Joma Athletics Wicklow County Championships

Shoreline Sports Park

Charlesland, Greystones

**Wednesday 8th May 2024** **Start 6.30 pm.**

|  |  |  |
| --- | --- | --- |
| **Track Events** | **Long Jump** |  Discus |
|  | U17/18/19 Boys + Men  | U15/16 Boys |
|  **200m**  | U17/18/19 Girls + Women | U15/16 Girls |
| 200m Girls U14 – U19 + Women | U15/16 Boys  |  |
| 200m Boys U14 – U19 + Men | U15/16 Girls  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| **1500M** |  | **Shot Putt** |
| Girls U14 – U19 + Women |  | U14 Boys 2.72K |
| Boys U14 – U19 + Men |   | U14 Girls 2K |
|  |  | U17, 18, 19 Boys |
|  |  | U17, 18, 19 Girls & Sen. W |
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**Track and Field events will run simultaneously.**

**Separate competitions will be held for Masters where there are 3 or more entries. Order of events may be subject to change during the evening.**

**Athletes should be proficient in all the events that they take part in!**

**Athletes may only compete in their own age group except for relays, where they can move up one year only! Please adhere to this rule!**

Joma Athletics Wicklow County Championships

Shoreline Sports Park

Charlesland, Greystones

**Friday 10th May 2024** **Start 6.30 pm.**

|  |  |  |
| --- | --- | --- |
| **Track Events** |  **High Jump** |  **Shot Putt** |
|  | U14 Girls | U12 Girls 2K  |
|  **Long Hurdles**  | U15/16 Girls  | U12 Boys 2K |
| 250mH Girls & Boys U 15  | U15/16 Boys | U15 Girls 2.72K |
| 250mH Girls & Boys U 16  | U17/18/19 Girls + Women | U16 Boys 4K |
| 300mH Girls & Boys U 17  | U17/18/19 Boys + Men | U16 Girls 3k |
| 400mH Girls & Boys U 18/19  |  |  |
| 400mH Sen/Mast Men/Women |  |  |
|  |  |  |
|  |  |  |
|  600m |  |  |
| 600m Girls & Boys U12  |  Long Jump |  |
| 600m Girls & Boys U13 | U13 Boys | Discus |
|  | U13 Girls | U14 Boys |
|  | U14 Boys | U14 Girls |
|  3K |  | U17/18/19 Boys + Men |
| 3000m Girls U16 – U19 + Women |  | U17/18/19 Girls + Women |
| 3000m Boys U16 – U19 + Men | **Triple Jump** |   |
|  | U16 upwards |  |
|  |  |  |
|  |   |  |
|  400M |  |  |
| 400m Girls & Boys U14 –U19  |  |   |
| 400m Sen & Mast |  |  |
|  |  |  |
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|  |  |  |
| **400m Finals if needed** |  |  |
|  |  |  |

**Track and Field events will run simultaneously.**

**Separate competitions will be held for Masters where there are 3 or more entries. Order of events may be subject to change during the evening.**

**Athletes should be proficient in all the events that they take part in!**

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 Joma Athletics Wicklow County Championships

Shoreline Sports Park

Charlesland, Greystones

**Saturday 11th May 2024 Start 10.30am**

|  |  |  |
| --- | --- | --- |
|  **Track Events**  |  **Long Jump** |  **Turbo Javelin**  |
| Award Scheme | Award Scheme | Award Scheme |
| 60m Girls & Boys U8 - U11 | U8 Girls & Boys | U10 Boys & U 9 Girls |
|  | U9 Girls & Boys | U11 Boys & U 8 Girls |
| Distance Races (Awards) | U10 Girls & Boys | U8 Boys & U11 Girls |
| 200m Girls & Boys U8 | U11 Girls & Boys |  U9 Boys & U10 Girls |
| 300m Girls & Boys U9 |  |  |
| 400m Girls & Boys U10 |  **Relays 4x100m**  |  |
| 500m Girls & Boys U11 | U8 Girls & Boys |  |
|  | U10 Girls & Boys |  |
|  | U9 Girls & Boys |  |
|  | U11 Girls & Boys |  |
|  |  |  |
| **\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*** | **\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*** | **\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*** |
| **Start 1pm** |  **Start 1pm** | **Start 1pm** |
|  **Sprint Hurdles** |  |  |
| 60mH Girls & Boys U12 & U13 | **Long Jump** | **Shot Putt** |
| 75mH Girls & Boys U14 | U12 Girls  | U13 Boys 2K |
| 80mH Girls U15 & U16 | U12 Boys | U13 Girls 2K |
| 80mH Boys U15 | U14 Girls | U15 Boys 3K |
| 100mH Girls U17/18 |  | Senior/Mast Men 7.26K |
| 100mH Boys U16 |  |  |
| 100mH Boys U17 |  |  |
| 100mH Girls U19/Sen Wm |  |  |
| 110mH Boys U18 |  |  |
| 110mH Boys U19/Sen Men |  **High Jump** | **Turbo Javelin**  |
| Hurdle finals will take place | U12 Girls  | U12 Girls  |
| **after each age groups heats** | U12 Boys | U12 Boys |
|  | U13 Girls |  |
|  | U13 Boys |  |
|  800m | U14 Boys | Javelin |
| 800m Girls U14 – U19 + Women |  | U15/16 Girls  |
| 800m Boys U14 – U19 + Men |  | U15/16 Boys  |
|  |  **Relays 4x100m**  | U13 Boys |
|  | U12 Girls & Boys | U13 Girls |
|  | U14 Girls & Boys  | U14 Boys |
|  Sprints | U16/18 Girls & Boys | U14 Girls |
| 80m Girls & Boys U12 - U14 | U13 Girls & Boys | U17/18/19 Boys +Sen Men |
| 100m Girls & Boys U15 - U19 | U15 Girls & Boys | U17/18/19 Girls + Sen Wn |
| 100m Sen & Mast  | U17/19 Girls & Boys |  |
| **80m/100m Finals** | Sen/Mast Women & Men |  |