

**Cork County Senior T&F 8th July 2011**

<b>CIT Track , <a href="http://www.corkathletics.org">www.corkathletics.org</a></b>		
<b>Track</b>	<b>Jumps</b>	<b>Throws</b>
200m 7.00pm	Long Jump 7.00pm	Hammer 6.30pm
5000m	Triple Jump	Discus
100m	High Jump	Javelin
800m		Shot
400m	Pole Vault 6.30pm	56 lb WD
1500m		

**Cork County Junior & Masters T&F 15th July 2011**

<b>CIT Track , <a href="http://www.corkathletics.org">www.corkathletics.org</a></b>		
<b>Track</b>	<b>Jumps</b>	<b>Throws</b>
200m 7.00pm	Long Jump 7.00pm	Hammer 6.30pm
3000m	Triple Jump	Discus
100m	High Jump	Javelin
800m		Shot
400m		56 lb WD
1500m		

Entries will be accepted on the night up to 6.30pm, €10 per Event

Guests are welcome to participate

Proof of Registration may be requested