

# WEST CORK TRACK/FIELD CHAMPIONSHIP A.A.I

C.I.T. \_\_\_\_\_ 22nd April 2012 \_\_\_\_\_ 12.00 p.m.

## Sharp FIRST LEG

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### PROGRAMME OF EVENTS

|               |     |      |       |                   |                   |
|---------------|-----|------|-------|-------------------|-------------------|
| Girls/boys    | U9  | 80m  | 300m  | ball throw        |                   |
| Girls/boys    | U11 | 80m  | 600m  | long jump         |                   |
| Girls/boys    | U13 | 80m  | 800m  | Shot              | High jump         |
| Girls/boys    | U15 | 100m | 200m  | 1500m             | High jump         |
| Girls/boys    | U17 | 100m | 1500m | Shot              | Long jump         |
| Senior Ladies |     | 100m | 1500m | Shot              | Putt              |
| Senior Men    |     | 100m | 800m  | 3000m             | 56lb For Distance |
| Master Women  |     | 100m | 400m  | Shot              | Putt              |
| Master Men    |     | 100m | 3000m | 56lb for Distance |                   |

Relays U9, 11, 13, 15, 17, Girls and Boys

***N.B 1500m Women, Followed by 3000m Men on First,  
Gate Close at 5.00 pm max spike 5mm***

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**Admission Prices**

**Adults 3.00 euro**

**Children 3.00 euro**

**Family 10.00 euro**

**Relays 3.00 euro**

Any track event, 100m 200m, and relays athlete's must stay in lane assigned, athlete's will be disqualified for crossing lanes, athletes must wear club singlets, and respect

officials , each club are asked to help run events minimum 2 persons

# WEST CORK TRACK/FIELD CHAMPIONSHIPS A.A.I

C.I.T \_\_\_\_\_ 29<sup>th</sup> April 2012 \_\_\_\_\_ 12.00 p.m. Sharp

## SECOND LEG

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### PROGRAMME OF EVENTS

|              |        |                                   |       |      |            |
|--------------|--------|-----------------------------------|-------|------|------------|
| Girls/boys   | U10    | 80m                               | 300m  |      | Ball Throw |
| Girls/boys   | U12    | 100m                              | 600m  | Shot | Long Jump  |
| Girls/boys   | U14    | 100m                              | 800m  | Shot | Long Jump  |
| Girls/boys   | U16    | 100m                              | 1500m | Shot | Discuss    |
| Juniors B&G  | U20    | 100m                              | 1500m |      | High Jump  |
| Senior Women |        | 200m                              | 800m  |      | Long Jump  |
| Senior Men   |        | 200m                              | 1500m |      | Long Jump  |
| Master Women |        | 200m                              | 800m  |      |            |
| Master Men   |        | 200m                              | 1500m |      |            |
| Relays       | 4X100m | U10, 12, 14, 16, B&G, women & men |       |      |            |

**N.B. 1500m on First Gate Close at 5.00pm max spike 5mm**

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|                         |                 |                   |
|-------------------------|-----------------|-------------------|
| <b>Admission Prices</b> | <b>Adults</b>   | <b>3.00 euro</b>  |
|                         | <b>Children</b> | <b>3.00 euro</b>  |
|                         | <b>Family</b>   | <b>10.00 euro</b> |

Any Track event 100m, 200m, and relays athlete's must stay in lane assigned to them , athletes will be disqualified for crossing, athletes must wear club singlets, and respect

officials , each club are asked to help run events, minimum 2 persons

# WEST CORK TRACK / FIELD CHAMPIONSHIPS A.A.I. C.I.T. 22<sup>TH</sup> APRIL 2012, 12.00. PM , FIRST LEG

## ORDER OF EVENTS

1500m women Ladies, 3000m Men senior/masters O/40 &  
Over17yrs, 1<sup>st</sup> event on track start 12 sharp

### **TRACK 1**

Girls U11 - 80m

Girls U13 - 80m

Girls U9 - 80m

Girls U15 - 100m

Girls U17 - 100M

### **TRACK 2**

Boys U11 - 80m

Boys U13 - 80m

Boys U9 - 80m

Boys U15 -100m

Boys U17 - 100m

### **FIELD EVENTS**

Boys U11 long jump

Girls U11 long jump

Girls U13 high jump

Boys U13 Shot

Girls U9 Ball Throw

Senior /master/Ladies

Senior/masters/Men

Boys U9 Ball Throw

(over 17 - 100m

(over 17 - 100m

Girls U13 Shot

Girls / boys U15 200m

Boys U13 high jump

### **Finals of Above - Heats if Required**

(1) Girls U11 600m

(2) Boys U11 600m

(3) Girls U 9 300m

(4) Boys U 9 300m

(5) Girls U13 800m

(6) Boys U13 800m

(7) Girls U15 1500m

(8) Girls U15 1500m

(9) Girls U17 1500m

(10) Boys U17 1500m

(11) Master Women O/35 400m

Senior/Master/ Men 56lb for distance

Senior/Master/Ladies Shot Putt

Girls U15 High Jump

Girls/Boys U17 Shot Putt

Boys U15 High Jump

Girls/Boys U17 long jump

RELAYS 4X100m 3 euro per relay team (4)

(1) GIRLS U11

(5)GIRLS U15

(2)BOYS U11

(6)BOYS U15

(3)GIRLS U13

(7)GIRLS U17

(4)BOYS U13

(8)B0YS U17

athletes must stay in lanes and change over zones

(12)Senior Men 800m

# WEST CORK TRACK/FIELD CHAMPIONSHIPS

C.I.T 29<sup>TH</sup> APRIL 2012

## **ORDER OF EVENTS**

***N.B.1500m on first men***

### **TRACK 1 GIRLS**

U12 100M

U14 100M

U10 80M

U16 100M

### **TRACK 2 BOYS**

U12 100M

U14 100M

U10 80M

U16 100M

Senior/Master Men 200m, Senior/Master Women 200m, Junior girls&boys(u20) 200m

### **DISTANCE EVENTS**

(1)GIRLS U10 300

(2)Boys U10 300m

(3)Girls U12 600m,

(4)Boys U12 600m

(5)Girls U14 800m

(6)Boys U14 800m

(7)Senior/Master Women 800

( 8)Girls/Boys U16 1500m

(7)Junior U20 Ladies 1500m

(8)Junior U20 Men 1500m

### **FIELD EVENTS**

### **FIELD EVENTS**

Girls U14 pit one Long jump

Boys U14 pit two Long Jump

Girls U.12 shot putt

Boys U12 shot putt

senior Ladies Long jump

Senior Men Long jump

Girls&Boys Junior U20 High Jump

Girls/Boys U10 Ball Throw

Girls/Boys U12 long jump

Girls/Boys U14 Shot Putt

Girls/Boys U16 Shot Putt

Girls and Boys U16 Discus last field event ,

### **RELAYS 4X100 3 EURO PER RELAY TEAM(4)**

Girls U10, Boys U10, Girls U12, Boys U12, Girls U14, Boys U14, Girls U16, Boys U16,

Senior Women 4x100, Senior Men 4x100

***Athletes must stay in lane & baton change over zone, Relays***