	South Munster Schools T&F Championships 2016 Order of Events (Boys) Thursday 12th May										
Approx Time											
	Track					<b>Field Events</b>					
11:00am	100m heats	MINOR									
		JUNIOR	11:30am	Long Jump	High Jump	Triple Jump	Shot	Discus	Javelin		
		INTERMEDIATE		Minor	Senior	Junior(12m run up)	Inter(5k)	Senior(1.75k)	Junior(600g)		
		SENIOR		Inter	Junior	Senior	Minor(3.25k)	Inter(1.5k)	Senior(800g)		
11:30am	400m Hurdles(83.8cm)	INTERMEDIATE		Senior	Inter	Inter	Senior(6k)	Junior(1k)	Inter(700g)		
	400m Hurdles(91.4cm)	SENIOR		Junior			Junior(4k)				
11:40am	100m Finals										
12:00noon	800m	MINOR	12:30pm	All Pole Vault competitions (both boys and girls) - start time to be confirmed							
		JUNIOR	6:00pm	All Hammer	competitions	(both boys and girls)					
		INTERMEDIATE									
		SENIOR			Notes						
12:30pm	3000m	INTERMEDIATE	Track Ever	nts							
	5000m	SENIOR		on the left are only an indication of the likely start of an event. Races may start ahead of time							
12:50pm	200m	JUNIOR		Where heats are necessary other than 100m the medal winners will be decided by times							
		INTERMEDIATE		Relay teams should be declared at registration before 1:30pm							
		SENIOR		The Intermediate 3000m and Senior 5000m will be an amalgamated race							
1:15pm	1500m St. Chase	INTERMEDIATE									
	2000m St. Chase	SENIOR									
1:40pm	75m Hurdles(76.2cm)	MINOR	Field Even	ts							-
	80m Hurdles(83.8cm)	JUNIOR	Field even	Field events will start at 11:30am and then be run off in the sequence shown							
	100m Hurdles(91.4cm)	INTERMEDIATE		Age groups may be amalgamated if numbers dictate							-
	110m Hurdles(99.0cm)	SENIOR									
2:00pm	400m	INTERMEDIATE									
		SENIOR	General								
2:10pm	1 Mile	Under 16	Minor: Un	r: Under 14 on 1st July 2016 Junior: Under 15 on 1st July 2016							
	1500m	JUNIOR	Intermedia	Intermediate: Under 17 on 1st July 2016 Senior: Under 19 on 1st January 2016							
		INTERMEDIATE	An athlete	thlete may compete in not more than 2 events plus one relay							
		SENIOR		I may not have more than 2 athletes in any event							
2:30pm	4X100m Relay	MINOR	A relay team may be completed by the addition of no more than one athlete from the age group immediately below								,
	,	JUNIOR	Athletes must compete in their own age group (Junior, Intermediate, Senior)								
		INTERMEDIATE	Minor athletes may compete at Junior level where an event is not held at Minor level								
		SENIOR		Minor and Junior athletes can take part in an 800m or 1500m but not both							
3:00pm	Walks	JUNIOR		The first 3 in each event qualify for the Munster championship - 4 qualify in the Under 16 mile race							
		INTERMEDIATE									
		SENIOR									