

GRANGE FERMOY ATHLETIC CLUB

OPEN SPORTS FRIDAY 19th JUNE 2015 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
2010 (U6)	50m
2009 (U7)	50m
2008 (U8)	60m
2007 (U9)	60m, 200m, Turbo Javelin
2006 (U10)	60m, Long Jump, Turbo Javelin, Relay
2005 (U11)	80m, 400m, Shot
2004 (U12)	80m, Long Jump, Turbo Javelin, Relay
2003 (U13)	100m, 800m, Javelin
2002 (U14)	100m, Long Jump, Shot, Relay
2001 (U15)	100m, 800m, Long Jump
2000 (U16)	100m, javelin, Relay
1999 (U17)	100m, Shot, 800m, Long Jump
1998 (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

TURBO JAVELIN: 1 U9
 2 U10
 3 U12

JAVELIN: 1 U13
 2 U16
 3 Throw welly

60m: 1 U8
 2 U9
 3 U10

80m: 1 U11
 2 U12

LONG JUMP: 1 U10
 2 U12
 3 U14
 4 U15
 5 U17/U18

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

MEDIUM DISTANCE RACES

200m: 1 U9

400m: 1 U11

SHOT PUTT: 1 U11
 2 U14
 3 U17
 4 Jnr, Snr, Mast

800m: 1 U13
 2 U15
 3 U17

1500m: 1 U18

3000m: 1 Juniors, Seniors & Masters

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

