

Liscarroll Athletic Club 2015

25th Anniversary (1990- 2015)

Annual Open Track & Field Sports

Sunday 9th August at 1.00pm.Sharp

Medals in Sprint Races for all Boys & Girls who were Born in 2011, 2010, 2009, 2008& Tiny Tots

Valuable Trophies for 1st,2nd,& 3rd, in all other Events, including Relays.

Separate Events for Boys & Girls except Mixed Relays. AAI OPEN PERMIT GRANTED.

No TENTS;- Tents with tie ropes,will not be Allowed To be Erected on the inside Field Area, in the interests of **Safety**.

Boys & Girls	Sprint	Mid.Dist	Field Events	Relays
TinyTots. u4	30m			<u>No Charge For Relays</u>
Born 2011 u5	30m			Mixed 4x100m (May be any Combination, but Max.2 Boys)
Born 2010 u6	30m			For Ages U9, U11, U13, U15, U17
Born 2009 u7	30m	60m		Open Family Relay: 3x100m
Born 2008 u8	60m	100m	T.Jav.	Mixed Open Senior Relay; 3x100m
Born 2007 u9	60m	300m	L.J.	Mixed Medley Relay
Born 2006 u10	60m	300m	T.Jav.	See Relay Details Below.
Born 2005 u11	100m	300m	L.J.	
Born 2004 u12	100m	600m	T.Jav.	
Born 2003 u13	100m	300m	H/J.	
Born 2002 u14	100m	600m	Shot	
Born 2001 u15	100m	300m	L.J.	
Born 2000 u16	100m	600m	H.J. Shot	
Born 1999 u17	100m	600m	Shot	
Sen. Men/Wmn	100m	1500m	L.J. Shot	
Master Men/Women	100m		L.J. Shot (O/40 & O/50)	

Turbo Javelin must be thrown according to normal Javelin Rules i.e. Over Arm, & Must Land Point First.

SPRINTS - ATHLETES MAY ONLY COMPETE IN 1 (one) SPRINT, WHICH MUST BE IN THEIR OWN AGE GROUP.

MIDDLE DIST; U11 & OLDER MAY MOVE UP ONE AGE GROUP FOR LONGER OR SHORTER DISTANCE RACES.

FIELD EVENTS; ATHLETES MAY MOVE UP 1 AGE ONLY, to compete in **an event which is NOT IN THEIR OWN AGE GROUP** e.g. long Jump or /and Shot Putt. but may not compete in 2 Long Jumps or 2 Shots

RELAYS ** MIXED CLUB RELAYS MAY HAVE A MAXIMUM OF 2 BOYS ONLY PER TEAM BUT MAY BE ALL GIRLS. NO RESTRICTIONS ON AGES, ONCE EVERYONE ON THE TEAM IS BELOW THE SPECIFIED AGE

SENIOR; SENIOR EVENTS ARE CONFINED TO ATHLETES BORN 1998 or Before, with the exception of the Long Jump, in which Athletes Born in 1999, May Also Compete,--U16's Born 2000 & younger **may not** compete in Senior Events

Open Family Relay: 3x100m A Family must consist of 1 Parent & 2 Children U14 (B2002)or Before & Be From same family

Mixed Open Senior Relay: 3x100m Open to any 3 Runners (B 1999 or before) who are prepared to make up a team

Mixed Medley Relay; Max 2 Boys per Team (B 2000 or before). 1st Leg-200m; 2nd Leg- 300m; 3rd Leg-200m; 4th Leg-100m.

Please Note: Liscarroll Athletic Club, Liscarroll GAA, or Liscarroll Community Council Accept no Responsibility or Liability for any Injury, loss or Damage to any person or property incurred at these Sports. All persons attend or/& compete at their own risk.

Admission;- Adults €5.00, Children €3.00, Relays No Charge.

Contacts;-Margaret Heffernan 022-48548; Joseph Cusack 022-72963; Esther Fitzpatrick 022-48302

Web;liscarrollathletics.org. E.Mail;liscarrollathletics@yahoo.co.uk. We are also on Facebook. E.&.O.E.14.04.2015.