

South Munster Schools T&F Championships 2022										
Order of Events (Girls) Tuesday 10th May										
Track				Field Events						
11:00am	100m heats	MINOR								
		JUNIOR		11:30am	Long Jump	High Jump	Triple Jump	Shot	Discus	Javelin
		INTERMEDIATE			Minor	Senior	Junior(12m run up)	Inter(3k)	Senior(1k)	Junior(400g)
		SENIOR			Inter	Junior	Senior	Minor(2.72k)	Inter(1k)	Senior(600g)
11:30am	300m Hurdles(76.2cm)	INTERMEDIATE			Senior	Inter	Inter	Senior(4k)	Junior(0.75k)	Inter(500g)
	400m Hurdles(76.2cm)	SENIOR			Junior			Junior(2.72k)		
11:40am	100m Finals									
12:00noon	800m	MINOR		12:30pm	All Pole Vault age categories (both boys and girls) - start time to be confirmed					
		JUNIOR								
		INTERMEDIATE								
		SENIOR								
					Notes					
					Track Events					
12:30pm	3000m	INTERMEDIATE			Times on the left are only an indication of the likely start of an event.					
	3000m	SENIOR			Races may start up to 30 minutes ahead of time					
12:50pm	200m	JUNIOR			Where heats are necessary other than 100m the medal winners will be decided by times					
		INTERMEDIATE			Relay teams should be declared at registration before 1:30pm					
		SENIOR			The Intermediate 3000m and Senior 3000m will be an amalgamed race					
1:15pm	1500m St. Chase	INTERMEDIATE			The Intemediate and Senior 1500m Steeplechase will be an amalgamated race					
	1500m St. Chase	SENIOR								
1:30pm	Closing time for relay declaration				Field Events					
1:40pm	75m Hurdles(68.6cm)	MINOR			Field events will start at 11:30am and then be run off in the sequence shown					
	75m Hurdles(76.2cm)	JUNIOR			Age groups may be amalgamated if numbers dictate					
	80m Hurdles(76.2cm)	INTERMEDIATE			Hammer events where more than 3 are entered will be held at a separate date to be announced					
	100m Hurdles(83.8cm)	SENIOR								
2:00pm	300m	INTERMEDIATE								
	400m	SENIOR			General					
2:10pm	1 Mile	Under 16			Minor: Under 14 on 1st July 2022 Junior: Under 15 on 1st July 2022					
	1500m	JUNIOR			Intermediate: Under 17 on 1st July 2022 Senior: Under 19 on 1st January 2022					
		INTERMEDIATE			An athlete may compete in not more than two individual events plus one relay					
		SENIOR			with the exception of the Senior 4x300/400m where an athlete may take part in two relays					
2:30pm	4X100m Relay	MINOR			A school may not have more than 2 athletes in any event					
		JUNIOR			A relay team may be completed by the addition of no more than one athlete from the age					
		INTERMEDIATE			group immediately below					
		SENIOR			Athletes must compete in their own age group (Junior, Intermediate, Senior)					
	4x300m Relay	SENIOR			Minor athletes may compete at Junior level where an event is not held at Minor level					
3:00pm	Walks	JUNIOR			Minor and Junior athletes can take part in an 800m or 1500m but not both					
		INTERMEDIATE			The first 3 in each event qualify for the Munster championship - 4 qualify					
		SENIOR			in the Under 16 mile race					