

**Connacht U14-Senior Track & Field Competition**  
**Order of Events: Saturday 17th June 2017, Sligo IT**

**9.30am** 14-19 Hammer  
**9.30am** Pole Vault

**Seniors compete with U19**  
**Field events order subject to change on the day**

		<u>Age</u>	<u>Event</u>
<b>10.00 am</b>	Girls	14	<b>Long Jump 1</b>
<b>10.00 am</b>	Boys	14	<b>Long Jump 2</b>
	Girls	15	Long Jump 1
	Boys	15	Long Jump 2
	Girls	16	Long Jump 1
	Boys	16	Long Jump 2
	Girls	17	Long Jump 1
	Boys	17	Long Jump 2
	Girls	18	Long Jump 1
	Boys	18	Long Jump 2
	Girls	19	Long Jump 1
	Boys	19	Long Jump 2
<b>10.00am</b>	Girls	15	<b>High Jump</b>
	Boys	15	High Jump
	Girls	16	High Jump
	Boys	16	High Jump
	Girls	17	High Jump
	Boys	17	High Jump
	Girls	18	High Jump
	Boys	18	High Jump
	Girls	19	High Jump
	Boys	19	High Jump
	Girls	14	High Jump
	Boys	14	High Jump
	Boys	15	<b>Triple Jump</b>
	Girls	16	Triple Jump
	Boys	16	Triple Jump
	G/B	17	Triple Jump
	G/B	18	Triple Jump
	G/B	19	Triple Jump

		<u>Age</u>	<u>Event</u>	
<b>after hammer</b>	Girls	18	<b>Discus</b>	1.0 Kg
	Boys	18	Discus	1.5 Kg
	Girls	19	Discus	1.0 Kg
	Boys	19	Discus	1.75 Kg
	Girls	17	Discus	1.0 Kg
	Boys	17	Discus	1.5 Kg
	Girls	16	Discus	1.0 Kg
	Boys	16	Discus	1.0 Kg
	Girls	15	Discus	0.75 Kg
	Boys	15	Discus	1.0 Kg
	Girls	14	Discus	0.75 Kg
	Boys	14	Discus	0.75 Kg
	Girls	16	<b>Javelin</b>	500g
	Boys	16	Javelin	600g
	Girls	17	Javelin	500g
	Boys	17	Javelin	700g
	Girls	14	Javelin	400g
	Boys	14	Javelin	400g
	Girls	19	Javelin	600g
	Boys	19	Javelin	800g
	Girls	18	Javelin	500g
	Boys	18	Javelin	700g
	Girls	15	Javelin	400g
	Boys	15	Javelin	500g
<b>10.00am</b>	Girls	14	<b>Shot Putt</b>	2.0Kg
	Boys	14	Shot Putt	2.72Kg
	Girls	16	Shot Putt	3.0Kg
	Boys	16	Shot Putt	4.0Kg
	Girls	19	Shot Putt	4.0Kg
	Boys	19	Shot Putt	6.0Kg
	Girls	18	Shot Putt	3.0Kg
	Boys	18	Shot Putt	5.0Kg
	Girls	17	Shot Putt	3.0Kg
	Boys	17	Shot Putt	5.0Kg
	Girls	15	Shot Putt	2.72Kg
	Boys	15	Shot Putt	3.0Kg

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All seniors compete with U19

Track **10.00am** Relays 18,16,14,19,17,15

Check in 9.45am

11.00am

Event	Age	height
<b>400m H</b>	18 B	84cm
400m H	19B	91 cm
400m H	18 G	76 cm
<b>300m H</b>	17 G	76cm
300m H	17 B	76cm
<b>250m H</b>	15B	76cm
250m H	16B	76cm
250m H	15G	68 cm
250m H	16G	68 cm

2pm

Event	Age
<b>80m</b>	14 G
	14 B
<b>100m</b>	15 G
	15 B
	16 G
	16 B
	17 G
	17B
	18 G
	18 B
	19/sen G
	19/sen B
<b>800m</b>	14 G
	14 B
	15 G
	15 B
	16 G
	16 B
	17 G
	17 B
	18/Sen
<b>200m</b>	18/Sen
	17 B
	17 G
	16 B
	16 G
	15 B
	15 G
	14 B
	14 G
<b>3000m</b>	16-Sen
<b>400m</b>	17-sen G
	17-sen B

Move all hurdles to the sprints area lanes 3-8

<b>1500m</b>	16-sen G	
	16-sen B	
	14+15 G	
	14+15 B	
<b>2000m W</b>	14 G/B	
	15 G/B	
	16 G	
	16 B	
<b>3000m W</b>	17 G/B	
	18/19 G	
<b>75m H</b>	14G	68 cm
	14B	76cm
<b>80m H</b>	15/16G	76cm
<b>100m H</b>	17/18G	76CM
<b>80mH</b>	15B	84cm
<b>100m H</b>	19 G	84cm
	16 B	84cm
<b>110m H</b>	17/18 B	91 cm
	19/sen B	99cm
<b>S/C</b>	17G - 2000m	76CM
	18G-2000m	76CM
	19 G- 3000m	76CM
	18B- 3000m	91cm

Track lunch break