

RIVERSTICK / KINSALE ANNUAL OPEN SPORTS

Monday 3rd May, 2010

At Riverstick GAA Grounds – 1pm start

		<u>SPRINTS</u>	<u>FIELD</u>	<u>DISTANCE</u>	<u>RELAY</u>
BOYS/GIRLS	TINY TOTS	50m			
BOYS/GIRLS	U7 ('04)	60m			
BOYS/GIRLS	U8 ('03)	60m	Fun Run Team of 2		
BOYS/GIRLS	U9 ('02)	60m		200m	Mixed relay 2g+2b
BOYS/GIRLS	U10 ('01)	80m	Ball Throw	200m	4x100m
BOYS/GIRLS	U11 ('00)	80m		200m, 500m	
BOYS/GIRLS	U12 ('99)	80m	Shot	600m	4x100m
BOYS/GIRLS	U13 ('98)	80m		600m	
BOYS/GIRLS	U14 ('97)	100m	Shot	800m	4x100m
BOYS/GIRLS	U15 ('96)	100m			
BOYS/GIRLS	U16 ('95)	100m	Shot	800m	
JUNIOR	Boys / Girls	100M		1000m	4x300m
Senior Men/Ladies	(first 3 prizes in each race)	100m,		800m 3000m Men 1500m Ladies	
Masters (O35/045)	1st prize only	100m			

INVITATION RELAY-TEAMS comprising of ATHLETES OF MIXED AGES AND from DIFFERENT CLUBS WHO WERE UNABLE TO BE IN INTER CLUB RELAYS

Athletes must compete in their own age group but may move up one age group if an event is not catered for in their age group. **CONFINED** events will be held **before** Open Sports and are confined to Riverstick/Kinsale athletes and new members – commencing at 12.30pm

Enquiries to: Joan Allen 021 4771618 / 086 6003141

Adults: €5.00

Juveniles: €3.00

RIVERSTICK/KINSALE A.C. RESERVES ALL RIGHTS AND ACCEPTS NO LIABILITY FOR INJURY LOSS OR DAMAGE INCURRED AT THE SPORTS. THE COMMITTEE RESERVES THE RIGHT TO CANCEL ANY EVENT.

ORDER OF EVENTS
Commencing at 1pm

TINY TOTS RACE

1. U 7 Boys & Girls 50m
2. U 8 Boys & Girls 50m
3. U 9 Boys & Girls 50m
4. U10 Boys & Girls 80m
5. U11 Boys & Girls 80m
6. U12 Boys & Girls 100m
7. U13 Boys & Girls 100m
8. U14 Boys & Girls 100m
9. U15 Boys & Girls 100m
10. U16 Boys & Girls 100m
10. Junior Boys & Girls 100m
12. Senior Men & Women 100m
13. Masters 035 & 045

200m Races- 1.45 pm approx

- Boys & Girls U 9
- Boys & Girls U10
- Boys & Girls U11

Middle Distance Races – 2pm approx

- Girls & Boys – U 11 – 500m
- Girls & Boys - U 12 - 600m
- Girls & Boys – U13 – 600m
- Girls & Boys – U 14 – 800m
- Girls & Boys – U 16 – 800m
- Junior Boys & Girls - 1000m
- Senior Women – 800m and 1500m
- Senior Men – 800m, and 3000m

All Relays – must be from same club

These will be run when all other races are completed.

Field Events

Ball Throw – 1pm start (after sprint)

- Under 10 Girls
- Under 10 Boys

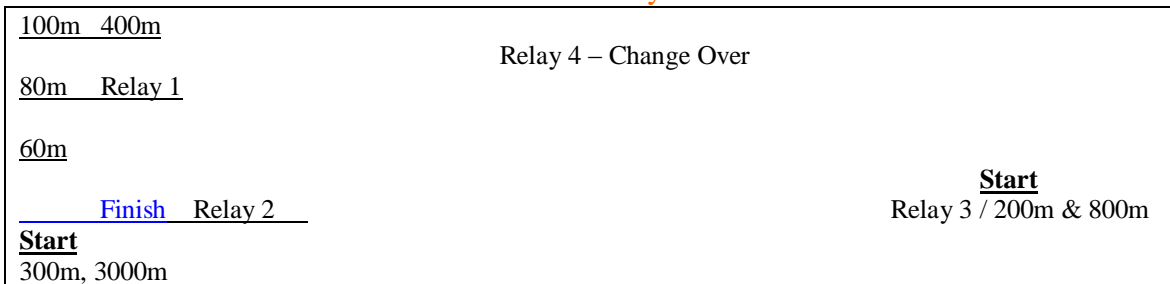
Shot Putt – 1.30pm start

- Under 12 Boys
- Under 12 Girls
- Under 14 Boys
- Under 14 Girls
- Under 16 Boys
- Under 16 Girls

FUN RUN – BOYS & GIRLS U 8

Start of

Track Layout



All prizes to be collected in Shed on outside of Track

Shot Putt Area