

# Kerry Senior T+F 2009

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**Venue-An Ríocht Fri July 24th**

**Time-6pm sharp**

**Entry-5 Euro at the door**

**Guests allowed**

**Electronic timing available**

**Senior Men-**

**100m,200m,800m,3000m,3k walk,Long Jump,High Jump,Triple Jump,PoleVault,  
Shot,Disc,Javelin,56lb WFD,4 x 400m Relay**

**Senior Women-**

**100m,200m,800m,3000m,3k walk,Long Jump,High Jump,Triple  
Jump,Shot,,Hammer,Javelin,4 x 400m relay**

**6pm sharp-All Walks + following field events**

<b>Time</b>	<b>Track</b>	<b>Cage</b>	<b>Shot</b>	<b>HJ</b>	<b>PV</b>	<b>Jav</b>	<b>LJ</b>	<b>TJ</b>	<b>56lb</b>
<b>6pm</b>	<b>Walk</b>	<b>SWH</b>		<b>SW</b>		<b>SM</b>		<b>SM</b>	
<b>6.30</b>	<b>100m</b>								
<b>7.00</b>	<b>3000m</b>	<b>SMD</b>	<b>SW</b>	<b>SM</b>				<b>SW</b>	
<b>7.30</b>	<b>200m</b>				<b>SM</b>				
<b>8.00</b>	<b>800m</b>		<b>SM</b>			<b>SW</b>	<b>SW/SM</b>		
<b>8.30</b>									<b>SM</b>
<b>9.00</b>	<b>4x400</b>								

**All times are approximate but may be moved forward or back if necessary.**

**All athletes must be registered and wear a club singlet.**