South Munster Schools T&F Championships 2023

Order of Events Saturday 6th May

	Track				Field Events			
12:05pm	100m heats	Minor/Junior						
	(Arena Side of Track)			12:05pm	**Long Jump**	**Triple Jump**	**Shot**	
12:05pm	100m heats	Inter/Senior			Minor Boys	Junior(12m run up)	Junior Girls	
	(River Side of Track)				Minor Girls		Junior Boys	
12:40pm	800m	8 races			Junior Boys		Minor Girls	
1:15pm	100m Finals				Junior Girls		Minor Boys	
1:45pm	3000m	IG, SG						
	3000m	IB, SB						
2:05pm	75m Hurdles	MG						
	75m Hurdles	MB, JG				**Notes**		
	80m Hurdles	JB, IG						
	100/110m Hurdles	SG, SB		Times on the left are only an indication of the likely start of an event.				
2:25pm	1500m	JG		Track events may start up to 15 minutes ahead of time				
	1500m	JB		Field events will start at 12:05pm and then be run off in the sequence shown				
2:35pm	4X100m Relay	MG		Age groups may be amalgamated if numbers dictate				
	4X100m Relay	JG						
	4X100m Relay	IG, SG						
	4X100m Relay	MB, JB, IB						

South Munster Schools T&F Championships 2023

Order of Events Saturday 13th May

	Track			Field Events				
12:05pm	200m	Jun/Int/Sen						
12:50pm	300m Hurdles	IG		12:05pm	**Long Jump**	**High Jump**	**Triple Jump**	**Shot**
	400m Hurdles	SG/IB/SB			Senior Boys	Inter/Senior Girls	Inter/Senior Girls	Inter/Senior Boys
1:00pm	1 Mile	Under 16			Inter Boys	Inter/Senior Boys	Inter/Senior Boys	Inter/Senior Girls
1:10pm	1500m	IG/SG			Senior Girls	Junior Boys&Girls		
	1500m	IB			Inter Girls			
	1500m	SB						
1:30pm	300m	IG						
	400m	IB						
	400m	SG				**Notes**		
	400m	SB						
1:50pm	1500m St. Chase	IG/SG		Times on the left are only an indication of the likely start of an event.				
	1500m St. Chase	IB		Track events may start up to 15 minutes ahead of time				
	2000m St.Chase	SB						
2:15pm	4x300/400m Relay	SG/SB		Field events will start at 12:05pm and then be run off in the sequence shown				
2:25pm	Walks	Jun/Int/Sen		Age groups may be amalgamated if numbers dictate				

	Monday 8th May	**Kilworth (Close to the village Square)**
11:00am	Junior Girls Discus	
11:25am	Junior Boys Discus	
11:50am	Inter/Senior Girls Discus	
12:10pm	Inter/Senior Boys Discus	
12:40pm	All Girls Hammer	
1:10pm	All Boys Hammer	

	Thursday 11th May	**Midleton CBS Secondary School**
5:00pm	Junior Girls/Boys +Inter Girls Javelin	
5:40pm	Inter/Senior Boys Javelin	