

GRANGE FERMOY ATHLETIC CLUB

OPEN SPORTS FRIDAY 3RD SEPTEMBER 2010 AT 6.30PM

COLAISTE AN CHRAOIBHIN TRACK

ADMISSION - ADULTS: €3.00. CHILDREN: €1.00

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.

Year Born

Boys & Girls

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

RELAYS

Mixed 4 x 100m for U10, U12, U14 and U17

NOVELTY RACES FOR PARENTS

100m, Throw the welly

Proof of age may be required.

A.A.I. Open permit granted