

**Munster Development and Academy Squads – Day 3 Saturday 13<sup>th</sup> November  
2021 in Templemore Track**

**DEVELOPMENT SQUAD TIMETABLE**

| TIME                  | EVENT           |
|-----------------------|-----------------|
| 11am to 1pm           | Middle Distance |
| 11am to 1pm           | Sprints         |
| 11am to 1pm           | High Jump       |
| 11am to 1pm           | Long Jump       |
| 11am to 1pm           | Walks           |
| 1.30pm to 3.30pm      | Shot Putt       |
| 1.30pm to 3.30pm      | Javelin         |
| No Pole Vault Session |                 |

**ACADEMY SQUAD TIMETABLE**

| TIME                  | EVENT           |
|-----------------------|-----------------|
| 11am to 1pm           | Middle Distance |
| 11am to 1pm           | Walks           |
| 11am to 1pm           | Discus          |
| 1.30pm to 3.30pm      | Long Jump       |
| 1.30pm to 3.30pm      | High Jump       |
| 1.30pm to 3.30pm      | Shot Putt       |
| 1.30pm to 3.30pm      | Javelin         |
| 1.30pm to 3.30pm      | Hammer          |
| 1.30pm to 3.30pm      | Sprints         |
| 1.30pm to 3.30pm      | Hurdles         |
| 1.30pm to 3.30pm      | Triple Jump     |
| No Pole Vault Session |                 |