

## **Heat Qualifications for Munster Juvenile T&F Championships**

### **Sprints/Hurdles (Short & Long), 200m & 400m:**

<b>No of Heats</b>	<b>Advancement</b>
2 Heats	First Three(3) + the Two (2) Best Times
3 Heats	First Two (2) + the Two (2) Best Times
4 Heats	The Winner of each Heat + Four Next Best Times
5 Heats	The Winner and the 3 Next Best Times
6 Heats	The Winner and the 2 Next Best Times
7 Heats	The Winner and the Next Best Time
8 Heats	First 2 athletes + 8 Next Best Times to Semi Finals

### **Middle Distance:**

If there are 16 or less in the 600m & 800m or 20 or less in the 1500m, there will be finals at heat times.

### **Relays:**

All Relays will be done on times as qualification for National Championships is from County Championships.