

MULTIEVENT DEVELOPMENT

In an attempt to fill the void in the track and field calendar for young athletes Leevale AC will host three multievent development days. These will take place on Saturday mornings at the CIT track between October and December. The purpose of these development days is to introduce young athletes to a range of athletic events. On each day the athletes will be coached in two of the selected events, one field and one track event on each day. The athletes will then compete in the coached event for points and at the end of the three training sessions they will be given their points total. These development days are open to all athletes from all clubs. Everyone is welcome.

A timetable of events will be posted on the Leevale website in advance.

DATES:

- CIT Track 11th October 11:00am – 2:00pm
- CIT Track 8th November 11:00am – 2:00pm
- CIT Track 6th December 11:00am – 2:00pm

EVENTS:

- Sprint
- Long Jump
- High Jump
- Javelin
- Middle Distance
- Sprint Hurdles
- Relays

AGE GROUPS:

- U10 – U16

FEE:

A nominal fee of €2 will be charged for each day to cover the rent of the track