

EAST MUNSTER SCHOOLS GIRLS 2016 TRACK & FIELD PROGRAMME
WATERFORD RSC, WEDNESDAY 4TH MAY 2016 @ 12 NOON

TIME	AGE CATEGORY	TRACK EVENT	
12 NOON	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

JUMPS				
	HIGH JUMP 12 noon	TRIPLE JUMP 12 noon (dependant on available Officials)	LONG JUMP 12 noon	POLE VAULT (after Hammer)
	Junior	Intermediate	Senior	All Ages Girls & Boys together
	Senior	Junior	Intermediate	(Junior, Intermediate & Senior)
	Intermediate	Senior	Minor	Boys Pole Vault will also be held on same day
			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.