

WEST MUSKERRY A.C

OPEN SPORTS

Sunday 24th June @ 12 O`Clock SHARP
Castle Grounds, Macroom, Co. Cork
AAI AGE CATAGORIES & RULES

Boys and Girls

Born 2014/2015 U5 50m & Sack Race

Born 2013 U6 50m & Sack Race

Born 2012 U7 50m & Sack Race

Special Olympic mixed race 100m & 200m (All Special Needs Athletes Welcome)

MEDALS FOR ALL COMPETITORS U5 TO U7 IN SPRINTS & SACK RACE

Born 2011 U 8 80m & 300m

Born 2010 U 9 80m & 300m & Relay & Turbo Javelin

Born 2009 U10 100m & 300m

Born 2008 U11 100m & 300m & Relay & Turbo Javelin

Born 2007 U12 100m & 300

Born 2006 U13 100m & 600m & Relay & Turbo Javelin

Born 2005 U14 100m & 600m

Born 2004 U15 100m & 600m & Relay

Born 2003 U16 100m & 1200m

Born 2002 U17 100m & 1200m

Junior Women (born 2001, 2000, 1999) 100m & 1200m

Junior Men (born 2001, 2000, 1999) 100m & 1200m

Senior Women Race (born 1998 and older) 100m & 600m

Senior Men Race (born 1998 & Older) 100m & 1200m

You can only run your own age group but if Turbo Javelin or Relay is not in your age group you may move up an age to compete in those events.

CHILDRENS ART COMPETITION (€2 per entry) Theme: Having Fun

Can be handed in and entered on the day.

Category 1: U 5 (born 2013) to U 9 (born 2009)

Category 2: U10 (born 2008) to U13 (Born 2005)

Sweets in the Jar – Can you guess how many sweets in the Jar – win the Jar of sweets. – €2 per guess

ADMISSION: €5 per Adult €4 per child
Family: (2 Adults & 2 Children) - €15