

MUNSTER ATHLETICS TRACK AND FIELD 2013

PROGRAMME FOR SUNDAY 2nd JUNE 2013, CIT, Cork

Start Time	Age Category	TRACK	FIELD
9:30am	Senior & Masters Men		Hammer
10:00	Senior & Masters Women		Shot
11:00am	Senior Women	2000m Steeplechase	Pole Vault
	Senior Women	3000m Walks	
	Senior Men	5000m Walks	Pole Vault
	Senior & Masters Women		Long Jump
	Senior & Masters Men		High Jump
	Senior Women	100m Hurdles	
	Senior Men	110m Hurdles	
	Senior & Masters Women		Discus
	Senior & Masters Men		Shot
	Senior Men	3000m Steeplechase	
	Senior Women	400m Hurdles	
	Senior Men	400m Hurdles	
	Senior & Masters Women		High Jump
	Senior & Masters Men		Long Jump
	Senior & Masters Women	800m	
	Senior & Masters Men	800m	
	Senior & Masters Men		Discus
	Senior & Masters Women	200m	
	Senior & Masters Men	200m	
	Masters Men & Women	3000m	Hammer
	Senior Men and Women	5000m	Triple Jump
BREAK			
	Senior & Masters Men		Javelin
	Senior & Masters Women		Javelin
	Masters Women	100m	
	Masters Men	100m	
	Senior Women	100m	
	Senior Men	100m	
	Senior & Masters Men and Women	400m	
	Senior & Masters Men		Weight for Distance
	Senior & Masters Men	1500m	Weight for Height
	Senior & Masters Women	1500m	
	All Categories, Senior & Masters Men & Women	Sprint Finals	
	Senior & Masters Women	4 x 100m Relay	
	Masters Men & Women O50 Inter County Relays	4 x 100m Relay	
	Senior & Masters Men	4 x 100m Relay	

NO ENTRIES OR CHANGE OF ENTRIES ON THE DAY OF COMPETITION

THE CLUBS OF PARTICIPATING ATHLETES ARE REQUIRED TO PROVIDE TWO OFFICIALS FOR THE CHAMPIONSHIPS

Morning Session: Check-in for track events opens at 9:30am and closes at 10:15am

Afternoon Session: Check-in for track events opens at 11:00 and closes 12:15