

**EAST MUNSTER SCHOOLS BOYS 2016 TRACK & FIELD PROGRAMME**  
**TEMPLEMORE TRACK, WEDNESDAY 11<sup>TH</sup> MAY 2016 @ 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

**JUMPS**

	HIGH JUMP 11.30am	TRIPLE JUMP 11.30am (dependant on available Officials)	LONG JUMP 11.30am	POLE VAULT
	Senior	Intermediate	Junior	Will be held in Waterford RSC on Wednesday 4 <sup>th</sup> May with Girls Competition (Junior, Intermediate & Senior)
	Junior	Senior	Minor	
	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.**