

COURCEYS AC OPEN SPORTS 2015

Sunday 24th May, Ballinspittle GAA pitch @ 1 o'clock

ORDER OF EVENTS

CONFINED SPRINTS (12.30PM)			
<i>For members of Courceys Athletic Club only.</i>			
BOYS/GIRLS U9 (Born 2007/2008)	80m sprint	BOYS/GIRLS U12 (Born 2004)	100m sprint
BOYS/GIRLS U10 (Born 2006)	80m sprint	BOYS/GIRLS U15 (Born 2001/2002/2003)	100m sprint
BOYS/GIRLS U11 (Born 2005)	80m sprint		
OPEN SPRINTS (1PM)			
<i>For all athletes.</i>			
BOYS/GIRLS U8 (Born 2008/2009)	60M	<u>TURBO JAVELIN</u>	
BOYS/GIRLS U9 (Born 2007)	80M	BOYS/ GIRLS U9 (2007/2008)	
BOYS/GIRLS U10 (Born 2006)	80M	BOYS/ GIRLS U11 (2005)	
BOYS/GIRLS U11 (Born 2005)	80M		
BOYS/GIRLS U12 (Born 2004)	100M	<u>SHOT</u>	
BOYS/GIRLS U13 (Born 2003)	100M	GIRLS/BOYS U12 (2004)	
BOYS/GIRLS U14 (Born 2002)	100M	GIRLS/BOYS U13 (2003)	
BOYS/GIRLS U15 (Born 2001)	100M	GIRLS/BOYS U14 (2002)	
BOYS/GIRLS U16 (Born 2000)	100M		
		<u>LONG JUMP</u>	
TINY TOTS (Born 2010/2011)	40M	GIRLS U10 (Born 2006)	
MOTHERS RACE	100M	BOYS U10 (Born 2006)	
FATHERS RACE	100M	GIRLS U16 (Born 2000/2001)	
		BOYS U16 (Born 2000/2001)	
<u>DISTANCE</u>			
BOYS/GIRLS U9 (Born 2007)	300M	<u>RELAYS</u>	
BOYS/GIRLS U10 (Born 2006)	300M	BOYS/GIRLS U9 (2007) 4x100m	
BOYS/GIRLS U11 (Born 2005)	600M	BOYS/GIRLS U10 (2006) 4x100m	
BOYS/GIRLS U12 (Born 2004)	800M	BOYS/GIRLS U11(2005) 4x100m	
BOYS/GIRLS U13 (Born 2003)	800M	BOYS/GIRLS U12 (2004) 4x100m	
BOYS/GIRLS U14 (Born 2002)	800M	BOYS/GIRLS U13 (2003) 4x100m	
BOYS/GIRLS U16 (Born 2000/2001)	800M	BOYS/GIRLS U16 (2000/2001/2002) 4x100m	
		FAMILY RELAY 4 X 100M(2 adults & 2 children)	

Entrance Fee- Family €10 – Adult €3 – Children €3

All athletes must wear running shoes