

# 1990--Liscarroll Athletic Club--2010.

LISCARROLL , MALLOW , CO.CORK

20 YEARS A-GROWING.

Affiliated to The Athletic Association Of Ireland

## Sunday 8<sup>th</sup> .August 2010 at 1.00.pm.Sharp.

## 20<sup>th</sup> . Annual Open Sports--at Liscarroll G.A.A.Grounds.

**Important;-** Juvenile categories are determined by the year of birth, & must compete accordingly i.e.anyone born at anytime in 2000 must compete in the events listed for that group. (A.A.I.Rules) .

**Medals for all Runners Up in Sprint Races for those Born in 2006,2005,2004,2003. Boys & Girls**

Year Born	Boys	Boys	Boys	Boys	RELAYS	YearBorn	Girls	Girls	Girls	Girls
2006	30m.					2006	30m.			
2005	50m.					2005	50m.			
2004	50m.	75m.				2004	50m.	75m.		
2003	75m.	110m.	L.J.			2003	75m.	110m.	L.J.	
2002	75m.	300m.		B/T.	** Mixed 4x100m	2002	75m.	300m.		B/T.
2001	75m.	300m.	L.J.			2001	75m.	300m.	L.J.	
2000	100m.	600m.		B/T.	** Mixed 4x100m	2000	100m.	600m.		B/T.
1999	100m.	600m.	L.J.		** Mixed 4x100m	1999	100m.	600m.	L.J.	
1998	100m.	600m.		Shot.		1998	100m.	600m.		Shot.
1997	100m.	800m.	L.J.		** Mixed 4x100m	1997	100m.	800m.	L.J.	
1996	100m.	800m.		Shot.	** Mixed 4x100m	1996	100m.	800m.		Shot.
1995	100m.	800m.	L.J.			1995	100m.	800m.	L.J.	
1994	100m.	1500m.		Shot.	** Mixed 4x100m	1994	100m.	1500m.		Shot.

**Athletes Born 1994 or before may compete in the Senior L/Jump, but not in any other Senior Event**

Senior	100m	1500m.	L.J.	Shot.		Senior	100m	1500m.	L.J.	Shot.
M. O.35	100m					W. O.35	100m			
M. O.45	100m	400m	L.J.	Shot.		W. O.40	100m			Shot.
M. O.55	100m					W. O.50	100m			

**\*\* MIXED CLUB RELAYS MAY BE ANY COMBINATION FROM THE SAME CLUB ON EACH TEAM. \*\***

**ATHLETES FROM DIFFERENT CLUBS MAY NOT MAKE UP A TEAM--- ALL 4 MUST BE FROM THE SAME CLUB.**  
**NO RESTRICTIONS ON AGES, ONCE EVERYONE ON THE TEAM IS BELOW THE SPECIFIED AGE.**

**IMPORTANT;--COMPETITORS ARE REMINDED, THAT THEY ARE CONFINED TO THEIR OWN AGE GROUPS (IN TRACK EVENTS EXCEPT RELAYS e.g. THEY MAY NOT COMPETE IN TWO SPRINTS OR TWO MIDDLE DISTANCE RACES. THEY MAY MOVE UP ONE AGE GROUP IN FIELD EVENTS, THAT ARE NOT IN THEIR AGE GROUP.e.g. B/T, SHOT, L/J. (Proof of age may be requested at any time) ALL PARTICIPANTS COMPETE AT THEIR OWN RISK.**

<p><b><u>Open Family Relay</u></b>  <b><u>3x100M.</u></b>  <b><u>For Non Members</u></b> of  <b><u>Liscarroll A.C.</u></b>                      A Family must Consist of 1                      Parent + 2 Children U15                      (1996 or younger)                      From the same family</p>	<p><b><u>MIXED OPEN RELAY</u></b>  <b><u>3X100M</u></b>                      OPEN TO ALL/ANY 3                      RUNNERS PREPARED                      TO MAKE UP TEAMS.                      (BORN 1996 OR                      BEFORE)</p>	<p><b><u>Confined Family</u></b>  <b><u>Relay 3x100M.</u></b>                      Liscarroll A.C.                      Members &amp; their                      Families, 1 Parent + 2                      Children U15 (1996)                      From the same family</p>	<p>LISCARROLL ATHLETIC CLUB / LISCARROLL                      G.A.A./ LISCARROLL COMMUNITY COUNCIL                      ACCEPT NO RESPONSIBILITY OR LIABILITY FOR                      ANY INJURY,LOSS OR DAMAGE INCURRED AT                      THESE SPORTS.                      ALL EVENTS ARE SUBJECT TO WEATHER                      PERMITTING &amp; THE ORGANISERS RESERVE THE                      RIGHT TO CURTAILOR AMEND THE PROGRAMME                        (A.A.I.OPEN PERMIT GRANTED).</p>
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**Trophies for all events including Relays up to & Including U17 (Born 1994)—Choice of Trophies or Prizes for Seniors ----Prizes for all Masters Events**

**Perpetual Trophies For;**

**Best Overall Juvenile Female Athlete, Male Athlete, & Visiting Club & local Club Athlete (Up to U17 Only)**

**ADMISSION;:- ADULTS;- €4.00. CHILDREN;:- €3.00. RELAYS;:- €5.00 per team.**

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