

GRANGE FERMOY ATHLETIC CLUB

OPEN SPORTS FRIDAY 17th JUNE 2011 AT 6.30PM

COLAISTE AN CHRAOIBHIN TRACK, FERMOY

ADMISSION - ADULTS: €3.00 CHILDREN: €1.00 FAMILY: €6.00

Athletes must compete in their own age group but can move up one age group if an event is not catered for in their own age group.

The committee reserves the right to cancel any event.

Year Born

Boys & Girls

2006 (U6)	50m
2005 (U7)	50m
2004 (U8)	60m
2003 (U9)	60m, 300m, Ball Throw
2002 (U10)	60m, Long Jump, Relay
2001 (U11)	80m, 400m, Ball Throw
2000 (U12)	80m, Long Jump, Relay
1999 (U13)	100m, 800m, Shot
1998 (U14)	100m, Long Jump, Relay
1997 (U15)	100m, 800m, Shot
1996 (U16)	100m, Long Jump, Relay
1995 (U17)	100m, Shot,
1994 (U18)	100m, Long Jump, 1500m, Relay
Juniors, Seniors, Masters	1500m, Shot

RELAYS

Mixed 4 x 100m for U10, U12, U14, U16 and U18

NOVELTY RACES FOR PARENTS

100m, Throw the welly

Proof of age may be required.

A.A.I. Open permit granted

ORDER OF EVENTS

6.30PM SHARP

SPRINTS

50m: 1 U6
2 U7

60m: 1 U8
2 U9
3 U10

80m: 1 U11
2 U12

100m: 1 U13
2 U14
3 U15
4 U16
5 U17
6 U18
7 Parents' race

BALL THROW: 1 U11
2 U9

LONG JUMP: 1 U18
2 U16
3 U14
4 U12
5 U10

MEDIUM DISTANCE RACES

300m: 1 U9

400m: 1 U11

800m: 1 U13
2 U14
3 U16

1500m: 1 U18
2 Jnr, Snr & Masters

SHOT PUTT: 1 U13
2 U15
3 U17
4 Jnr, Snr, Mast

RELAYS (Mixed) : 1 U10, 2 U12, 3 U14, 4 U16, 5 U18

