



EAST CORK ATHLETICS DIVISION
eastcorkathleticsdivision.com

TRACK CHAMPIONSHIPS 2024

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

Tuesday, 23rd July

at Colaiste an Chroi Naofa, Carraig na Bhfear

<u>TRACK 1</u>	7.00 pm	Junior Women (Born 2005/06/07/08)	100m
	7.05 pm	Junior Men (Born 2005/06/07/08)	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	800m
	7.10 pm	Senior & Masters Men o35/o45	800m
	7.20 pm	Junior Women (Born 2005/06/07/08)	800m
	7.30 pm	Junior Men (Born 2005/06/07/08)	800m
	7.40 pm	Senior Women	300m
	7.50 pm	Masters Women o35/o45	300m
	8.00 pm	Junior Women (Born 2005/06/07/08)	300m
	8.10 pm	Junior Men (Born 2005/06/07/08)	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.

Medals will be awarded for 1st, 2nd & 3rd in each individual event.

Prizes will be awarded to the 1st place Senior & Masters Mixed Relay Teams.

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.