

SENIORS, JUNIOR & U 23 TRACK & FIELD CHAMPIONSHIPS

Cork IT Sunday 3rd July 2011.

Time	Track	Women Field	Men Field
10.30		Hammer (J/U23/S)	Hammer (J/U23/S)
11.00	Walks (J/U23/S)	Pole Vault (J/U23/S)	Pole Vault (J/U23/S)
11.30	400m Hurdles (J/U23/S)	Long Jump (J/U23/S)	
12.00	4 X 100 Relay (J/U23/S)		Shot (J/U23/S)
12.15	1500m Finals (J/U23/S)	Javelin (J/U23/S)	
12.45	100m Heats (J/U23/S)		High Jump (J/U23/S)
13.30	3000m (J/U23) & 5000m Men (S)	High Jump (J/U23/S)	Discus (J/U23/S)
14.00	100m Final (J/U23/S)	Shot (J/U23/S)	Long Jump (J/U23/S)
14.15	400m Heats (J/U23/S)		
14.30	3000m (J/U23) & 5000m Women (S)		Javelin (J/U23/S)
15.00	100/110m Hurdles (J/U23/S)	Triple Jump (J/U23/S)	Weight WF (J/U23/S)
15.15	400m Finals (J/U23/S)		
15.30	2000m (J/U23) & 3000m (S) S/Chase	Discus (J/U23/S)	
15.45	200m Heats (J/U23/S)		Triple Jump (J/U23/S)
16.15	800m Finals (J/U23/S)		Weight Height (J/U23/S)
16.30	200m Finals (J/U23/S)		
17.30	4 X 400m Relay (J/U23/S)		

The above sequence will be adhered to.

Events may be brought forward depending on progress

(Maximum variation from time table 1 Hour ahead) before 2pm

After 2 p.m. all events can be brought forward as necessary according to progress