



EAST CORK ATHLETICS DIVISION

eastcorkathleticsdivision.com

TRACK & FIELD CHAMPIONSHIPS 2018

DAY 1 SUNDAY, APRIL 8th 2018 CIT TRACK, CORK 11.30 AM

GIRLS and BOYS	UNDER 9 BORN 2010	60m	Long Jump			
	UNDER 10 BORN 2009	60m	200m	Turbo Javelin		
	UNDER 11 BORN 2008	80m	300m	Long Jump		
	UNDER 12 BORN 2007	80m	600m	High Jump		
	UNDER 13 BORN 2006	80m	600m	Long Jump		
	UNDER 14 BORN 2005	100m	800m	Javelin		
	UNDER 15 BORN 2004	100m	800m	High Jump	Discus	
UNDER 16 BORN 2003	100m	800m	Long Jump	High Jump	Javelin	
LADIES UNDER 17 -UNDER 19	100m	800m	High Jump	Discus	Shot	
MEN- UNDER 17 -UNDER 19	100m	800m	High Jump	Discus	Shot	
LADIES OVER 19	100m	800m	Long Jump			
MEN OVER 19	100m	800m	5000m	Long Jump		
LADIES OVER 35 & OVER 45	100m	800m	Long Jump			
MEN- OVER 35 & OVER 45	100m	800m	Long Jump			

RELAYS
4 x 100m.

GIRLS & BOYS
under 10 - under 12
under 14 - under 16
Juvenile Athletes may
move up 1 year for
relays only

JUNIOR LADIES &
JUNIOR MEN under 20

Junior Athletics over 16
and under 20

All Relays at CIT

Note: Events at 11.30 a.m. MEN over 19 5000m.; GIRLS & BOYS U13 Long Jump; GIRLS & BOYS U16 & U17-U19 HJ GIRLS U 10 Turbo Javelin
GIRLS U16 Discus

NOVELTY EVENTS- Girls & Boys under 7 Born 2012 60m Girls & Boys under 8 Born 2011 60m **MOTHERS AND FATHERS-** 60m

DAY 2 SUNDAY, APRIL 29th 2018 Youghal Athletic Track (Tower Park) 11.30 AM

GIRLS and BOYS	UNDER 9 BORN 2010	200m	Turbo Javelin		
	UNDER 10 BORN 2009	300m	Long Jump		
	UNDER 11 BORN 2008	600m	Turbo Javelin		
	UNDER 12 BORN 2007	800m	Shot		
	UNDER 13 BORN 2006	800m	High Jump		
	UNDER 14 BORN 2005	200m	1500m	Shot	
	UNDER 15 BORN 2004	200m	1500m	Long Jump	
UNDER 16 BORN 2003	200m	1500m	Shot		
LADIES: UNDER 17 -UNDER 19	200m	1500m	Long Jump		
MEN UNDER 17 -UNDER 19	200m	1500m	Long Jump		
LADIES OVER 19	200m	1500m			
MEN OVER 19	1500m	56 for Dist	Shot		
LADIES: OVER 35 & OVER 45	1500m				
MEN OVER 35 & OVER 45	1500m	56 for Dist			

**ROAD
CHAMPIONSHIPS**

Ballynoe

**Ladies 3000m
Men 5 Miles**

Thursday, April 26th
2018
7.30 p.m. Start

Note: Events at 11.30 a.m. MEN OVER 19 - MEN OVER 35 & 45 1500m. BOYS UNDER 16 Shot

NOVELTY EVENTS- Girls & Boys under 7 Born 2012 60m Girls & Boys under 8 Born 2011 60m **MOTHERS AND FATHERS-** 60m

ADMISSION ADULTS €5 JUVENILES €2 ALL PAY AT GATE

RELAY ENTRY €5 PER TEAM TAKEN ON DAY

FIELD EVENTS: Athletes may move up 1 year where there is not a Field Event in their own age group over the 2 Days.

WILLIE HARTE PERPETUAL TROPHY
for Best Club under 9 to under 19

EVENT SPONSORS
IMOKILLY OIL

MIDDLETON
PHONE 086 826 2746

Chairperson-	Martin Drake	Tel. 086 2129367	Hon. Sec. Tim Twomey	Tel. 024 93078
Hon. Treas.-	William O'Mahony	Tel. 086 8402825	PRO- Owen Corcoran	Tel. 086 8603530
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