

# Kilkenny County Track and Field Day 1

Sunday 5<sup>th</sup> May 2019 @ 11am

Watershed, Kilkenny

**250H** Girls U 15 & U 16 (2'3")

**250H** Boys U 15 & U 16 (2'6")

**300H** Girls & Boys U 17 (2'6")

**400H** Girls U 18 & 19

**400H** Boys U 18 & 19

**80M** Girls & Boys U8, 9, 10, 11

**200M** Girls U 12 - U 17

**200M** Girls U 18/19

**80M** Boys U 12 - U 14

**100M** Boys U 15 - U 17

**100M** Boys U 18/19

**200M** Girls Final

**200M** Girls & Boys U 8

**300M** Girls & Boys U 9 & U 10

**500M** Girls & Boys U 11

**500M** Boys U 12, 13, 14

**800M** Girls U 12 - U17 & U18/19

**WALKS** Girls U 16, U 17 & U18/19

**WALKS** Boys U 15 -U 17 & U18/19

**400M** Boys U 15 -U17 & U18/19

## **HAMMER (STARTING AT 10AM)**

Sen & Jun Men & Women

Boys U14, U15, U16, U18

Girls U14, U15, U16, U18

## **TURBO JAV**

Girls U 10 - U12

## **LONG JUMP**

Girls U 10 - U17 & U18/19

## **DISCUS**

Boys U14 - U17 & U18/19

## **JAVELIN**

Girls U 13 - U17 & U 18/19

## **HIGH JUMP**

Boys U 12 - U 17 & U18/19

## **RELAYS**

4 x 100 Boys & Girls U 11, 13, 15, 17 & 19

**1500M** Sen & Jun Men & Women

**1500M** 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*

# Kilkenny County Track and Field Day 2

Sunday 12<sup>th</sup> May 2019 @ 11am

Watershed, Kilkenny

<b>60M</b>	Girls & Boys U 8 & U9	<b>DISCUS (STARTING AT 10AM)</b>
<b>60M</b>	Girls & Boys U 10 & U 11	Sen & Jun Men & Women
<b>200M</b>	Boys U 12 - U 17	
<b>200M</b>	Boys U 18/19	<b>HIGH JUMP</b>
<b>80M</b>	Girls U 12 - U 14	Girls U12 - U 17 & U 18/19
<b>100M</b>	Girls U 15 - U 17	
<b>100M</b>	Girls U 18/19	<b>SHOT PUTT</b>
<b>200M</b>	Boys Final	Girls U10 - U17 & U18/19
<b>200M</b>	Girls & Boys U 8 & U 9	
<b>300M</b>	Girls & Boys U 10 & U 11	<b>JAVELIN</b>
<b>500M</b>	Girls U 12, 13 & 14	Boys u13 - U17 & U18/19
<b>800M</b>	Boys U 12 - U17 & 18/19	
<b>400M</b>	Girls U 15, 16, 17 & 18/19	<b>TURBO JAV</b>
<b>WALKS</b>	Girls U 14 & U 15	Boys U 10 - U12
<b>WALKS</b>	Boys U 14	
		<b>LONG JUMP</b>
		Boys U10 - 17 & U18/19
<b>RELAYS</b>		
	4 x 100 Boys & Girls U 10, 12, 14, 16 & 18	
<b>800M</b>	Sen & Jun Men & Women	
<b>800M</b>	Novice Men & Women	
<b>800M</b>	Vets Men O 35, 40 & 45	
<b>800M</b>	Ladies O 30	

*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 wish to compete in before the start of any competition*

# Kilkenny County Track and Field Day 3

Friday 24<sup>th</sup> May 2019 @ 6:45pm

Watershed, Kilkenny

**200M** Girls & Boys U 8 & U9  
**300M** Girls & Boys U10 & U 11

**HIGH JUMP**  
Sen & Jun Men & Women

## HURDLES

**60M** 2'3" - Girls & Boys U/12  
**60M** 2'3" - Girls & Boys U/13  
**75M** 2'3" - Girls U/14  
**75M** 2'6" - Boys U/14  
**80M** 2'6" - Girls U/15 & U/16  
**80M** 2'9" - Boys U/15  
**100M** 2'9" - Boys U/16  
**100M** 2'6" - Girls U/17  
**100M** 3'0" - Boys U/17  
**100M** 3'0" - Boys U18/19  
**100M** 2'6" - Girls U18/19

**JAVELIN**  
Sen & Jun Men & Women

**DISCUS**  
Girls U 14 - U17 & U 18/19

**SHOT PUTT**  
Boys U 10 - U 17 & U18/19

**TRIPLE JUMP**  
Boys U14 - U17 & U18/19  
Girls U 14 - U17 & U 18/19

**Finals will be run before hurdle positions change**

**400M** Sen & Jun Men & Women

**300M** Girls & Boys U12 & U 13  
**1500M** Girls U 14 - U17 & U18/19  
**1500M** Boys U 14 - U17 & U18/19

**3000M** Junior Men  
**3000M** Senior Men & O40 Men & Team  
**3000M** Junior Women  
**3000M** Senior Women & O30 Women & Team

## RELAYS

4 x 400 Girls & Boys U15 & U17

# Kilkenny County Track and Field Day 4

Friday 31<sup>st</sup> May 2019 @ 6:45pm

Watershed, Kilkenny

**5000M** Sen Men & Men O35

## HURDLES

**100M** 2'9" - Junior Women

**100M** 2'9" - Sen. Women

**110M** 3'3" - Junior Men

**110M** 3'3" - Sen. Men

**200M** Sen & Jun Men & Women

**200M** Men O 45/50/55/60/65

**WALKS** Sen & Jun Men & Women

**400MH** Sen & Jun Men & Women

**100M** Sen & Jun Men & Women

**100M** Novice Men & Women

**100M** Men O35 & O 50

## RELAYS

4 x 100 Senior Men & Women

4 x 400 Senior Men & Women

## LONG JUMP

Vets Men O 45 & O50

Sen & Jun Men & Women

## SHOT PUTT

Vets Men O45 & O50

Sen & Jun Men & Women

## TRIPLE JUMP

Sen. & Jun. Men

## WEIGHT FOR DISTANCE

Sen & Jun Men & Women

Vets Men O50

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*All Junior athletes can compete in senior events*

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