

# Tipperary Indoor Championship U.13 to Junior

## Sunday, 12<sup>th</sup> February, 2012 -Venue Nenagh 12.00

### EVENTS

Girls & Boys Under 13	60mH	60m,	600m,	H.J.	L.J.	Shot	4 x 100m Relay
Girls & Boys Under 14	60mH		800m, 1000mWalk			Shot	
Girls & Boys Under 15	60mH	60m,	800m,	H.J.	L.J.	Shot	4 x 200m Relay
Girls & Boys Under 16	60mH						
Girls & Boys Under 17	60mH	60m,	800m, 1000mWalk	H.J.	L.J.	Shot	4 x 200m Relay
Girls & Boys Under 18	60mH						
Jnr Men & Wmn	60mH	60m, 400m	1500m	H.J.	L.J.	Shot	4 x 200mRelay

### Track Events at 2:30pm

Girls 13	60mH	2'3"	60m
Boys 13	60mH	2'3"	60m
Girls 14	60mH	2'3"	75m
Boys 14	60mH	2'6"	75m
Girls 15	60mH	2'6"	80m
Girls 16	60mH	2'6"	80m
Boys 15	60mH	2'9"	80m
Boys 16	60mH	2'9"	100m
Girls 17	60mH	2'6"	100m
Girls 18	60mH	2'6"	100m
JnrWmn	60mH	2'9"	100m
Boys 17	60mH	3'0"	100m
Boys 18	60mH	3'0"	110m
JnrMen	60mH	3'3"	110m

### Finals Before Change of Hurdles

### Sprints

Girls 13	60m
Boys 13	60m
Girls 15	60m
Boys 15	60m
Girls 17	60m
Boys 17	60m
JnrWmn	60m
Jnr Men	60m

### Finals, as required in same order

### Notes:

**Hurdles for all ages from U.13 upwards.**

**Athletes U.13 must compete in own age. Athletes U.14 upwards may move up one age group e.g. U.14 may compete U.15, U.16 competes U.17 etc.** All races on the 200m track will be on time only, middle distance & Relays. In Relay Races Athletes may move up two age groups (i.e. Under 11, 12 and 13 may be on the under 13 team except where a club has entered more than one team in any age group may only move up one age group.

**The order of events may be changed on the day depending on how events are progressing.**

**Entries to be mailed to [marycostello1@gmail.com](mailto:marycostello1@gmail.com)**

**Closing date for entries Tuesday, 31<sup>st</sup> January, 2012**

### Field Events 12 noon

Series	1	2	3	4	5
L.J.1	JnrM	B17		B13	B15
L.J.2	JnrW	G17		G13	G15
H.J.1		B.15		B13	B17 & Jnr M
H.J.2		G.15		G13	G17 & Jnr W
Shot	G15/ B14	G17/ B15	G14	B15	B17
Shot Cont	B13	G.13	JnrW	JnrM	

**High Jumps immediately after sprints**

### Outer Track At 12noon

G&B U.14 and G&B U.17 Walks

Junior Women	1500m Final
Junior Men	1500m Final
Girls Under 17	800m Heats
Boys Under 17	800m Heats
Girls Under 15	800m Heats
Boys Under 15	800m Heats
Girls Under 14	800m Heats
Boys Under 14	800m Heats
Girls Under 13	600m Heats
Boys Under 13	600m Heats
Junior Women	400m Heats
Junior Men	400m Heats

**above events on time**

### Relays in order of Age Groups

4 x 100 B&G U.13 ect