



Munster Athletics - Junior & U23 T & F Championships & Juvenile U11 to U16 Pentathlons 2017

Saturday 22nd April 2017 – Venue: REGIONAL SPORTS CENTRE, WATERFORD @ 9.30am

Track Events

Time	Type	Event	Age Categories	Time	Type	Event	Age Categories
10:00	C. E.	60m H 2'3"	G13	12:00		3k S/Chase	Junior & U23 Women
	C. E.	60m H 2'3"	B13	12:30		5k Walks	Junior & U23 Men
	C. E.	75m H 2'3"	G14			3k Walks	Junior & U23 Women
	C. E.	75m H 2'6"	B14			3k S/Chase	Junior & U23 Men
	C. E.	80m H 2'6"	G15	1:30		200m Heats	Junior & U23 Men
	C. E.	80m H 2'6"	G16			200m Heats	Junior & U23 Women
	C. E.	80m H 2'9"	B15		C. E.	200m Heats	G11
	C. E.	100m H 2'9"	B16		C. E.	200m Heats	B11
		100m H 2'9"	Junior & U23 Women	2:30		5000m	Junior & U23 Men
		110m H 3'3"	Junior Men	2:30		3000m	Junior & U23 Women
		110m H 3'6"	U23 Men	3:00		400m Hurdles	Junior & U23 Men
						400m Hurdles	Junior & U23 Women
10:00	C. E.	80m	G11, B11, G12, B12	3:15		800m	Junior & U23 Men
						800m	Junior & U23 Women
				3:30		100m Heats	Junior & U23 Men
						100m Heats	Junior & U23 Women
				4:00		400m	Junior & U23 Men
						400m	Junior & U23 Women
				4:20		1500m	Junior & U23 Men
						1500m	Junior & U23 Women
	5:00	4 x 100m Relay	Junior & U23 Women				
		4 x 100m Relay	Junior & U23 Men	4:40		100m Finals	Junior & U23 Women
						100m Finals	Junior & U23 Men

Pentathlon 600m & 800m will be run 20 minutes after their FINAL FIELD EVENT

FIELD EVENTS

JUMPS

Long Jump – 10:00am	High Jump – 10:00am	Triple Jump – 14:00pm	Pole Vault – 13:00pm
G14, G15, G16	G12, G13	Junior & U23 Women	Junior & U23 Men
B14, B15, B16	B12, U13	Junior Men & U23 Men	Junior & U23 Women
Junior & U23 Women	Junior & U23 Men		
G11, G12, G13	G14, G15, G16		
B11, B12, B13	B14, B15, B16		
Junior & U23 Men	Junior & U23 Women		

THROWS

Hammer – 9:30am	Shot Putt – 10:00am	Discus – 11:30am	Javelin 13:00pm
U23 Men (7.26k)	G11, G12, G13, (2k)	Junior & U23 Women (1k)	Junior Men(800gr)
Junior Men (6k)	B11, B12, B13 (2k)	U23 Men (2k)	U23 Men (800gr)
Junior & U23 Women (4k)	B14, G15 (2.72k)	Junior (1.75k)	Junior & U23 Women (600gr)
	B15, G16 (3k)		
	B16 (4k)		
Weight for Distance	Junior & U23 Women (4k)		
Junior Men (35lbs)	Junior Men (6k)		
U23 Men (35lbs)	U23 Men (7.26k)		