

Liscarroll Athletic Club.

LISCARROLL, MALLOW, CO.CORK

21 YEARS A-GROWING.

Affiliated to The Athletic Association Of Ireland

Sunday 7th. August 2011 at 1.00.pm.Sharp. 21th. Annual Open Sports--at Liscarroll G.A.A.Grounds.

Important;- Juvenile categories are determined by the year of birth, & must compete accordingly e.g.anyone born at anytime in 2004 must compete in the events listed for that group. (A.A.I.Rules).

Prizes for all Runners in Sprint Races for those Born in 2007,2006,2005,2004. Boys & Girls

Year Born	Boys	Boys	Boys	Boys	<u>RELAYS</u>	YearBorn	Girls	Girls	Girls	Girls
2007	30m.					2007	30m.			
2006	50m.					2006	50m.			
2005	50m.	80m.				2005	50m.	80m.		
2004	80m.	110m.		B/T.		2004	80m.	110m.		B/T.
2003	80m.	300m.	L.J.		** Mixed 4x100m	2003	80m.	300m.	L.J.	
2002	80m.	300m.		B/T.		2002	80m.	300m.		B/T.
2001	100m.	300m.	L.J.		** Mixed 4x100m	2001	100m.	300m.	L.J.	
2000	100m.	600m.		Shot.	** Mixed 4x100m	2000	100m.	600m.		Shot.
1999	100m.	600m.	L.J.			1999	100m.	600m.	L.J.	
1998	100m.	800m.		Shot.	** Mixed 4x100m	1998	100m.	800m.		Shot.
1997	100m.	800m.	L.J.			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.	
1994/3	100m			Shot		1994/3.	100m			Shot

Sorry that we are not allowed to hold Senior Events this year, due to National Senior Championships.

M. O.40	100m			Shot		W. O.35	100m			Shot.
M. O.50	100m	400m	L.J.			W. O.40	100m			
M. O.60	100m			Shot		W. O.45	100m			

**** MIXED CLUB RELAYS MAY HAVE A MAXIMUM OF 2 BOYS ONLY, ON EACH TEAM. ****

**** BUT ALL 4 ATHLETES ON THE TEAM MUST BE FROM THE SAME CLUB & NOT FROM DIFFERENT CLUBS.****
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 INDIVIDUAL TRACK EVENTS 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)

<u>Open Family Relay</u> <u>3x100M.</u>	<u>MIXED OPEN</u> <u>RELAY</u> <u>3X100M</u>	<u>Confined Family</u> <u>Relay 3x100M.</u>	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. PARTICIPANTS COMPETE AT THEIR OWN RISK. ALL EVENTS ARE SUBJECT TO WEATHER PERMITTING & THE ORGANISERS RESERVE THE RIGHT TO CURTAILOR AMEND THE PROGRAMME (A.A.I.OPEN PERMIT GRANTED).
<u>Members or their Parents of</u> <u>Liscarroll Athletic Club. may not</u> <u>compete in Open Family Relay</u> A Family must Consist of 1 Parent + 2 Children U16 (1996 or younger) From the same family	OPEN TO ALL/ANY 3 RUNNERS PREPARED TO MAKE UP TEAMS. (BORN 1996 OR BEFORE)	Liscarroll A.C. Members & their Families, 1 Parent + 2 Children U16 (1996) From the same family	

Trophies for all events including Relays up to & Including U19 (Born 1993) -- -Prizes for all Masters Events

Perpetual Trophies For;Best Overall Juvenile Visiting Club Up to U19 & local Club Athlete (Up to U16 Only)

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

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