

**Connacht U14-Senior Track & Field Competition**

**Order of Events: Saturday 15th June 2019, Sligo**

Events may run ahead/behind/ Please refer to announcements/watch track

**All seniors compete with U19, Masters**

**Track 10.00am Relays 18,16,14,19,17,15**

**Check in 9.45am**

	<u>Event</u>	<u>Age</u>	<u>height</u>
11.00am	<b>400m H</b>	18 B	84cm
	400m H	19 B /sen	91 cm
	400m H	18 G	76 cm
	400m H	19 G/Sen	76 cm
	<b>300m H</b>	17 G	76cm
	300m H	17 B	76cm
	<b>250m H</b>	15B	76cm
	250m H	16B	76cm
	250m H	15G	68 cm
	250m H	16G	68 cm

**Move all hurdles to the sprints area lanes 3-8**

11.45 am	<b>1500m</b>	16/17 G	
		18-sen G	
		16/17 B	
		18-sen B	
		14+15 G	
		14+15 B	
12.30pm	<b>2000m W</b>	14 G/B	
		15 G/B	
		16 G	
		16 B	
	<b>3000m W</b>	17 G/B	
	18/19 G		
1.05pm	<b>75m H</b>	14G	68 cm
		14B	76cm
	<b>80m H</b>	15/16G	76cm
	<b>100m H</b>	17/18G	76CM
	<b>80mH</b>	15B	84cm
	<b>100m H</b>	19 G	84cm
		16 B	84cm
	<b>110m H</b>	17/18 B	91 cm
		19/sen B	99cm
	1.30pm	<b>S/C</b>	17G - 2000m
		18G-2000m	76CM
		17 B 3000m	76 cm
		19 G- 3000m	76CM
		18/19 B- 3000m	91cm

1.45pm **Track lunch break**

	<u>Event</u>	<u>Age</u>
2.10pm	<b>80m</b>	14 G
		14 B
	<b>100m</b>	15 G
		15 B
		16 G
		16 B
		17 G
		17B
		18 G
		18 B
	19/sen G	
	19 B	
	Sen Men	
3.10pm	<b>800m</b>	14 G
		14 B
		15 G
		15 B
		16 G
		16 B
		17 G
		17 B
		18/19 G
		18/19 B
	Sen Women	
	Sen Men	
3.50pm	<b>400m</b>	17-sen G
		17-sen B
4.15 pm	<b>3000m</b>	16-Sen G
		16-Sen B
4.35pm	<b>200m</b>	18/Sen
		17 B
		17 G
		16 B
		16 G
		15 B
		15 G
		14 B
		14 G