



ATHLETICS
IRELAND

TIPPERARY TRACK & FIELD CHAMPIONSHIPS
JUNIOR/SENIOR/MASTERS
Sunday 28th April 2019 @ 1.30PM
TEMPLEMORE TRACK



TRACK

Junior Men Walk 3000m
Junior Women Walk 2000m
Senior Women Walk 1500m
Senior Men Walk 3000m

Junior Men 100m
Junior Women 100m
Senior Men 100m
Senior Women 100m
Masters Men 100m
Masters Women 100m

Junior Men 400m
Junior Women 400m
Senior/Master Men 400m
Senior/Master Women 400m

Junior Men/Women 800m
Senior Men/Women 800m
Master Men/Women 800m

Junior Men/Women 200m
Senior Men/Women 200m
Master Men/Women 200m

Senior Men 1500m
Senior Women 1500m

Junior Men 3000m
Junior/Senior/Masters Women 3000m
Senior/Novice/Masters Men 5000m
Will all be run as separate races

Relays

4 x 100m
Junior/Senior/Masters Men & Women

Senior Men Medley Relay

4 x 400m
Junior Men & Women

**PLEASE NOTE ONLY 5MM TARTAN
SPIKES TO BE USED**

FIELD

Senior Men High Jump
Senior Women High Jump

Junior Men High Jump
Junior Women High Jump

Junior Men Long Jump
Junior Women Long Jump
Senior Men Long Jump
Senior Women Long Jump
Masters Men Long Jump
Masters Women Long Jump

Junior Men Triple Jump
Junior Women Triple Jump

28Lb weight for Distance

Junior Men Javelin
Junior women Javelin
Senior Men Javelin
Senior Women Javelin
Masters Men Javelin
Masters Women Javelin

Junior Men Shot
Junior Women Shot
Senior Men Shot
Senior Women Shot
Masters Men Shot
Masters Women Shot

Junior/Senior/Masters Men Hammer
Junior/Senior/Masters Women Hammer

Junior/Senior/Masters Men Discus
Junior/Senior/Masters Women Discus

Junior Age Eligibility: Over 16 and Under 20 on the 31st of December in the year of competition.

Athletes may only compete in **ONE** age category on the day ie. a Senior athlete may compete at Senior level **OR** Master level but not both. Same applies to a Junior athlete. They may compete at Junior or Senior level but not both.