

# South Leinster Track and Field

Thursday May 5th

2016

Starting time: 10:45am W.I.T.

Waterford

Hammer at 9am

9.30am

Followed by Inter and Senior Girls

## Track Events,

Order of Events:

10.45 start

For Inter and Senior Boys then Senior and Inter Girls

1 U16 Relay 4x300 Boys/Girls

To be run on best times no heats.

2 Inter Girls 3000m final

Events 2&3 will run together.

3 Senior Girls 3000m final

4 Inter Girls 200m heats

38 Inter Girls Relay heats

5 Inter Boys 200m heats

39 Inter Boys Relay heats

6 Senior Girls 200m heats

40 Senior Girls Relay heats

7 Senior Boys 200m heats

41 Senior Boys Relay heats

8 U-16 Girls 200m heats

42 Inter Girls 1,500m final

9 U-16 Boys 200m heats

43 Inter Boys 1,500m final

10 Inter Girls 800m final

44 Senior Girls 1,500m final

11 Inter Boys 800m final

45 Senior Boys 1,500m final

12 Senior Girls 800m final

46 U-16 Girls Mile final

13 Senior Boys 800m final

47 U-16 Boys Mile final

14 Inter Girls 100m heats

48 Inter Girls Relay final

15 Inter Boys 100m heats

49 Inter Boys Relay final

16 Senior Girls 100m heats

50 Senior Girls Relay final

17 Senior Boys 100m heats

51 Senior Boys Relay final

18 Inter Boys 3000m final

19 Inter Girls 200m final

20 Inter Boys 200m final

21 Senior Girls 200m final

22 Senior Boys 200m final

23 U-16 Girls 200m final

24 U-16 Boys 200m final

25 Inter Girls 80m Hurdles final

26 Senior Girls 100m Hurdles final

27 Inter boys 100m Hurdles final

28 Senior Boys 110m Hurdles final

29 Inter Girls 300m heats

Run on Best Times

30 Inter Boys 400m heats

Run on Best Times

31 Senior Girls 400m heats

Run on Best Times

32 Senior Boys 400m heats

Run on Best Times

33 Inter Girls 100m final

34 Inter Boys 100m final

35 Senior Girls 100m final

36 Senior Boys 100m final

37 Senior Boys 5000m final

## High Jump

11.30am Inter Girls

12.30pm Senior Boys

1.30pm Senior Girls

2.30pm Inter Boys

## Long Jump:

Senior Girls: 12:30 (P2)

Senior Boys: 12:30 (P1)

Inter Boys: 1:30 (P1)

Inter Girls: 3:00 (P1)

U-16 BOYS 2.00 (P1)

U-16 Girls 2.00 (Pit 2)

## Triple Jump:

Inter Girls: 11.30 (Pit 1)

Senior Boys: 1.30 (Pit 2)

Senior Girls: 11.30 (Pit 1)

Inter Boys: 3.00 (Pit 1)

## Pole Vault

Junior Girls 2:00pm

Inter Girls: 2:00pm

Senior Girls: 2:00pm

Junior Boys 3:00pm

Inter Boys: 3:00pm

Senior Boys: 3:00pm

## Shot:

U-16 Boys: 11.00am

U-16 Girls: 12.00pm

Senior Girls: 12.30pm

Senior Boys: 2.30pm

Inter Girls: 2.00pm

Inter Boys: 3.00pm

## Discus:

Inter Girls: 11:00pm

Inter Boys: 12:30pm

Senior Boys: 2:00pm

Senior Girls: 4:00pm

## Javelin:

Senior Boys: 12.00pm

Inter Girls: 1.30pm

Senior Girls: 2.50pm

Inter Boys: 3.30pm

## Hammer

Inter Boys: 9.30am

Senior Boys: 9:30am

Inter Girls: 10:00am

Senior Girls: 10:00am