROWS			
SHOT	DISCUS	JAVELIN	HAMMER
<b>Start at 11:00</b>	<b>Start at 11:30</b>	<b>Start at 11:00</b>	<b>9:30AM</b>
Boys U18 (5kg)	Girls U17 (1kg)	Boys U16 (600g)	Boys U19 (6kg)
Boys U14 (2.72kg)	Boys U18 (1.5kg)	Girls U17 (500g)	Boys U17 (5kg)
Boys U15 (3.25kg)	Girls U14 (.75kg)	Girls U15 (400g)	Girls U18 (3kg)
Boys U16 (4kg)	Boys U17 (1.5kg)	Girls U18 (500g)	Girls U16 (3kg)
Boys U19 (6kg)	Girls U16 (1kg)	Girls U19 (600g)	Boys U15 (3.25kg)
Girls U15 (2.72kg)	Girls U19 (1kg)	Boys U14 (400g)	Girls U14 (2.5kg)

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