GRANGE FERMOY ATHLETIC CLUB

OPEN SPORTS FRIDAY 6th JUNE 2014 AT 6.30PM

COLAISTE AN CHRAOIBHIN TRACK, FERMOY

ADMISSION - ADULTS: €3.00 CHILDREN: €1.00 FAMILY: €6.00

Athletes must compete in their own age group but can move up one age group if an event is not catered for in their own age group (**U10 cannot do U11 Shot**).
The committee reserves the right to cancel any event.
AAI Open permit granted.

Year Born	Boys & Girls
Tiny Tots	50m
2009 (U6)	50m
2008 (U7)	50m
2007 (U8)	60m
2006 (U9)	60m, 200m, Turbo Javelin
2005 (U10)	60m, Long Jump, Turbo Javelin, Relay
2004 (U11)	80m, 400m, Shot
2003 (U12)	80m, Long Jump, Turbo Javelin, Relay
2002 (U13)	100m, 800m, Shot
2001 (U14)	100m, Long Jump, Relay
2000 (U15)	100m, 800m, Shot
1999 (U16)	100m, javelin, Relay
1998 (U17)	100m, Shot, 800m, Long Jump
1997 (U18)	100m, Long Jump, 1500m, Relay
Juniors, Seniors, Masters	3000m, Shot

RELAYS

Mixed (2 boys max) 4 x 100m for U10, U12, U14, U16 and U18

NOVELTY RACES FOR PARENTS

100m, Throw the welly

EVERYONE IS WELCOME. TROPHIES & MEDALS TO WINNERS

ORDER OF EVENTS

6.30PM SHARP

SPRINTS

50m:
- **1** U6
- **2** U7
- **3** Tiny Tots

60m:
- **1** U8
- **2** U9
- **3** U10

80m:
- **1** U11
- **2** U12

100m:
- **1** U13
- **2** U14
- **3** U15
- **4** U16
- **5** U17
- **6** U18
- **7** Parents' race

TURBO JAVELIN:
- **1** U9
- **2** U10
- **3** U12

JAVELIN:
- **1** U16

LONG JUMP:
- **1** U10
- **2** U12
- **3** U14
- **4** U17
- **5** U18

MEDIUM DISTANCE RACES

200m: **1** U9

400m: **1** U11

800m:
- **1** U13
- **2** U15
- **3** U17

1500m: **1** U18

3000m: **1** Juniors, Seniors & Masters

SHOT PUTT:
- **1** U11
- **2** U13
- **3** U15
- **4** U17
- **5** Jnr, Snr, Mast

RELAYS (Mixed): **1** U10, **2** U12, **3** U14, **4** U16, **5** U18