

GRANGE FERMOY ATHLETIC CLUB

OPEN SPORTS FRIDAY 6th JULY 2012 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 (**U10 cannot do U11 Shot**).

The committee reserves the right to cancel any event.

AAI Open permit granted.

Year Born

Boys & Girls

Tiny Tots	50m
2007 (U6)	50m
2006 (U7)	50m
2005 (U8)	60m
2004 (U9)	60m, 300m, Ball Throw
2003 (U10)	60m, Long Jump, Ball Throw, Relay
2002 (U11)	80m, 400m, Shot
2001 (U12)	80m, Long Jump, Relay
2000 (U13)	100m, 800m, Shot
1999 (U14)	100m, Long Jump, Relay
1998 (U15)	100m, 800m, Shot
1997 (U16)	100m, Long Jump, Relay
1996 (U17)	100m, Shot, 800m
1995 (U18)	100m, Long Jump, 1500m, Relay
Juniors, Seniors, Masters	3000m, Shot

RELAYS

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

NOVELTY RACES FOR PARENTS

100m, Throw the welly

**EVERYONE IS WELCOME. TROPHIES &
MEDALS TO WINNERS**

ORDER OF EVENTS

6.30PM SHARP

SPRINTS

<u>50m:</u>	1	U6
	2	U7
	3	Tiny Tots
<u>60m:</u>	1	U8
	2	U9
	3	U10
<u>80m:</u>	1	U11
	2	U12
<u>100m:</u>	1	U13
	2	U14
	3	U15
	4	U16
	5	U17
	6	U18
	7	Parents' race

<u>BALL THROW:</u>	1	U9
	2	U10

<u>LONG JUMP:</u>	1	U10
	2	U12
	3	U14
	4	U16
	5	U18

MEDIUM DISTANCE RACES

<u>300m:</u>	1	U9
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<u>400m:</u>	1	U11
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<u>SHOT PUTT:</u>	1	U11
	2	U13
	3	U15
	4	U17
	5	Jnr, Snr, Mast

<u>800m:</u>	1	U13
	2	U15
	3	U17

<u>1500m:</u>	1	U18
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<u>3000m:</u>	1	Juniors, Seniors & Masters
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RELAYS (Mixed): 1 U10, 2 U12, 3 U14, 4 U16, 5 U18

