

# COURCEYS AC

# JUVENILE OPEN SPORTS

Sunday, 1pm, May 23rd 2010  
GAA Grounds, Ballinspittle

## Notes

1. Athletes must compete in their own age group but may move up one age if there is no event in their age group.
2. Athletes are advised to wear running shoes.
3. Courceys AC reserve the right to change the programme.
4. Any queries, contact: Evelyn Murphy (086) 8777095.
5. *Denis O'Reilly Perpetual Trophy* for best all round Juvenile club.
6. *Brian Minihane Memorial Trophy* for best all round Juvenile athlete of Courceys Club.

| <u>Birth Year</u> | <u>Sprint</u> | <u>Field</u>     | <u>Distance</u> | <u>Relay</u> |
|-------------------|---------------|------------------|-----------------|--------------|
| 2005              | 40M           | <i>Mini</i>      | -               | -            |
| 2004              | 50M           | <i>Triathlon</i> | -               | -            |
| 2003              | 60M           | <i>Challenge</i> | -               | -            |
| 2002              | 60M           | Ball Throw       | 300M            | 4X100        |
| 2001              | 80M           | Long Jump        | 500M            | 4X100        |
| 2000              | 80M           | Ball Throw       | 600M            | 4X100        |
| 1999              | 80M           | Long Jump        | 600M            | 4X100        |
| 1998              | 100M          | Shot Putt        | 700M            | -            |
| 1997              | 100M          | Long Jump        |                 | 4X100        |
| 1996              | 100M          | -                | 800M            | -            |
| 1995              | 100M          | -                | -               | -            |

**Mothers/Fathers** 100m

**Family Relay:** All 4 same family; 2 Primary school children & at least one Parent 4X100

**COME & SEE OUR NEW LONG JUMP!**

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