

Kildare Senior T & F Championship 2016

Le Cheile AC, Sunday 15th May 2016

(First event commences at 11.00am)

Schedule of events

Guests welcome in senior events – all track events will be electronically timed.

Track events - Seniors

Men

100m

200m

400m

800m

3000m

Walk

Medley relay

(400m x 200m x 200m x 800m)

Women

100m

200m

400m

800m

3000m

Walk

Medley relay

(100m x 100m x 200m x 400m)

Field events - Seniors

Men

High Jump

Long Jump

Women

High Jump

Long Jump

Track - Juveniles

Boys (U15 and U16)

100m

800m

Girls (U15 and U16)

100m

800m

Field events - Juveniles

Boys (U15 and U16)

Long Jump

Girls (U15 and U16)

Long Jump

Inter-county relay trials

Inter-county relay trials for all relevant ages (U11, U13, U15, U17, U19) will also be held on this date. Even age athletes are entitled to move up one age to compete.

Anyone competing in championship 100m events above (U15, U16 or Senior) can have their time in that championship 100m event used for inter-country relay trials.

Entries

Entries by email to Larry Dunne – kildaretracksecretary@gmail.com – up to Sunday 8th May 2016. Entry for senior events is €3 per event entered and €10 per relay team. These will be charged to Kildare clubs. No entry for juvenile events. Guests to email their club name and AI registration number by 8th May 2016, entry payment for event to be made not later than 10.30am on the day.