

Cork County Juvenile T&F May 3rd 2009

Day 1

CHECK IN 10.00 a.m.

START 10.30.a.m.Track:

1. 1. RELAYS: G10 B10 G12 B12 G14 B14 G16 B16 G 18 B18
2. 2. Long Hurdles: 200h-250h-300h-400h. Girls & Boys.
3. 3. 2. U9, U11, U13. U15, U17. U19 Girls & Boys. Sprints Heats & Semi Finals
4. 4. 300m G10 B10
5. 5. Steeplechase B.U.17. B.U.18.B.U.19
6. 6. U12. U14. U16. U18 GIRLS & BOYS SPRINT HURDLES
7. 7. 300 m G.U.17.G.U.18
8. 8. 400m BU17, BU18, BU19, GU19
9. 9. 1500m: U14, U15, U16, U17, U18, U19. Girls & Boys.

Field Events: 10:30 am.

CHECK IN 10.00.A..M.

Long Jump Pit A: G18 G19 BU15, BU17, : B10.G 10
Pit B: G16 GU14, BU13, BU12 : G12

Ball Throw: G 9 G11, B9, B11

High Jump: BU12, BU14, G11 BU16, GU15, GU17, GU13, BU18, BU19.

Shot: GU12, B11 BU13, GU18, GU19, BU15, GU16, BU17, GU14.

Discus: GU13, BU12, GU14, BU15, GU16 G18, GU19, B17

Javelin: BU14, GU15, GU17, BU18, BU19, BU16, BU13.

Triple Jump: BU17, BU15, GU16, GU17.

Pole-vault: BU19, BU18, BU17, BU16, BU15. G16.G17.G18.GI9.

HAMMER BU13.BU14.BU15. BU16. BU17. BU18. BU19

NO HAMMER COMPETITION BEFORE 2.00p..m.

Cork County Juvenile T&F May 17th 2009

Day 2

CHECK IN 10.00 a.m.

10:30am: Track

1. Relays: G9.B 9 G11 B11 G13 B13 G15 B15 G17 B17 G19 B19
2. Sprints; U10. U12. U14. U16. U18. Girls & Boys.
3. Walks : All Ages Girls & Boys
4. Sprint Hurdles: U13. U15. U17. U19. Girls & Boys
5. 200m: U/9 Girls & Boys
6. 500m:U11 Boys & Girls
7. 700m: U12, U13. Girls & Boys.
7. 800m: U14, U15, U16, U17, U18, U19. Girls & Boys.
8. 200m: U14, U15, U16, U17, U18, U19. Girls & Boys.
9. 3000m: BU16, BU17, BU18, GU18, BU19, GU19
10. 4 x 300m 4x 400m relays

Field Events: 10.30am.

Check in 10. 00 a.m.

Long Jump: Pit A GU17, BU18, BU19, GU13. :B.9 G.9

Pit B: BU16, BU14, GU15, B.11, G.11

Ball Throw: BU12. G10 B10. G12.

High Jump: G12 B13 GU16,B 11 BU17, GU18, GU19, BU15, GU14,

Shot: G 11 BU19, BU18, GU17,B12 BU16, BU14, GU15, GU13

Discus: GU12, BU13, BU14, GU15, GU17, BU16, BU18, BU19.

Javelin: GU18, GU19, BU15, GU14, BU17, GU16, GU13

Triple Jump: GU18, GU19, BU18, BU19, BU16, BU14.

HAMMER GU 13. GU 14. GU15. GU16. GU 17. GU18 GU 19

NO HAMMER COMPETITION BEFORE 2.00 p.m.