



West Cork Track & Field
2011
C.I.T Track



Sunday 17/April/2011

12:00 noon

Boys/Girls U9 (Born 2003)	80m	300m	Ball Throw	Relay
Boys/Girls U11 (Born 2002/2001)	80m	600m	Long Jump	Relay
Boys/Girls U13 (Born 2000/99)	80m	800m	Shot	Relay
Boys/Girls U15 (Born 1998/97)	100m	200m	1200m	Relay
Boys/Girls U17 (Born 1996/95)	100m	1500m	Shot	Relay
Senior Men	100m	800m	3000m	56Lb Distance
Senior Ladies	100m		1500m	Shot
Masters Men	100m		3000m	56Lb Distance
Masters Ladies	100m	400m		Shot

Monday 25/April/2011

12:00 noon

Boys/Girls U10 (Born 2003/2002)	80m	300m	Ball Throw	Relay
Boys/Girls U12 (Born 2001/2000)	100m	600m	Shot	Relay
Boys/Girls U14 (Born 1999/98)	100m	800m	Shot	Relay
Boys/Girls U16 (Born 1997/96)	100m	1500m	Shot	Relay
Junior Boys/Girls	200m	1500m	High Jump	Relay
Senior Men	200m	1500m	Long Jump	Relay
Senior Ladies	200m	800m	Long Jump	Relay
Masters Men	200m	1500m	Long Jump	
Masters Ladies	200m	800m	Long Jump	

Entry to Track each day

Adults	€3
Children	€3
Family	€10
Entry for relays teams	€3

Notes:

For insurance reason, athletes born 2004 (u8) are not able to compete

3000m is the first event in the first leg

1500m is the first event in the second leg

Athletes are confined to their own age group and can't move up.

It is the responsibility of individual athletes and their clubs to ensure that athletes entered in these Championships are medically fit to participate and competent in their events.

All athletes participating in these championships must be registered.

All juvenile events are confined to registered members of clubs in the West Cork Division

Junior/Senior/Master events are open to all registered athletes from outside West Cork.

Maximum spike length is 5mm

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