_					ster Schools Trac			1	55 Z	JZJ	
					Castleisland - Sat	urd	ay May 20th 2023				
_			Field Events					Event	<u>и</u>	TRACK E	
_								1 to 6		Race Walking	All Ages
	Hammer		Shot		Javelin		Discus	7		Inter Girls	1500m S/chase
	starting @10am		starting @11am		starting @12noon		starting @1.30pm	8		Senior Girls	1500m S/chase
ŧ		#		#		#	one ing cheepin	9		Inter Girls	3000m
71	Senior Boys		Minor Boys		Senior Boys		Senior Girls	10		Senior Girls	3000m
	Inter Boys		Junior Girls		Inter Boys		Inter Girls	11		Inter Girls	300m Hurdles
	Junior Boys		Junior Boys		Junior Boys		Junior Girls	12		Senior Girls	400m Hurdles
	Senior Girls		Senior Boys		Junior Girls		Junior Boys	13		Inter Boys	400m Hurdles
75	Inter Girls		Inter Boys		Inter Girls		Inter Boys	14		Senior Boys	400m Hurdles
	Junior Girls		Minor Girls	-	Senior Girls		Senior Boys	15		Inter Boys	1500m S/chase
		83	Senior Girls					16		Senior Boys	2000m S/chase
		84	Inter Girls					17	13.05	Junior Girls	200m
								18	13.10	Junior Boys	200m
	<u>High Jump</u>		Long Jump		Triple Jump		Pole Vault	19	13.15	Inter Girls	200m
	starting @11am		starting@11am		starting @11.30am		11am Girls -	20	13.20	Inter Boys	200m
ŧ		#		#			<u>1pm Boys</u>	21	13.25	Senior Girls	200m
97	Inter Girls	103	Senior Girls	111	Senior Boys			22	13.30	Senior Boys	200m
98	Junior Girls	104	Junior Boys	112	Inter Boys		in Templemore	23	13.35	Minor Girls	800m
	Senior Boys	105	Inter Girls	113	Senior Girls		on Wednesday 3rd May	24	13.40	Minor Boys	800m
	Inter Boys	106	Minor Girls	114	Junior Boys			25	13.45	Junior Girls	800m
101	Junior Boys	107	Junior Girls	115	Inter Girls		Event Nos117 to 122	26	13.50	Junior Boys	800m
02	Senior Girls	108	Minor Boys	116	Junior Girls			27	13.54	Inter Girls	800m
		109	Inter Boys					28	13.58	Inter Boys	800m
		110	Senior Boys					29	14.02	Senior Girls	800m
								30	14.05	Senior Boys	800m
								31	14.10	Minor Girls	100m
								32	14.14	Minor Boys	100m
								33	14.18	Junior Girls	100m
								34	14.22	Junior Boys	100m
								35		Inter Girls	100m
	Times of events may b	be b	rought forward by 15 m	inut	tes			35 36	14.26	Inter Girls Inter Boys	100m 100m
			rought forward by 15 m ing ahead of schedule	inut	tes				14.26 14.30		
				inut	les			36	14.26 14.30 14.34	Inter Boys	100m
					les			36 37	14.26 14.30 14.34 14.38	Inter Boys Senior Girls	100m 100m
					les			36 37 38	14.26 14.30 14.34 14.38 14.45	Inter Boys Senior Girls Senior Boys	100m 100m 100m
								36 37 38 39	14.26 14.30 14.34 14.38 14.45 14.55	Inter Boys Senior Girls Senior Boys Inter Boys	100m 100m 100m 3000m
								36 37 38 39 40	14.26 14.30 14.34 14.38 14.45 14.55 15.00	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls	100m 100m 100m 3000m 75m Hurdles
								36 37 38 39 40 41	14.26 14.30 14.34 14.38 14.45 14.55 15.00 15.05	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys	100m 100m 100m 3000m 75m Hurdles 75m Hurdles
		unni	ng ahead of schedule					36 37 38 39 40 41 42 43 43	14.26 14.30 14.34 14.38 14.45 14.55 15.00 15.05 15.10 15.15	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Junior Boys	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles
		unni						36 37 38 39 40 41 42 43	14.26 14.30 14.34 14.38 14.45 14.55 15.00 15.05 15.10 15.15	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 75m Hurdles 80m Hurdles
	if the programme is ru		ng ahead of schedule					36 37 38 39 40 41 42 43 43	14.26 14.30 14.34 14.38 14.45 14.55 15.00 15.05 15.10 15.15 15.20	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Junior Boys	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles
	if the programme is ru Minor: Under 14 on 1st J	unni	ng ahead of schedule	on 1	st July 2023			36 37 38 39 40 41 42 43 43 44	14.26 14.30 14.34 14.38 14.45 14.55 15.00 15.05 15.10 15.15 15.20 15.25	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Junior Boys Senior Girls	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 100m Hurdles
	if the programme is ru Minor: Under 14 on 1st J Intermediate: Under 17	uly 2	Notes 2023 Junior: Under 15	on 1 der 1	st July 2023			36 37 38 39 40 41 42 43 44 45 46	14.26 14.30 14.34 14.38 14.45 14.55 15.00 15.05 15.10 15.15 15.20 15.25 15.30	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Junior Girls Junior Boys Senior Girls Inter Boys	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles
	If the programme is ru Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m	unni uly 2 on 1	Notes 2023 Junior: Under 15 st July 2023 Senior: Unc	on 1 der 1	st July 2023 9 on 1st January 2023			36 37 38 39 40 41 42 43 44 45 46 47	14.26 14.30 14.34 14.38 14.45 14.55 15.00 15.05 15.10 15.15 15.20 15.25 15.30 15.35	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Junior Boys Senior Girls Inter Boys Senior Boys	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles
	if the programme is ru Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete	unni uly 2 on 1 nore in n	Notes 2023 Junior: Under 15 st July 2023 Senior: Under than 2 athletes in any eve ot more than 2 individual	on 1 der 1 ent	st July 2023 9 on 1st January 2023			36 37 38 39 40 41 42 43 44 45 45 46 47 48	14.26 14.30 14.34 14.38 14.45 14.55 15.00 15.05 15.10 15.15 15.20 15.25 15.30 15.35 15.39	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Junior Boys Senior Girls Inter Boys Senior Boys Inter Girls	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 300m Hurdles 300m Hurdles 300m Hurdles
	if the programme is ru Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete No more than one athlete Athletes must compete in	unni uly 2 on 1 nore in n e fro n the	Notes Notes 2023 Junior: Under 15 st July 2023 Senior: Under than 2 athletes in any eve ot more than 2 individual m the age group immedia eir own age group in indivi	on 1 der 1 ent ever ately	st July 2023 9 on 1st January 2023 nts plus one relay below can be added to a rela events (Junior, Intermediate	-		36 37 38 39 40 41 42 43 44 45 46 47 48 49	14.26 14.30 14.34 14.38 14.45 15.00 15.05 15.10 15.15 15.20 15.25 15.30 15.35 15.39 15.43 15.47	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Junior Boys Senior Girls Inter Boys Senior Boys Inter Girls Inter Boys Senior Girls Senior Girls Senior Girls Senior Girls	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 100m Hurdles 300m Hurdles 300m Hurdles 300m Hurdles 300m Hurdles 300m Hurdles 300m 400m
	if the programme is ru Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete No more than one athlete Athletes must compete in Minor athletes may comp	unni uly 2 on 1 nore in n e fro n the	Notes Notes 2023 Junior: Under 15 st July 2023 Senior: Under than 2 athletes in any eve ot more than 2 individual m the age group immedia eir own age group in indivi at Junior level where an e	on 1 der 1 ent ever ately	st July 2023 9 on 1st January 2023 nts plus one relay below can be added to a rela events (Junior, Intermediate t is not held at Minor level	-		36 37 38 39 40 41 42 43 44 45 46 47 48 49 50	14.26 14.30 14.34 14.38 14.45 15.00 15.05 15.10 15.15 15.20 15.25 15.30 15.35 15.39 15.43 15.47	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Junior Boys Senior Girls Inter Boys Senior Boys Inter Girls Inter Boys Senior Girls	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 400m 400m
	if the programme is ru Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete No more than one athlete Athletes must compete in Minor athletes may comp	unni uly 2 on 1 nore in n e fro n the	Notes Notes 2023 Junior: Under 15 st July 2023 Senior: Under than 2 athletes in any eve ot more than 2 individual m the age group immedia eir own age group in indivi	on 1 der 1 ent ever ately	st July 2023 9 on 1st January 2023 nts plus one relay below can be added to a rela events (Junior, Intermediate t is not held at Minor level	-		36 37 38 39 40 41 42 43 43 44 45 46 47 48 49 50 51	14.26 14.30 14.34 14.38 14.45 15.00 15.05 15.10 15.15 15.20 15.25 15.30 15.35 15.39 15.43 15.47 15.50	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Junior Boys Senior Girls Inter Boys Senior Boys Inter Girls Inter Boys Senior Girls Senior Girls Senior Girls Senior Girls	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 100m Hurdles 3000m Hurdles 100m Hurdles 100m Hurdles 300m 400m 400m
	If the programme is re Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete An athlete must compete in Minor athletes may comp Minor and Junior athletes The first 3 in non-laned e	unni uly 2 on 1 nore in n e fro n the pete s can	Notes 2023 Junior: Under 15 3t July 2023 Senior: Under than 2 athletes in any ever ot more than 2 individual m the age group immedia eir own age group in indivi at Junior level where an e in take part in an 800m or t qualify for the All Irelance	on 1 der 1 der 1 ever ately idual even 1500	st July 2023 9 on 1st January 2023 hts plus one relay below can be added to a rela events (Junior, Intermediate t is not held at Minor level 0m but not both 4 qualify in the Under 16 mile	e, Se	enior)	366 377 388 399 400 411 422 433 444 455 466 477 488 499 500 511 522 533 54	14.266 14.300 14.344 14.388 14.455 15.000 15.15 15.200 15.255 15.300 15.255 15.300 15.555 16.000	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Junior Boys Senior Girls Inter Boys Senior Boys Inter Girls Inter Boys Senior Girls Senior Boys Under 16 Girls Junior Girls	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 100m Hurdles 300m 400m 400m 400m 1 Mile 1 S00m
	If the programme is re Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete No more than one athlete Athletes must compete in Minor athletes may comp Minor and Junior athletes The first 3 in non-laned e In laned events (100m, 2	uly 2 on 1 in n e fro n the pete s can	Notes 2023 Junior: Under 15 st July 2023 Senior: Under than 2 athletes in any eve ot more than 2 individual m the age group in indivi at Junior level where an e a take part in an 800m or t qualify for the All Irelance n, 300m, 400m, hurdles a	on 1 der 1 eent even ttely idual svent 1500 d - 4	st July 2023 9 on 1st January 2023 hts plus one relay below can be added to a rela events (Junior, Intermediate t is not held at Minor level 0m but not both 4 qualify in the Under 16 mile relays) the first 2 qualify for	e, Se	enior)	366 377 388 399 400 411 422 433 44 45 466 47 47 489 500 511 522 533 54 55	14.266 14.30 14.34 14.38 14.45 14.455 15.00 15.15 15.20 15.25 15.30 15.35 15.39 15.43 15.43 15.47 15.55 16.00 16.05	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Junior Boys Senior Girls Inter Boys Senior Boys Inter Girls Inter Boys Senior Girls Senior Boys Under 16 Girls Junior Girls Junior Girls Junior Girls	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 100m Hurdles 300m 400m 400m 400m 1 Mile 1 S00m
	If the programme is re Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete No more than one athlete Athletes must compete in Minor athletes may comp Minor and Junior athletes The first 3 in non-laned e In laned events (100m, 2	uly 2 on 1 in n e fro n the pete s can	Notes 2023 Junior: Under 15 3t July 2023 Senior: Under than 2 athletes in any ever ot more than 2 individual m the age group immedia eir own age group in indivi at Junior level where an e in take part in an 800m or t qualify for the All Irelance	on 1 der 1 eent even ttely idual svent 1500 d - 4	st July 2023 9 on 1st January 2023 hts plus one relay below can be added to a rela events (Junior, Intermediate t is not held at Minor level 0m but not both 4 qualify in the Under 16 mile relays) the first 2 qualify for	e, Se	enior)	36 37 38 39 40 41 42 43 44 45 55 55 55 56	14.264 14.300 14.344 14.388 14.455 15.000 15.055 15.100 15.155 15.300 15.433 15.433 15.437 15.555 16.000 16.055 16.100	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Junior Boys Senior Girls Inter Boys Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Boys Under 16 Girls Junior Boys Junior Girls Junior Boys Inter Girls Junior Boys Inter Girls	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 100m Hurdles 300m 400m 400m 400m 1 Mile 1 S00m 1500m
	If the programme is re Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete No more than one athlete Athletes must compete in Minor athletes may comp Minor and Junior athletes The first 3 in non-laned e In laned events (100m, 2	uly 2 on 1 in n e fro n the pete s can	Notes 2023 Junior: Under 15 st July 2023 Senior: Under than 2 athletes in any eve ot more than 2 individual m the age group in indivi at Junior level where an e a take part in an 800m or t qualify for the All Irelance n, 300m, 400m, hurdles a	on 1 der 1 eent even ttely idual svent 1500 d - 4	st July 2023 9 on 1st January 2023 hts plus one relay below can be added to a rela events (Junior, Intermediate t is not held at Minor level 0m but not both 4 qualify in the Under 16 mile relays) the first 2 qualify for	e, Se	enior)	366 37 38 39 40 41 41 42 43 44 45 55 50 51 52 53 54 55 56 57	14.266 14.300 14.344 14.388 14.455 15.000 15.055 15.100 15.255 15.300 15.353 15.433 15.47 15.505 16.000 16.055 16.000 16.101 16.155	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Junior Boys Junior Girls Inter Girls Junior Boys Senior Girls Inter Boys Senior Boys Inter Girls Inter Boys Senior Girls Senior Boys Under 16 Girls Junior Boys Junior Girls Junior Boys Inter Girls Inter Girls	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 300m 400m 400m 400m 1 Mile 1 S00m 1500m 1500m
	If the programme is re Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete No more than one athlete Athletes must compete in Minor athletes may comp Minor and Junior athletes The first 3 in non-laned e In laned events (100m, 2	uly 2 on 1 in n e fro n the pete s can	Notes 2023 Junior: Under 15 st July 2023 Senior: Under than 2 athletes in any eve ot more than 2 individual m the age group in indivi at Junior level where an e a take part in an 800m or t qualify for the All Irelance n, 300m, 400m, hurdles a	on 1 der 1 eent even ttely idual svent 1500 d - 4	st July 2023 9 on 1st January 2023 hts plus one relay below can be added to a rela events (Junior, Intermediate t is not held at Minor level 0m but not both 4 qualify in the Under 16 mile relays) the first 2 qualify for	e, Se	enior)	366 37 38 39 40 41 41 42 43 44 45 5 50 51 51 52 53 53 55 56 6 57 58	14.266 14.30 14.34 14.38 14.45 15.05 15.05 15.10 15.25 15.30 15.35 15.39 15.47 15.50 15.55 16.000 16.05 16.00 16.15 16.20	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Inter Girls Inter Boys Senior Boys Inter Girls Inter Boys Senior Girls Senior Girls Senior Girls Senior Boys Under 16 Girls Junior Girls Junior Girls Junior Girls Junior Girls Inter Girls Inter Girls Inter Girls Inter Girls Inter Girls	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 300m 400m 400m 400m 1 Mile 1 S00m 1500m 1500m
	If the programme is re Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete No more than one athlete Athletes must compete in Minor athletes may comp Minor and Junior athletes The first 3 in non-laned e In laned events (100m, 2	uly 2 on 1 in n e fro n the pete s can	Notes 2023 Junior: Under 15 st July 2023 Senior: Under than 2 athletes in any eve ot more than 2 individual m the age group in indivi at Junior level where an e a take part in an 800m or t qualify for the All Irelance n, 300m, 400m, hurdles a	on 1 der 1 eent even ttely idual svent 1500 d - 4	st July 2023 9 on 1st January 2023 hts plus one relay below can be added to a rela events (Junior, Intermediate t is not held at Minor level 0m but not both 4 qualify in the Under 16 mile relays) the first 2 qualify for	e, Se	enior)	366 37 38 39 40 41 41 42 43 44 44 45 56 50 51 51 52 53 53 55 55 56 657 7 58 59	14.266 14.30 14.34 14.35 14.45 15.05 15.05 15.05 15.10 15.25 15.30 15.35 15.39 15.43 15.55 16.00 16.05 16.00 16.05 16.10 16.15 16.20	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Inter Boys Senior Boys Inter Boys Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Boys Under 16 Girls Junior Girls Junior Girls Junior Boys Inter Girls Inter Boys Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 300m 400m 400m 1 Mile 1 S00m 1500m 1500m 1500m 1500m
	If the programme is re Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete No more than one athlete Athletes must compete in Minor athletes may comp Minor and Junior athletes The first 3 in non-laned e In laned events (100m, 2	uly 2 on 1 in n e fro n the pete s can	Notes 2023 Junior: Under 15 st July 2023 Senior: Under than 2 athletes in any eve ot more than 2 individual m the age group in indivi at Junior level where an e a take part in an 800m or t qualify for the All Irelance n, 300m, 400m, hurdles a	on 1 der 1 ever tely idual svent 1500 d - 4	st July 2023 9 on 1st January 2023 hts plus one relay below can be added to a rela events (Junior, Intermediate t is not held at Minor level 0m but not both 4 qualify in the Under 16 mile relays) the first 2 qualify for	e, Se	enior)	366 37 38 39 40 41 41 42 43 44 44 44 45 46 47 48 49 50 51 51 52 53 55 56 60 57 7 58	14.264 14.300 14.344 14.384 14.455 15.000 15.055 15.100 15.155 15.200 15.255 15.300 15.355 15.300 15.355 15.300 15.433 15.473 15.505 16.000 16.055 16.100 16.155 16.200 16.255 16.300	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Junior Boys Senior Girls Inter Boys Senior Boys Inter Girls Senior Girls Senior Girls Senior Girls Senior Boys Under 16 Girls Junior Girls Junior Girls Junior Girls Junior Girls Inter Boys Inter Girls Senior Boys Inter Girls Inter Boys Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Boys	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m 1500m 1500m 1500m 1500m 1500m 1500m
	If the programme is re Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete No more than one athlete Athletes must compete in Minor athletes may comp Minor and Junior athletes The first 3 in non-laned e In laned events (100m, 2	uly 2 on 1 in n e fro n the pete s can	Notes 2023 Junior: Under 15 st July 2023 Senior: Under than 2 athletes in any eve ot more than 2 individual m the age group in indivi at Junior level where an e a take part in an 800m or t qualify for the All Irelance n, 300m, 400m, hurdles a	on 1 der 1 ever tely idual svent 1500 d - 4	st July 2023 9 on 1st January 2023 hts plus one relay below can be added to a rela events (Junior, Intermediate t is not held at Minor level 0m but not both 4 qualify in the Under 16 mile relays) the first 2 qualify for	e, Se	enior)	366 37 38 39 40 41 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 55 57 7 58 8 59 9 60 61	14.264 14.300 14.344 14.381 14.455 15.000 15.055 15.100 15.155 15.200 15.255 15.300 15.255 15.300 15.437 15.555 16.000 16.055 16.100 16.151 16.202 16.300 16.550 16.500 15.550 16.5500 16.5500 16.5500 16.5500 16.5500 16.55000 16.55000 16.5500	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Inter Girls Inter Boys Senior Boys Inter Girls Inter Boys Senior Girls Senior Boys Under 16 Girls Junior Girls Junior Girls Junior Girls Inter Girls Inter Girls Senior Boys Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Boys Senior Girls Senior Boys Senior Boys Senior Boys	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m 400m 1 Mile 1 500m 1500m 1500m 1500m 1500m 1500m 1500m 1500m 1000m Relay
	If the programme is re Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete No more than one athlete Athletes must compete in Minor athletes may comp Minor and Junior athletes The first 3 in non-laned e In laned events (100m, 2	uly 2 on 1 in n e fro n the pete s can	Notes 2023 Junior: Under 15 st July 2023 Senior: Under than 2 athletes in any eve ot more than 2 individual m the age group in indivi at Junior level where an e a take part in an 800m or t qualify for the All Irelance n, 300m, 400m, hurdles a	on 1 der 1 ever tely idual svent 1500 d - 4	st July 2023 9 on 1st January 2023 hts plus one relay below can be added to a rela events (Junior, Intermediate t is not held at Minor level 0m but not both 4 qualify in the Under 16 mile relays) the first 2 qualify for	e, Se	enior)	366 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 55 57 7 58 8 59 60 61 62	14.264 14.300 14.344 14.355 15.000 15.055 15.100 15.155 15.202 15.255 15.300 15.255 15.300 15.437 15.555 16.000 16.055 16.100 16.252 16.300 16.555 16.5555 16.5555 16.5555 16.5555 16.5555 16.55555 16.555555 16.5555555555	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Junior Boys Senior Girls Inter Boys Senior Boys Inter Girls Inter Boys Senior Girls Senior Girls Senior Girls Junior Girls Junior Girls Junior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Boys Senior Girls Senior Boys Senior Girls Senior Boys Senior Boys Senior Boys Senior Boys Senior Boys	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m 1500m 1500m 1500m 1500m 1500m 1500m 1500m 4X100m Relay 4X100m Relay
	If the programme is re Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete No more than one athlete Athletes must compete in Minor athletes may comp Minor and Junior athletes The first 3 in non-laned e In laned events (100m, 2	uly 2 on 1 in n e fro n the pete s can	Notes 2023 Junior: Under 15 st July 2023 Senior: Under than 2 athletes in any eve ot more than 2 individual m the age group in indivi at Junior level where an e a take part in an 800m or t qualify for the All Irelance n, 300m, 400m, hurdles a	on 1 der 1 ever tely idual svent 1500 d - 4	st July 2023 9 on 1st January 2023 hts plus one relay below can be added to a rela events (Junior, Intermediate t is not held at Minor level 0m but not both 4 qualify in the Under 16 mile relays) the first 2 qualify for	e, Se	enior)	366 377 388 399 40 41 42 43 44 45 466 47 48 49 50 51 52 53 54 55 557 57 57 58 8 59 60 61 62 63	14.266 14.300 14.344 14.384 14.455 15.000 15.155 15.100 15.155 15.202 15.202 15.202 15.202 15.202 15.300 15.555 16.000 16.055 16.100 16.155 16.200 16.202 16.255 17.000	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Junior Boys Senior Girls Inter Boys Senior Boys Under 16 Girls Under 16 Girls Under 16 Girls Junior Girls Junior Girls Junior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls Senior Boys Senior Boys Senior Boys Senior Boys Senior Boys Senior Boys Senior Boys Senior Boys Senior Boys Senior Boys Junior Girls	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 300m 400m 400m 1 Nile 1500m 1500m 1500m 1500m 1500m 1500m 400m 400m 400m 400m 100m 1500m 1500m 1500m 1500m 4X100m Relay 4X100m Relay
	If the programme is re Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete No more than one athlete Athletes must compete in Minor athletes may comp Minor and Junior athletes The first 3 in non-laned e In laned events (100m, 2	uly 2 on 1 in n e fro n the pete s can	Notes 2023 Junior: Under 15 st July 2023 Senior: Under than 2 athletes in any eve ot more than 2 individual m the age group in indivi at Junior level where an e a take part in an 800m or t qualify for the All Irelance n, 300m, 400m, hurdles a	on 1 der 1 ever tely idual svent 1500 d - 4	st July 2023 9 on 1st January 2023 hts plus one relay below can be added to a rela events (Junior, Intermediate t is not held at Minor level 0m but not both 4 qualify in the Under 16 mile relays) the first 2 qualify for	e, Se	enior)	366 37 38 39 40 41 42 43 44 45 55 50 51 52 53 54 55 55 55 55 55 56 57 58 9 60 60 61 62 63 64	14.266 14.300 14.344 14.384 14.455 15.005 15.100 15.155 15.202 15.202 15.303 15.433 15.437 15.555 16.000 16.155 16.100 16.155 16.202 16.252 16.303 16.555 17.000 17.000 17.000 17.000 17.000 17.000 17.000 17.000 17.000 17.000 17.000 17.000 17.000 17.000 17.000 17.0000 17.0000 17.0000 17.0000 17.0000 17.0000 17.0000 17.0000 17.0000 17.0000 17.0000 17.0000 17.0000 17.0000 17.0000 17.00000 17.00000 17.00000 17.0000000000	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Junior Boys Senior Girls Inter Boys Senior Boys Inter Girls Inter Boys Senior Girls Senior Girls Under 16 Girls Under 16 Goys Junior Girls Junior Girls Junior Girls Senior Girls Senior Girls Senior Girls Senior Boys Senior Girls Senior Boys Senior Boys Senior Boys Senior Boys Minor Girls Junior Girls Junior Girls Junior Girls Junior Girls Junior Girls Junior Girls Junior Girls Junior Girls	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 300m 400m 400m 1 Nile 1500m 1500m 1500m 1500m 1500m 1500m 4X100m Relay 4X100m Relay
	If the programme is re Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete No more than one athlete Athletes must compete in Minor athletes may comp Minor and Junior athletes The first 3 in non-laned e In laned events (100m, 2	uly 2 on 1 in n e fro n the pete s can	Notes 2023 Junior: Under 15 st July 2023 Senior: Under than 2 athletes in any eve ot more than 2 individual m the age group in indivi at Junior level where an e a take part in an 800m or t qualify for the All Irelance n, 300m, 400m, hurdles a	on 1 der 1 ever tely idual svent 1500 d - 4	st July 2023 9 on 1st January 2023 hts plus one relay below can be added to a rela events (Junior, Intermediate t is not held at Minor level 0m but not both 4 qualify in the Under 16 mile relays) the first 2 qualify for	e, Se	enior)	366 37 38 39 40 41 41 42 43 44 45 55 51 52 53 54 55 55 56 57 58 56 60 60 61 62 63 64 65	14.264 14.300 14.344 14.355 15.050 15.051 15.051 15.051 15.252 15.300 15.353 15.433 15.473 15.455 16.000 16.155 16.100 16.155 16.300 16.555 17.000 17.055 17.100	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Junior Boys Senior Girls Inter Boys Senior Boys Inter Girls Inter Boys Senior Girls Senior Girls Under 16 Girls Junior Boys Junior Girls Junior Boys Senior Girls Senior Girls Senior Boys Senior Girls Senior Boys Senior Boys Senior Boys Senior Boys Minor Boys Junior Girls Junior Girls Junior Girls Junior Girls Junior Girls Junior Girls Junior Girls Junior Boys Junior Girls	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 300m 400m 400m 1 Nile 1500m 1500m 1500m 1500m 5000m 4X100m Relay 4X100m Relay 4X100m Relay
	If the programme is re Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete No more than one athlete Athletes must compete in Minor athletes may comp Minor and Junior athletes The first 3 in non-laned e In laned events (100m, 2	uly 2 on 1 in n e fro n the pete s can	Notes 2023 Junior: Under 15 st July 2023 Senior: Under than 2 athletes in any eve ot more than 2 individual m the age group in indivi at Junior level where an e a take part in an 800m or t qualify for the All Irelance n, 300m, 400m, hurdles a	on 1 der 1 ever tely idual svent 1500 d - 4	st July 2023 9 on 1st January 2023 hts plus one relay below can be added to a rela events (Junior, Intermediate t is not held at Minor level 0m but not both 4 qualify in the Under 16 mile relays) the first 2 qualify for	e, Se	enior)	366 377 388 399 40 41 42 43 44 455 466 477 48 49 500 51 52 53 54 55 56 57 58 59 600 61 62 63 64 65 66	14.266 14.30 14.34 14.38 14.45 15.05 15.05 15.10 15.25 15.30 15.35 15.33 15.47 15.50 16.05 16.00 16.55 16.00 16.55 17.00 17.75 17.10	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Junior Boys Junior Boys Senior Boys Senior Boys Senior Boys Inter Girls Inter Boys Senior Girls Senior Girls Senior Girls Senior Girls Senior Girls Junior Boys Inter Girls Inter Boys Senior Boys Senior Boys Senior Boys Senior Boys Senior Boys Senior Boys Senior Boys Minor Girls Junior Girls Junior Girls Junior Girls Senior Boys Inter Girls Junior Boys Inter Girls Junior Boys Inter Girls Junior Boys Inter Girls Junior Boys Inter Girls Junior Boys Inter Girls Junior Boys	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 300m 400m 400m 400m 1 Mile 1 S00m 1500m 1500m 1500m 1500m 4X100m Relay 4X100m Relay 4X100m Relay 4X100m Relay
	If the programme is re Minor: Under 14 on 1st J Intermediate: Under 17 A school may not have m An athlete may compete No more than one athlete Athletes must compete in Minor athletes may comp Minor and Junior athletes The first 3 in non-laned e In laned events (100m, 2	uly 2 on 1 in n e fro n the pete s can	Notes 2023 Junior: Under 15 st July 2023 Senior: Under than 2 athletes in any eve ot more than 2 individual m the age group in indivi at Junior level where an e a take part in an 800m or t qualify for the All Irelance n, 300m, 400m, hurdles a	on 1 der 1 ever tely idual svent 1500 d - 4	st July 2023 9 on 1st January 2023 hts plus one relay below can be added to a rela events (Junior, Intermediate t is not held at Minor level 0m but not both 4 qualify in the Under 16 mile relays) the first 2 qualify for	e, Se	enior)	366 37 38 39 40 41 41 42 43 44 45 55 51 52 53 54 55 55 56 57 58 56 60 60 61 62 63 64 65	14.266 14.30 14.34 14.38 14.45 15.005 15.10 15.55 15.10 15.25 15.30 15.35 15.39 15.43 15.43 15.43 15.43 15.55 16.00 16.05 16.10 16.15 16.20 16.55 16.30 16.55 16.30 16.55 16.30 17.15 17.10 17.15 17.10	Inter Boys Senior Girls Senior Boys Inter Boys Minor Girls Minor Boys Junior Girls Inter Girls Junior Boys Senior Girls Inter Boys Senior Boys Inter Girls Inter Boys Senior Girls Senior Girls Under 16 Girls Junior Boys Junior Girls Junior Boys Senior Girls Senior Girls Senior Boys Senior Girls Senior Boys Senior Boys Senior Boys Senior Boys Minor Boys Junior Girls Junior Girls Junior Girls Junior Girls Junior Girls Junior Girls Junior Girls Junior Boys Junior Girls	100m 100m 100m 3000m 75m Hurdles 75m Hurdles 80m Hurdles 80m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 100m Hurdles 300m 400m 400m 1 Nile 1500m 1500m 1500m 1500m 5000m 4X100m Relay 4X100m Relay 4X100m Relay