



# Tipperary County Athletics



## Secondary Schools Track & Field Championships

**Date:** Wednesday 10th April 2019 (Finish by 2.30pm latest)  
**Discus & Hammer Check in at 9.45am to start at 10am. Walks start at 10am. Hurdles to commence at 10.45am. All other events to start at 11am.**

**Venue:** Templemore Track

**Entries:** Closing Date: Friday 5th April (By Email)

**Entry Fees:** €5.00 Per Athlete & €5.00 Per Relay

**Confirmation:** Emailed entries will be confirmed on day of receipt

**Contact:** Competition Secretary: Jim Ryan, Ballyduff Rd, Two-Mile-Borris, Thurles.  
**Telephone/Email:** 086 8281969 [tipperaryschoolsathletics@gmail.com](mailto:tipperaryschoolsathletics@gmail.com)

### Age Categories

**Minor** Under 14 on 1<sup>st</sup> July 2019      **Junior** Under 15 On 1<sup>st</sup> July 2019  
**Intermediate** Under 17 on 1<sup>st</sup> July 2019      **Senior** Under 19 on 1<sup>st</sup> January 2019

### Programme\*

**Minor Girls & Boys** 100m, 75mh, 800m, 1200m Walk/L/Jump, S/Putt/4 x 100m Relay  
**Junior Girls & Boys** 100m, 75/80mh, 800m, 1200m Walk/L/Jump, Pole Vault, Hammer, Discus, S/Putt, 4 x 100m Relay  
**Inter Girls** 100m, 80mh, 800m, 1200m Walk/1500m, L/Jump, H/Jump, Pole Vault, S/Putt, Discus, Hammer /4 x 100m Relay  
**Inter Boys** 100m, 100mh, 400m, 1500m, 1200m Walk/L/Jump, H/Jump, Pole Vault, S/Putt, Discus, Hammer 4 x 100m Relay  
**Senior Girls:** 100m, 100mh, 800m, 1500m, 1200m Walk/L/Jump, H/Jump, Pole Vault, S/Putt, Discus, Hammer/4 x 100m Relay  
**Senior Boys:** 100m, 110mh, 400m, 1500m, 1200m Walk/L/Jump, H/Jump, Pole Vault, S/Putt, Discus, Hammer/4 x 100m Relay

**\*Other Events can be requested & will be added to the programme if sufficient participants.** Please note that in the interest of health & safety, ALL Field Event Athletes must be technically proficient and competent in their event. Athletes that do not demonstrate proficiency may be excluded from further participation in that event at the discretion of the Track Referee.

ORDER OF EVENTS					
Track	High Jump	Long Jump 1	Long Jump 2	Pole Vault	Shot Putt
Girls 100m	Inter Boys	Minor Boys	Senior Boys	All	Inter Girls
Girls 800m/1500m	Senior Boys	Inter Boys	Junior Boys	age groups together	Senior Girls
Boys 100m	Inter Girls	Minor Girls	Senior Girls	@ 1pm	Junior Girls
Boys 800/1500m	Senior Girls	Inter Girls	Junior Girls		Junior Boys
Boys 400m					Inter Boys
Relays		Boys Open Triple Jump	Girls Open Triple Jump		Senior Boys
					Minor Boys
					Minor Girls
Track Events Sequence: Minor, Junior, Intermediate & Senior					

### GENERAL INFORMATION

**NUMBERS:** - Numbers will be allotted to each entered athlete and fees will be payable on the day.  
**FOOTWEAR:** - Only 5mm Tartan Needle Spikes in running Shoes. No football boots allowed  
 Athletes will have **3 attempts** only in the Long Jump, Triple Jump, Shot Putt, Discus & Hammer  
 Yours in Sport Jim Ryan for Tipperary Athletics