

Liscarroll Athletic Club 2014.



Track & Field Open Sports (24th. Meet) Sunday 10th August at 1.00pm Sharp At Liscarroll GAA 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 year group or Older. etc. (A.A.I. Rules).

Prizes in **Sprint Races** for all Boys & Girls who were Born in 2010, 2009, 2008, 2007. & Tiny Tots

Valuable Trophies for 1st, 2nd, & 3rd in all other Events, including Relays.

Boys Born	Sprint	Mid. Dist	Field Event	RELAYS	Girls Born	Sprints	Mid. Dist	Field Event		
TinyTots.4	30m.				Tiny Tots 4	30m.				
2010 u5	30m.				2010 u5	30m.				
2009 u6	30m.				2009 u6	30m.				
2008 u7	30m.	60m			2008 u7	30m.	60m			
2007 u8	60m.	100m.		B.T	2007 u8	60m.	100m.	B.T.		
2006 u9	60m.	300m.	L.J.	T.Jav	** Mixed 4x100m	2006 u9	60m.	300m.	L.J.	T.Jav
2005 u10	60m.	300m.				2005 u10	60m.	300m.		
2004 u11	100m.	300m.	L.J.	T.Jav	** Mixed 4x100m	2004 u11	100m.	300m.	L.J.	T.Jav
2003 u12	100m.	600m.				2003 u12	100m.	600m.		
2002 u13	100m.	300m.		Shot.	** Mixed 4x100m	2002 u13	100m.	300m.		Shot.
2001 u14	100m.	600m.	L.J.			2001 u14	100m.	600m.	L.J.	
2000 u15	100m.	300m.		Shot.	** Mixed 4x100m	2000 u15	100m.	300m.		Shot.
1999 u16	100m.	600m.	L.J.			1999 u16	100m.	600m.	L.J.	
1998 u17	100m.	600m.		Shot	** Mixed 4x100m	1998 u17	100m.	600m.		Shot
Sen. Men.	100m	800m	L.J	Shot		Sen. Wmn.	100m	800m.	L.J.	Shot

Apologies to Masters that we are Unable to Provide competition, for them, because, their All-Irelands take place Today

Turbo Javelin must be thrown according to normal Javelin Rules i.e. Over Arm, & Must Land Point First..

SPRINTS:- ATHLETES MAY ONLY COMPETE IN 1 (one) SPRINT WHICH MUST BE IN **THEIR OWN AGE GROUP.**

MIDDLE DIST: U11 & OLDER MAY MOVE UP ONE AGE GROUP FOR LONGER OR SHORTER DISTANCE RACES.

FIELD EVENTS: ATHLETES MAY MOVE UP 1 AGE ONLY, to the next level for events NOT IN THEIR OWN AGE GROUP.

RELAYS ** MIXED CLUB RELAYS MAY HAVE A MAXIMUM OF 2 BOYS ONLY PER TEAM, MAY BE ALL GIRLS.

ALL 4 RELAY TEAM MEMBERS MUST BE FROM THE SAME CLUB & NOT FROM A MIX OF CLUBS

NO RESTRICTIONS ON AGES, ONCE EVERYONE ON THE TEAM IS BELOW THE SPECIFIED AGE

SENIOR: SENIOR EVENTS ARE CONFINED TO ATHLETES BORN 1997 or Before, with the exception of the **Long**

Jump in which Athletes Born in 1998 May Also Compete, --U16's Born 1999 & younger **may not** compete in Senior Events

Perpetual Trophies For: Best Overall Juvenile Visiting Club Up to U17 Born. 1998 & Local Club Athlete (Up to U17)

Open Family Relay
3x100M.

Please Be Fair by Ensuring
That Family Teams are
From one Family

A Family must Consist of 1
Parent + 2 Children U16
(Born 1999 or Before)
All From the same family

MIXED OPEN
SENIOR RELAY
3X100M

OPEN TO ANY 3
RUNNERS
PREPARED TO
MAKE UP A TEAM.
NEED NOT BE
FROM THE SAME
CLUB (BORN 1997
OR BEFORE)

Medley Relay
4 Athletes/Team

1st Leg. 200m
2nd Leg 300m
3rd Leg 200m
4th Leg 100m
Any 4 Runners
Max.2 Boys per Team
Born 2000 or Before.

(A.A.I.OPEN PERMIT GRANTED).

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 PARTICIPANTS
ARE COMPETING AT THEIR OWN RISK.

ALL EVENTS ARE SUBJECT TO WEATHER
PERMITTING & THE ORGANISERS RESERVE THE
RIGHT TO CURTAIL OR AMEND THE PROGRAMME

ADMISSION:- ADULTS:- €5.00.

CHILDREN:- €3.00.

RELAYS:- No Charge

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