

# Track & Field 12 – 19 years

Day 1 – Saturday 3<sup>rd</sup> July

## Check in Opens 8.30am

The Committee reserve the right to alter the timetable.

### Check in closes 9.15 a.m. Hurdles

#### 10.00 a.m. Hurdles

|          |              |             |
|----------|--------------|-------------|
| Girls 13 | 60m Hurdles  | 2'3" 68.6cm |
| Boys 13  | 60m Hurdles  | 2'3" 68.6cm |
| Girls 14 | 75m Hurdles  | 2'3" 68.6cm |
| Boys 14  | 75m Hurdles  | 2'6" 76.2cm |
| Girls 15 | 80m Hurdles  | 2'6" 76.2cm |
| Girls 16 | 80m Hurdles  | 2'6" 76.2cm |
| Boys 15  | 80m Hurdles  | 2'9" 84.0cm |
| Girls 17 | 100m Hurdles | 2'6" 76.2cm |
| Girls 18 | 100m Hurdles | 2'6" 76.2cm |
| Boys 16  | 100m Hurdles | 2'9" 84.0cm |
| Girls 19 | 100m Hurdles | 2'9" 84.0cm |
| Boys 17  | 100m Hurdles | 3'0" 91.4cm |
| Boys 18  | 110m Hurdles | 3'0" 91.4cm |
| Boys 19  | 110m Hurdles | 3'3" 99.0cm |

#### HURDLE FINALS

### Check in closes 12.00 . Steeplechase

#### 1.00 p.m.

|            |                 |       |
|------------|-----------------|-------|
| Girls 17   | 2000 S/C (2'6") | Final |
| Girls 18   | 3000 S/C        | Final |
| Girls 19   | 3000 S/C        | Final |
| Boys 17    | 2000 S/C(3'0")  | Final |
| Boys 18/19 | 3000 S/C        | Final |

### Check in closes 1.30 p.m. Sprints

#### 2.30 p.m.

|                 |      |       |
|-----------------|------|-------|
| Girls & Boys 12 | 60m  | Heats |
| Girls & Boys 13 | 80m  | Heats |
| Girls & Boys 14 | 80m  | Heats |
| Girls & Boys 15 | 100m | Heats |
| Girls & Boys 16 | 100m | Heats |
| Girls & Boys 17 | 100m | Heats |
| Girls & Boys 18 | 100m | Heats |
| Girls & Boys 19 | 100m | Heats |

#### SPRINT FINALS

#### 10.00 a.m.

|       |    |                 |
|-------|----|-----------------|
| Girls | 14 | Hammer (2.5k)SW |
| Boys  | 14 | Hammer (2.5k)SW |
| Girls | 15 | Hammer (2.5k)SW |

#### 10.00 a.m. Pole Vault

|       |               |
|-------|---------------|
| Girls | 16,17,18 & 19 |
|-------|---------------|

#### 10.00a.m.

|              |    |           |
|--------------|----|-----------|
| Boys & Girls | 14 | Long Jump |
| Girls        | 16 | High Jump |
| Boys         | 15 | Shot      |
| Girls        | 19 | Discus    |
| Boys         | 16 | Javelin   |

#### 11.00 a.m.

|              |    |           |
|--------------|----|-----------|
| Boys & Girls | 17 | Long Jump |
| Boys         | 16 | High Jump |
| Boys         | 18 | Shot      |
| Girls        | 15 | Discus    |
| Boys         | 19 | Javelin   |

#### 12.00 p.m.

|              |      |             |
|--------------|------|-------------|
| Boys & Girls | 15   | Long Jump   |
| Boys         | 13   | High Jump   |
| 14           | Shot |             |
| Boys         | 14   | Discus      |
| Girls        | 16   | Javelin     |
| Boys         | 18   | Triple Jump |

#### 1.00 p.m.

|       |    |             |
|-------|----|-------------|
| Boys  | 17 | High Jump   |
| Girls | 19 | Shot        |
| Boys  | 19 | Discus      |
| Boys  | 18 | Javelin     |
| Girls | 18 | Triple Jump |

#### 2.00pm

|       |           |           |
|-------|-----------|-----------|
| Boys  | 15        | Javelin   |
| 15    | High Jump |           |
| Boys  | 12        | Long Jump |
| Girls | 12        | Shot Putt |

#### 3.00 p.m.

|            |    |            |
|------------|----|------------|
| Boys       | 12 | Shot Putt  |
| Girls      | 12 | High Jump  |
| Boys/Girls | 12 | Ball Throw |

# Track & Field 12 – 19 years

## Day 2 – Sunday 4<sup>th</sup> July

### Check in Opens 9.30am

*The Committee reserve the right to alter the timetable.*

### Check in Closes 9.45 a.m Hurdles

#### 10.30 a.m.

|          |              |      |        |
|----------|--------------|------|--------|
| Girls 15 | 250m Hurdles | 2'3" | 68.6cm |
| Girls 16 | 250m Hurdles | 2'3" | 68.6cm |
| Boys 15  | 250m Hurdles | 2'6" | 76.2cm |
| Boys 16  | 250m Hurdles | 2'6" | 76.2cm |
| Girls 17 | 300m Hurdles | 2'6" | 76.2cm |
| Boys 17  | 300m Hurdles | 2'6" | 76.2cm |
| Girls 18 | 300m Hurdles | 2'6" | 76.2cm |
| Girls 19 | 400m Hurdles | 2'6" | 76.2cm |
| Boys 18  | 400m Hurdles | 2'9" | 84.0cm |
| Boys 19  | 400m Hurdles | 3'0" | 91.4cm |

### HURDLE FINALS

### Check in closes 11.30 a.m 300m/400m

#### 12.30 p.m

|                 |      |       |
|-----------------|------|-------|
| Girls 17 & 18   | 300m | Heats |
| Boys 17,18 & 19 | 400m | Heats |
| Girls 19        | 400m | Heats |

Girls

### Check in 800n closes 12.30p.m. 600m/800m

#### 1.30 p.m.

|              |    |      |       |
|--------------|----|------|-------|
| Girls & Boys | 12 | 600m | Heats |
| Girls & Boys | 13 | 600m | Heats |
| Girls & Boys | 14 | 800m | Heats |
| Girls & Boys | 15 | 800m | Heats |
| Girls & Boys | 16 | 800m | Heats |
| Girls & Boys | 17 | 800m | Heats |
| Girls & Boys | 18 | 800m | Heats |
| Girls & Boys | 19 | 800m | Heats |

#### 3.00 p.m.

### 300m, 400m FINALS

### Check in closes 2.30 p.m. 3000m

#### 3.30 p.m. FINALS

|       |             |       |
|-------|-------------|-------|
| Boys  | 16,17,18,19 | 3000m |
| Girls | 18, 19      | 3000m |

#### 4.30 pm.

### 600m, 800m FINALS

#### 10.00 a.m.

|       |    |              |
|-------|----|--------------|
| Girls | 18 | Hammer (4kg) |
| Boys  | 16 | Hammer (4kg) |
| Girls | 19 | Hammer (4kg) |
| Boys  | 17 | Hammer (5kg) |
| Boys  | 18 | Hammer (5kg) |

#### 10.00 a.m.

#### Pole Vault

|      |                  |
|------|------------------|
| Boys | 15,16,17,18 & 19 |
|------|------------------|

#### 10.00 a.m.

|       |    |             |
|-------|----|-------------|
| Girls | 16 | Long Jump   |
| Girls | 14 | High Jump   |
| Boys  | 14 | Shot        |
| Girls | 17 | Discus      |
| Girls | 13 | Javelin     |
| Boys  | 15 | Triple Jump |

#### 11.00 a.m.

|       |        |             |
|-------|--------|-------------|
| Girls | 19     | High Jump   |
| Boys  | 13     | Shot        |
| 18    | Discus |             |
| Boys  | 14     | Javelin     |
| Boys  | 19     | Triple Jump |

#### 12,00 p.m.

|       |    |           |
|-------|----|-----------|
| Boys  | 16 | Long Jump |
| Girls | 13 | Shot      |
| Boys  | 14 | High Jump |
| Boys  | 13 | Javelin   |
| Girls | 14 | Discus    |
| Girls | 12 | Long Jump |

#### 1.00 p.m.

|       |    |           |
|-------|----|-----------|
| Girls | 13 | Long Jump |
| Girls | 16 | Shot      |
| Girls | 14 | Javelin   |
| Boys  | 15 | High Jump |

#### 2,00 p.m.

|       |    |             |
|-------|----|-------------|
| Boys  | 13 | Long jump   |
| Boys  | 19 | Shot        |
| Boys  | 17 | Triple Jump |
| Girls | 13 | High Jump   |

#### 3.00 p.m.

|      |    |           |
|------|----|-----------|
| Boys | 12 | High Jump |
|------|----|-----------|

# Track & Field 12 – 19 years

## Day 3 – SATURDAY 24<sup>th</sup> July

### Check in opens 8.45

The Committee reserve the right to alter the timetable.

|   |               |        |                   |                   |
|---|---------------|--------|-------------------|-------------------|
|   |               |        | <b>10.00 a.m</b>  |                   |
| <u>Check in closes 9.15a.m 1500m</u>    |               |        | Girls             | 16 Hammer (3.25k) |
|   |               |        | Boys              | 15 Hammer (3.25k) |
| <b>10.00 a.m</b>                        |               |        | Girls             | 17 Hammer (3.25k) |
|   |               |        | Boys              | 19 Hammer (6kg)   |
| Girls & Boys 14                         | 1500m         | Heats  | <b>10.00 a.m</b>  |                   |
| Girls & Boys 15                         | 1500m         | Heats  | Boys              | 19 Long Jump      |
| Girls & Boys 16                         | 1500m         | Heats  | Boys              | 17 Discus         |
| Girls & Boys 17                         | 1500m         | Heats  | Girls             | 17 Shot           |
| Girls & Boys 18                         | 1500m         | Heats  | Girls             | 18 Javelin        |
| Girls & Boys 19                         | 1500m         | Heats  | Girls             | 19 Long Jump      |
| <u>Check in closes 10.30 Walks</u>      |               |        |                   |                   |
| <b>Walks Girls</b>                      |               |        | <b>11.00 a.m.</b> |                   |
| Girls 14,15,16                          | 2000m Walks   | Finals | Girls             | 17 High Jump      |
| Girls 17,18,19                          | 3000m Walks   | Finals | Boys              | 16 Triple Jump    |
|   |               |        | Girls             | 18 Long Jump      |
| <u>Check in closes 10.30 200m</u>       |               |        |                   |                   |
| <b>11.30 a.m</b>                        |               |        | Girls             | 15 Shot           |
| Girls & Boys 14                         | 200m          | Heats  | Boys              | 15 Discus         |
| Girls & Boys 15                         | 200m          | Heats  | Boys              | 17 Javelin        |
| Girls & Boys 16                         | 200m          | Heats  | <b>12.00 noon</b> |                   |
| Girls & Boys 17                         | 200m          | Heats  | Boys              | 19 High Jump      |
| Girls & Boys 18                         | 200m          | Heats  | Boys              | 16 Shot           |
| Girls & Boys 19                         | 200m          | Heats  | 16                | Discus            |
|   |               |        | Girls             | 15 Javelin        |
|   |               |        | Girls             | 17 Triple Jump    |
| <u>Check in closes 12.00 noon Walks</u> |               |        |                   |                   |
| <b>1.00 p.m</b>                         |               |        | <b>2.00 p.m.</b>  |                   |
| Boys 14, 15                             | 2000m Walks   | Finals | Boys              | 17 Shot           |
| Boys 16, 17                             | 3000m Walks   | Finals | Boys              | 16 Discus         |
| Boys 18, 19                             | 5000m Walks   | Finals | Girls             | 17 Javelin        |
|   |               |        | Girls             | 19 Triple Jump    |
|   |               |        | Boys              | 18 High Jump      |
| <b>2.30 p.m.</b>                        |               |        |                   |                   |
| 1500m                                   | <b>FINALS</b> |        | <b>3.00 p.m.</b>  |                   |
| 200m                                    | <b>FINALS</b> |        | Girls             | 19 Javelin        |
|   |               |        | Boys              | 18 Long Jump      |
|   |               |        | 18                | Discus            |
|   |               |        | Girls             | 18 Shot           |
|   |               |        | Girls             | 18 High Jump      |