

1. U16 Minimum Age for Competition
2. Athletes must be 18 years of age in the year of competition to throw senior men's hammer and discus weight.
3. Events will be grouped by Weight appropriate to Age Category
4. 4 throws per athlete, 2 further throws may be given where athletes are near a standard.
5. Entry €12 per Event Extended Entry €22
6. Entries close Sunday Midnight the 5th of April.

Check-in / Weigh in closes 60min before event time

TIME	EVENT	GENDER	WEIGHT
10:00	Shot Put	Men	7.26kg
11:00	Shot Put	Men	4kg
	Shot Put	Men	5kg
	Shot Put	Men	6kg
12:00	Shot Put	Women	2kg
	Shot Put	Women	3kg
	Shot Put	Women	4kg
10:00	Javelin	Women	400gr
	Javelin	Women	500gr
	Javelin	Women	600gr
11:00	Javelin	Men	800gr
	Javelin	Men	700gr
12:00	Javelin	Men	400gr
	Javelin	Men	500gr
	Javelin	Men	600gr
10:00	Hammer	Men	3kg
	Hammer	Men	4kg
	Hammer	Men	5kg
	Hammer	Men	6kg
11:15	Hammer	Women	2kg
	Hammer	Women	3kg
	Hammer	Women	4kg
12:15	Hammer	Men	7.26kg
13:30	Weight For Distance	Men	35lb
14:30	Weight For Distance	Men	56lb
16:00	Weight For Distance	Women	28lb
14:00	Discus	Women	.75kg
	Discus	Women	1kg
15:00	Discus	Men	1kg
	Discus	Men	1.5kg
	Discus	Men	1.75kg
16:00	Discus	Men	2kg