MUNSTER ATHLETICS

JUNIOR & U23 INDOOR CHAMPIONSHIPS & JUVENILE PENTHATLONS

Nenagh Olympic Stadium Nenagh, Co. Tipperary

FIRST EVENT: HURDLES START AT 10:00am

SUNDAY 5TH JANUARY 2020

10:00am		Men	U23	60m H 3'6"
		Men	Junior	60m H 3'3"
		Women	Junior & U23	60m H 2'9"
	C.E	Boys	U16	60m H 2'9"
	C.E	Boys	U15	60m H 2'9"
	C.E	Girls	U16	60m H 2'6"
	C.E	Girls	U15	60m H 2'6"
	C.E	Boys	U14	60m H 2'6"
	C.E	Girls	U14	60m H 2'3"
	C.E	Boys	U13	60m H 2'3"
	C.E	Girls	U13	60m H 2'3"
11:00am		Men	Junior & U23	60m Heats
		Women	Junior & U23	60m Heats
	C.C.	Boys	U12	60m
	C.C.	Girls	U12	60m
	C.C.	Boys	U11	60m
	C.C.	Girls	U11	60m
		Women	Junior & U23	60m Final
		Men	Junior & U23	60m Final

HIGH JUMP

		Women	Junior & U23	High Jump
		Men	Junior & U23	High Jump
	C.E.	Girls	U12	High Jump
	C.E.	Boys	U12	High Jump
	C.E.	Girls	U13	High Jump
	C.E.	Boys	U13	High Jump
	C.E.	Girls	U14	High Jump
	C.E.	Boys	U14	High Jump
	C.E.	Girls	U15 / U16	High Jump
	C.E.	Boys	U15 / U16	High Jump

SHOT PUTT

11:00am	C.E.	Girls	U11	Shot - 2k
	C.E.	Boys	U11	Shot - 2k
	C.E.	Girls	U15 / U16	Shot - 2.72k -3k
	C.E.	Boys	U15 / U16	Shot - 3k - 4k
	C.E.	Girls	U12	Shot - 2k
	C.E.	Boys	U12	Shot - 2k
	C.E.	Girls	U13	Shot - 2k
	C.E.	Boys	U13	Shot - 2k
	C.E.	Girls	U14	Shot - 2k
	C.E.	Boys	U14	Shot - 2.72k
15:00pm		Women	Junior & U23	Shot - 4k
		Men	Junior & U23	Shot - 6k / 7.26k
		Women	Junior & U23	Weight For Dist. 28lb
		Men	Junior & U23	Weight For Dist. 35lb

12:00pm		Men	Junior & U23	400m
		Women	Junior & U23	400m
12:45pm		Men	Junior & U23	1500m
		Women	Junior & U23	1500m
13:45pm		Women	Junior & U23	200m
		Men	Junior & U23	200m
14:45pm		Men	Junior & U23	800m
		Women	Junior & U23	800m
		Women	Junior	Relay
		Men	Junior	Relay
	C.E.	Girls	U11	600m
	C.E.	Boys	U11	600m
	C.E.	Girls	U12	600m
	C.E.	Boys	U12	600m
	C.E.	Girls	U13	800m
	C.E.	Boys	U13	800m
	C.E.	Girls	U14	800m
	C.E.	Boys	U14	800m
	C.E.	Girls	U15	800m
	C.E.	Boys	U15	800m
	C.E.	Girls	U16	800m
	C.E.	Boys	U16	800m

POLE VAULT

11:00am	Women	Junior & U23	Pole Vault
	Men	Junior & U23	Pole Vault

LONG JUMP

10:30am		Pit 1		
		Women	Junior & U23	Long Jump
		Men	Junior & U23	Long Jump
14:00pm		Women	Junior & U23	Triple Jump
		Men	Junior & U23	Triple Jump
10:30am		Pit 2		
	C.E.	Girls	U12	Long Jump
	C.E.	Boys	U12	Long Jump
	C.E.	Girls	U13	Long Jump
	C.E.	Boys	U13	Long Jump
	C.E.	Girls	U14	Long Jump
	C.E.	Boys	U14	Long Jump
	C.E.	Girls	U15 / U16	Long Jump
	C.E.	Boys	U15 / U16	Long Jump
	C.E.	Girls	U11	Long Jump
	C.E.	Boys	U11	Long Jump

Jnr & Under 23 events will be run together except for mens hurdles and throws

All Jnr & U23 track events except for 60m, Results will be decided on times.

Order & Timing of events may change, please listen to announcements