

Liscarroll Athletic Club.2012.

Liscarroll, Mallow, Co.Cork.

Track & Field Open Sports (22nd .Meet.)

Sunday 12th . August at 1.00.pm.Sharp.

--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 2008,2007.2006,2005. Boys & Girls

Boys Born	<u>Sprint</u>	<u>Mid.Dist</u>			<u>RELAYS</u>	<u>GirlsBorn</u>	<u>Sprints</u>	<u>Mid.Dist</u>		
2008	30m.					2008	30m.			
2007	50m.					2007	50m.			
2006	50m.	80m.				2006	50m.	80m.		
2005	80m.	110m.		B/T.		2005	80m.	110m.		B/T.
2004	80m.	300m.	L.J.		* Mixed 4x100m	2004	80m.	300m.	L.J.	
2003	80m.	300m.		B/T.		2003	80m.	300m.		B/T.
2002	100m.	300m.	L.J.		* Mixed 4x100m	2002	100m.	300m.	L.J.	
2001	100m.	600m.		Shot.	* Mixed 4x100m	2001	100m.	600m.		Shot.
2000	100m.	300m.	L.J.			2000	100m.	300m.	L.J.	
1999	100m.	600m.		Shot.	* Mixed 4x100m	1999	100m.	600m.		Shot.
1998	100m.	400m.	L.J.			1998	100m.	400m.	L.J.	
1997	100m.	800m.		Shot.	* Mixed 4x100m	1997	100m.	800m.		Shot.
1996	100m.	400m.	L.J.			1996	100m.	400m.	L.J.	

IMPORTANT;- ALL ATHLETES MAY ONLY COMPETE IN 1 (one) SPRINT, SHOT, or LONG JUMP AN ATHLETE MAY MOVE UP 1(one) AGE FOR A FIELD EVENT which is NOT IN HIS/HER OWN AGE GROUP. IN MIDDLE DISTANCE U11 & OLDER MAY MOVE UP TO NEXT AGE GROUP FOR LONGER OR SHORTER RACES.

**** 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.

Sen. Men.	100m	800m	L.J	Shot		Sen.Wmn.	100m	800m.	L.J.	Shot
M. O.50	100m	400m	L.J.			W. O.40	100m			
M. O.60	100m			28lbD		W. O.45	100m			

SENIOR 800M IS OPEN TO ATHLETES BORN 1996 & OLDER but all other SENIOR EVENTS ARE CONFINED TO ATHLETES BORN 1995 & older

Perpetual Trophies For; Best Overall Juvenile Visiting Club Up to U17 & local Club Athlete (Up to U17 Only)

<p><u>Open Family Relay</u> <u>3x100M.</u></p> <p><u>Members or their Parents of Liscarroll Athletic Club. may not compete in Open Family Relay</u></p> <p>A Family must Consist of 1 Parent + 2 Children U16 (1997 or younger) From the same family</p>	<p><u>MIXED OPEN RELAY</u> <u>3X100M</u></p> <p>OPEN TO ALL/ANY 3 RUNNERS PREPARED TO MAKE UP TEAMS. (BORN 1997 OR BEFORE)</p>	<p><u>Confined Family Relay 3x100M.</u> <u>Liscarroll A.C.</u></p> <p>Members & their Families, 1 Parent + 2 Children U16 (1997) From the same family</p>	<p>LISCARROLL ATHLETIC CLUB / LISCARROLL G.A.A./ LISCARROLL COMMUNITY COUNCIL</p> <p>ACCEPT NO RESPONSIBILITY OR LIABILITY FOR ANY INJURY, LOSS OR DAMAGE INCURRED AT THESE SPORTS. PARTICIPANTS COMPETE AT THEIR OWN RISK.</p> <p>ALL EVENTS ARE SUBJECT TO WEATHER PERMITTING & THE ORGANISERS RESERVE THE RIGHT TO CURTAIL OR AMEND THE PROGRAMME</p> <p>(A.A.I.OPEN PERMIT GRANTED).</p>
---	--	---	--

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

Contacts; Margaret Heffernan. 022-48548. Esther Fitzpatrick. 022-48302.

Web; www.liscarrollathletics.org. E Mail; liscarrollathletics@yahoo.co.uk