



**EAST CORK ATHLETICS DIVISION**  
eastcorkathleticsdivision.com

**TRACK CHAMPIONSHIPS 2023**

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

**Tuesday, 20th June**

**at Colaiste an Chroi Naofa, Carraig na Bhfear**

|                |                     |  |          |
|----------------|---------------------|--|----------|
| <u>TRACK 1</u> | 7.00 pm             | Junior Women (Born 2004/05/06/07)            | 100m     |
|                | 7.05 pm             | Junior Men (Born 2004/05/06/07)              | 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 2004/05/06/07)            | 1500m    |
|                | 7.30 pm             | Junior Men (Born 2004/05/06/07)              | 1500m    |
|                | 7.40 pm             | Senior Women                                 | 300m     |
|                | 7.50 pm             | Masters Women o35/o45                        | 300m     |
|                | 8.00 pm             | Junior Women (Born 2004/05/06/07)            | 300m     |
|                | 8.10 pm             | Junior Men (Born 2004/05/06/07)              | 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 |
| 9.20 pm        | Masters 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 on night. Entry Fee will be taken at the gate.