Liscarroll Athletic Club –2015 Order of Events
Sun 09th.August @ 1.00.pm.
Track Events. Start @ 1.00 P.M SHARP!!

Athletes may only compete in Sprints for their age group

Age is determined by year of Birth.

 Boys & Girls have Separate Events.

1. Born 2009 -- Girls 30m
2. Born 2010 – Girls 30m
3. Born 2011 – Girls 30m
4. Tiny Tot   -- Girls 30m
5. Born 2009 – Boys 30m
6. Born 2010 – Boys 30m
7. Born 2011 – Boys 30m
8. Tiny Tot   -- Boys 30m
9. Born 2009 – Girls & Boys 60m   M.D.
10. Born 2008 -- Girls & Boys 60m
11. Born 2007 -- Girls & Boys 60m
12. Born 2006 -- Girls & Boys 60m
13. Born 2005 -- Girls & Boys 100m
14. Born 2004 -- Girls & Boys 100m
15. Born 2003 -- Girls & Boys 100m
16. Born 2002 -- Girls & Boys 100m
17. Born 2001 -- Girls & Boys 100m
18. Born 2000 -- Girls & Boys 100m
19. Born 1999 -- Girls & Boys 100m
20. Born 2008 -- Girls & Boys 100m M.D.
21. Senior Women 100m (Born 1998 or Before.)
22. Senior Men 100m. (Born 1998 or Before)
23. Finals of Above if Any in same order.

24. Born 2007 -- Girls & Boys 300m
25. Born 2006 -- Girls & Boys 300m
26. Born 2005 – Girls & Boys 300m
27. Born 2003 – Girls & Boys 300m
28. Born 2001 – Girls & Boys 300m

Juvenile Athletes May Compete in the 300m & 600mEvents listed Below, as follows; i.e.in their own Age Group & in the Age Group above them, e.g. A 2004 Athlete may compete in the 300m in his/her own age & the 2003 -- 600m.etc.. Juveniles May not Compete in the Senior 1500m

29. Born 2004 – Girls & Boys 600m
30. Born 2002 – Girls & Boys 600m
31. Born 2000 – Girls & Boys 600m
32. Born 1999 – Girls & Boys 600m
32. Born 1998 – Girls & Boys 600m
33. Senior Women 1500m. (Born 1998 or Before)
34. Senior Men 1500m. (Born 1998 or Before)

Important; All Competitors are bound by the Rules of Liscarroll Athletic Club as Outlined on Sports Programme already distributed, copy of which is displayed at Entrance.

Liscarroll Athletic Club Reminds,All Persons that, while they are attending at or competing at these Sports that they do so at their Own Risk & are responsible for their own health & safety & The Club accepts no responsibility for any damage caused or injury incurred at these Sports.09th.August 2015.

Order of Events may be changed at any time
Please listen to all Announcements E.& O.E. 09.07.15
Field Events;
Turbo Jav.Starts @ 1.00.P.M. SHARP!!

Athletes May only Compete in one Turbo Jav,which must be thrown over arm & land point first

1. 2008 Girls –Turbo Jav.
2. 2008 Boys – Turbo Jav
3. 2006 Girls -- Turbo Jav.
4. 2006 Boys -- Turbo Jav.
5. 2004 Girls --Turbo Jav
6. 2004 Boys -- Turbo Jav.

Shot Putt. Starts at 1.00 P.M.
Athletes may only compete in one Shot Putt,either in their own age, or the age group above. Juveniles may not compete in Senior Shot

1. Senior Men 7.26k
2. Masters Men O/40. 7.26k
3. Senior Women 4.00k
4. Masters Women O/40.4.00k
5. Masters Men O/50.6.00k
6. Masters Women O/50.3.00k
7. 2002 Boys 2.00k
8. 2002 Girls 2.00k
9. 2000 Boys 3.25k
10. 2000 Girls 2.72k
11. 1999 Boys 5.00k
12. 1999 Girls 3.25k

Long Jump.Starts at 1.00 P.M.
Athletes may only compete in one Long Jump,either in their own age, or the age group above.

1. 2005 Girls
2. 2005 Boys
3. 2007 Girls
4. 2007 Boys
5. 2001 Girls
6. 2001 Boys

Juveniles with the exception of those B1998 may not compete in Senior Long Jump.

7. Senior Wmn.(B.1999) & Master Wmn ./40/50
8. Senior Men (B.1999) & Master Men O./40/50

High Jump.Starts at 1.00pm

1. 2003 Boys
2. 2003 Girls
3. 2000 Boys
4. 2000 Girls

Relays; Mixed.Max 2 Boys per Team..
Under 17 is B1999 or Before.

1. 2007. U9. 4x100m.
2. 2003. U13. 4x100m
3. 1999. U17. 4x100m
4. 2005. U11. 4x100m
5. 2001. U15. 4x 100m
6. **Open Family** 3x100m -- 1Parent + 2 U14.
7. **Mixed Open Senior** 3x100m(Do not have to be from same Club,but must be born 1999 orbefore
8. **Medley Relay.** Any 4 Runners, B.2000 Or Before, Max 2 Boys, 1st. 200m; 2nd.300m; 3rd.200m; 4th.100m.