

Tracton Athletic Club

Annual Sports Day, Sunday 27th. June 2010 at the Tracton GAA Grounds, Minane Bridge, Co. Cork at 1pm.; Admission: Adults €3.00. Juveniles €2.00.

Boys & Girls	Born:	Events:
Year of Birth		
Tiny Tots	50m.	
U6 2005	50m.	
U7 2004	50m.	
U8 2003	80m.	
U9 2002	80m.	300m. Ball Throw: Relay
U10 2001	80m.	Long Jump
U11 2000	80m.	600m: Ball Throw: Relay
U12 1999	80m.	Long Jump:
U13 1998	100m.	700m. Ball Throw:
U14 1997	100m.	800m Relay.
U15 1996	100m.	Long Jump:
U16 1995	100m.	800m. Shot: Relay

MOTHERS AND FATHERS RACE:

Family relay (2 adults & 2 children U. 16)

Senior Men (18 & over)

Senior Women (18 & Over)

100m. 800m. Relay
56lb for distance.

100m. 800m. Relay

3,000 meters: (Open to all seniors)

The Vincent Kiely cup will be presented for the 3,000 meters.

Masters/Men

Over 35 100m. 800m.
Over 45 100m.

Masters/ Women

100m.
100m.

The Michael Kiely cup will be presented to the best All Round Senior Club.

The Tom & Joy Murphy Shield will be presented to the best All Round Juvenile Athlete.

Athletes must compete in their own age group, but may move up one age in an event not catered for in their own age. Proof of age may be requested.

Tracton Athletic Club: Order of Events:
GAA Grounds, Minane Bridge
1pm. Start

Sunday 27th. June 2010. adm. Adults €3.00. Juveniles €2.00.

Boys & Girls:	DOB		BALL THROW:
Boys & Girls U 13	1998	100m	
Boys & Girls U 14	1997	100m	Boys/Girls U9/U11/13
Boys & Girls U 15	1996	100m	
Boys & Girls U16	1995	100m	
Senior Men & Women		100m.	
Men & Women O/35		100m.	LONG JUMP:
Men & Women O/45		100m.	
			Boys & Girls U15
Boys & Girls U12	1999	80m	Boys & Girls U12
Boys & Girls U11	2000	80m	Boys & girls U 10
Boys & Girls U10	2001	80m.	
Boys & Girls U9	2002	80m.	
Boys & Girls U8	2003	80m.	
Boys & Girls U7	2004	50m.	
Boys & Girls U6	2005	50m.	
Tiny Tots, Boys & Girls		50m.	

MOTHERS & FATHERS RACE 100M.

Boys & Girls U9	300m	Shot
Boys & Girls U11	600m	
		Boys & Girls U 16
Boys & Girls U13	700m	
Boys & Girls U14	800m	Senior Men
Boys & Girls U16	800m	56 lbs for Distance
		Senior Men
Senior Men & Women	800m.	
Men Over 35	800m.	

3,000 METRES: MEN & WOMEN

Relays: Boys & Girls U9:U11:U14: U16: Senior Men & Women:

Family Relay: (2 adults & 2 children U16)

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

Proof of age may be required: