

Day 1 Sunday May 15th 2016 @ 11am**Kilmacow**

80m	Girls & Boys U8, 9, 10, 11	
200m	Girls U 12 - U 17	<u>Turbo Jav</u>
200m	Girls U 18/19	Girls U 10 - U12
80m	Boys U 12 - U 14	
100m	Boys U 15 - U 17	<u>Long Jump</u>
100m	Boys U 18/19	Girls U 10 - U17 & U18/19
200m	Girls Final	
200mts	Girls & Boys U 8	
300m	Girls & Boys U 9 & U 10	
500m	Girls & Boys U 11	
500m	Boys U 12, 13, 14	<u>Javelin</u>
800m	Girls U 12 - U17 & U18/19	Girls U 13 - U17 & U 18/19
Walks	Girls U 16, U 17 & U18/19	
Walks	Boys U 15 - U 17 & U18/19	<u>High Jump</u>
400m	Boys U 15 -U17 & U18/19	Boys U 12 - U 17 & U18/19
<u>Relays</u>		
4 x 100m	Boys & Girls U11, 13,15, 17, 19	
1500mts	Sen & Jun Men & Women	
1500mts	Men O35/50, Women O30	
Juvenile U 18 & U19 will compete as one competition		
Juveniles are confined to their own age group except in relays where they can move up one age group		
U13 may compete in U/14 walks at county championships only		
Junior athlete is U 17, 18, 19, & 20		
All Junior athletes can compete in senior events		
All Junior, Senior & Master athletes must declare which category they wish to compete in before the start of any competition		