



West Cork T&F Championships 2018
C.I.T Track



1st Leg Sun 15/April/2018

11:00am

Boys/Girls U9 (Born 2010)	60m	300m		Turbo Jav		Relay
Boys/Girls U11 (Born 2009/08)	60m	600m		Turbo Jav		Relay
Boys/Girls U13 (Born 2007/06)	80m	800m		Shot	Long Jump	Relay
Boys/Girls U15 (Born 2005/04)	100m	200m	1,500m	High Jump		Relay
Boys/Girls U17 (Born 2003/02)	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		3,000m	Weight Throw		
Masters Ladies	100m	800m		Shot		

2nd Leg Sun 29/April/2018

11:00am

Boys/Girls U10 (Born 2010/09)	60m	500m		Turbo Jav	Long Jump	Relay
Boys/Girls U12 (Born 2008/07)	60m	600m		Turbo Jav	Long Jump	Relay
Boys/Girls U14 (Born 2006/05)	80m	800m		Shot	High Jump	Relay
Boys/Girls U16 (Born 2004/03)	100m	1,500m	1,000m	Shot	High Jump	Relay
Boys/Girls U20 (Born 1999-02)	100m	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)	

The u16 1,000m event is a non championship development event and athletes can't take part in the 1,000m and the 1,500m
Medals for top 3 in 1,000m

Notes:

For insurance reason, athletes born 2011 (u8) are not able to compete
The 3,000m will be first event on the first day and will start at 11:00am sharp.

Athletes are confined to their own age group and can't move
Masters can compete as Senior
but can't compete in same event
as both Master and Senior.

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 in these championships must be registered.
All athletes participating must wear club singlets or club colours.
Maximum spike length is 5mm

There is no charge for relay teams, but if only 1 team declares prior to the start of the race, the race will not be held.

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

