

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 U14 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		