



EAST CORK ATHLETICS DIVISION
eastcorkathleticsdivision.com

TRACK CHAMPIONSHIPS 2022

(Senior, Junior, Master O35/O45 WOMEN & MEN)

Tuesday, 21st June

at Colaiste an Chroi Naofa, Carraig na Bhfear

<u>TRACK 1</u>	7.00 pm	Junior Women (Born 2003/04/05/06)	100m.
	7.05 pm	Junior Men (Born 2003/04/05/06)	100m.
	7.10 pm	Senior Women	100m.
	7.15 pm	Masters Women o35/o45	100m.
	7.20 pm	Senior Men	100m.
	7.25 pm	Masters Men o35/o45	100m.
	8.30 pm	Finals of above, in same order (if required)	
<u>TRACK 2</u>	7.00 pm	Senior & Masters Women o35/o45	1500m.
	7.10 pm	Senior & Masters Men o35/o45	1500m.
	7.20 pm	Junior Women (Born 2003/04/05/06)	1500m.
	7.30 pm	Junior Men (Born 2003/04/05/06)	1500m.
	7.40 pm	Senior Women	300m.
	7.50 pm	Masters Women o35/o45	300m.
	8.00 pm	Junior Women (Born 2003/04/05/06)	300m.
	8.10 pm	Junior Men (Born 2003/04/05/06)	300m.
	8.20 pm	Senior Men	300m.
	8.30 pm	Masters Men o35/o45	300m.
	8.40 pm	Senior/Masters/Junior Women	3000m.
8.55 pm	Senior/Masters/Junior Men	3000m.	
9.10 pm	Senior Mixed Relay	4 x 300m.	

If heats are required in 300m, races & mixed relay, results will be decided on times.
Times are approximate and the programme may run ahead of schedule.

Races confined to AAI registered athletes with clubs affiliated to the East Cork Athletics Division.

Entry Fee €5.00. Entry Fee will be taken at the gate. Club Secretary's to email entries to gerfoley5@gmail.com. Closing date Saturday, 18th June by 10 pm.