



JUNIOR & SENIOR TRACK & FIELD MEET

Sunday 17th August MTU Track

TRACK 12:30

Time	Event	
12:30	Junior Women	100mH
	Senior Women	100mH
	Youth/Junior Men	110mH
	Senior Men	110mH
13:00	Senior Women	100m
	Senior Men	100m
13:30	Senior Women	400m
	Senior Men	400m
13:45	Senior Women	800m
	Senior Men	800m
14:00	Final Senior Women	100m
	Final Senior Men	100m
14:15	Senior Women	3000m
	Senior Men	3000m
15:00	Senior & Junior Women	400mH
	Senior & Junior Men	400mH
15:15	Senior Women	200m
	Senior Men	200m
15:30	Senior Men	1500m
15:40	Senior Women	4X100M
15:45	Senior Men	4X100M

FIELD 11:00am

Time	Event	
11:00	Junior/Senior Women & Men	Hammer
12:30	Open Competition Men & Women	Pole Vault
12:30	Junior/Senior Women & Men	Discus
13:00	Senior Women	High Jump
13:30	Senior Men	Long Jump
13:30	Junior/Senior Women & Men	Shot Putt
14:00	Senior Men	High Jump
14:30	Senior Women	Long Jump
14:30	Junior/Senior Women & Men	Javelin

The programme will commence on time at 11:00am

Online Entries for all events on events4sport # tbc

Entry Fee €10 per event

200m, 400m & 400mH results will be on times.

Races will be graded based on current PBs.

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