



St Patrick's College Athletic Championships Programme Monday 5th February

8.45 am Roll Check in Middle of field.

Field Events

	Under 14	Under15	Under16	Under17	Over17
9.10 am	High Jump Shot Put	Javelin	Long Jump	Discus	Triple Jump
9.55 am	Triple Jump	High Jump Shot	Javelin	Long Jump	Discus
10.40am to 11.30 am	Discus	Triple Jump	Shot / High Jump	Javelin	Long Jump
12.00 to 12.30 Lunch "Tug of War"					
12.30 pm.	Long Jump	Discus	Triple Jump	High Jump Shot	Javelin
1.15 pm. to 2.00 pm	Javelin	Long Jump	Discus	Triple Jump	High Jump Shot

Track Programme

9.00 am	3000m	Junior Under 14 & 15 (U14 in house color bands)
9.25 am	200m	Under14 – Over 17
9.50 am	3000m	Open -- Under 16 /U17/ O17 (U16 wear Bands)
10.40 am	800m	Under 14 - Over 17
11.30 am	100m	Under 14 - Over 17

12.00-12.30 Tug of War Junior (12 per team) Year 9 only

12.30 pm.	HURDLES	Under 14 – Open
1.15 pm	400m	Under 14 - Over 17
1.30 pm	1500m	Under 14 - Over 17
2.15 pm	4x100m RELAYS	Under 14 - Over 17 Must be in correct age grade. Cannot run up a grade.