



**West Cork T&F Championships 2019**  
C.I.T Track



**1st Leg Sun 7/April/2019**

**11:00am**

Boys/Girls U9 (Born 2011)	60m	300m		Turbo Jav		Relay
Boys/Girls U11 (Born 2010/09)	60m	600m		Turbo Jav		Relay
Boys/Girls U13 (Born 2008/07)	80m	800m	Javelin	Shot	Long Jump	Relay
Boys/Girls U15 (Born 2006/05)	100m	200m	1,500m	High Jump		Relay
Boys/Girls U17 (Born 2004/03)	100m	1,500m		Shot	Long Jump	Relay
Senior Men	100m	800m	3,000m	Weight Throw	Long Jump	Relay
Senior Ladies	100m	800m	3,000m	Shot	Long Jump	Relay
Masters Men	100m			Weight Throw		
Masters Ladies	100m			Shot		

**2nd Leg Sat 13/April/2019**

**12noon**

Boys/Girls U10 (Born 2011/10)	60m	500m		Turbo Jav	Long Jump	Relay
Boys/Girls U12 (Born 2009/08)	60m	600m		Turbo Jav	Long Jump	Relay
Boys/Girls U14 (Born 2007/06)	80m	800m		Shot	High Jump	Relay
Boys/Girls U16 (Born 2005/04)	100m	1,500m		Shot	High Jump	Relay
Boys/Girls U20 (Born 2000-03)	100m	400m	1,500m		High Jump	Relay

**Entry to the track on each day**

Adults	€3
Children	€3
Family	€10

(2 parent/guardians and 3 under 18)

No charge for relay teams  
but if only 1 team declares  
the race will not be held

For insurance reason, athletes born 2012 (u8) are not able to compete

The 3,000m will be first event on the first day with 11am

There is a team aspect to the 3km race.

Prizes for top 3 teams as well as first 3 athletes.

Athletes are confined to their own age group on the day and can't move up, e.g

Masters can compete as Senior but can't compete in same event as both.

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 must be registered and wear club colours

Maximum spike length is 5mm

1st day Gate open 10:15am. First event at 11:00am

2nd day Gate open 11:15am. First event at 12:00am