

# Liscarroll Athletic Club 2018

28<sup>th</sup> Anniversary (1990- 2018)

## Annual Open Track & Field Sports

In Liscarroll GAA Grounds

**Sunday 12<sup>th</sup> August at 1:00pm Sharp**

Medals for all Boys & Girls who were Born in 2014, 2013, 2012, 2011& Tiny Tots in Sprint Races

**Valuable Trophies/Prizes for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> places in all other Events, including Relays**

**Separate Events for Boys & Girls in individual events, but not in Mixed Relays. AAI OPEN PERMIT GRANTED**

**No TENTS - Tents with external tie ropes, will not be Allowed To be Erected on the inside Field Area, in the interests of Safety**

**Boys & Girls      Sprint      Mid.Dist      Field Events      Relays**

**Please note that it is the year in which a person is born that counts.**

**TinyTots u4 30m** (Born 2015 or after)

**Born 2014 u5 30m**

**Born 2013 u6 30m**

**Born 2012 u7 30m 100m**

**Born 2011 u8 60m 100m T. Jav**

**Born 2010 u9 60m 300m L.J.**

**Born 2009 u10 60m 300m T. Jav**

**Born 2008 u11 100m 300m L.J.**

**Born 2007 u12 100m 600m T. Jav**

**Born 2006 u13 100m 300m L.J.**

**Born 2005 u14 100m 600m Shot**

**Born 2004 u15 100m 300m**

**Born 2003 u16 100m 600m L.J. Shot**

**Sen. Men & Women 100m 1500m L.J. Shot (Born 2002 or Before)**

**Master Men & Women 100m 300m Shot (Masters Age O/40 on d.o.birth. Only)**

**Senior: Events are confined to athletes Born 2002 or Before. Younger athletes born after 2002 may not compete in Senior Events**

**Turbo Javelin** must be thrown according to normal Javelin Rules, i.e. One (1) Throw per round, 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:** U12 & OLDER MAY MOVE UP ONE AGE GROUP FOR LONGER OR SHORTER DISTANCE RACES.

**FIELD EVENTS:** ATHLETES MAY MOVE UP 1 AGE ONLY, to compete in **an event which is NOT IN THEIR OWN AGE GROUP**

e.g. long Jump or /and Shot Put. but may not compete in 2 Long Jumps or 2 Shots

**RELAYS \*\*** MIXED CLUB RELAYS (ALL FROM ONE CLUB) MAY HAVE A MAXIMUM OF 2 **BOYS ONLY** PER TEAM, MAY BE ALL GIRLS  
NO RESTRICTIONS ON AGES, ONCE EVERYONE ON THE TEAM IS BELOW THE SPECIFIED AGE

**Open Family Relay: 3x100m** A Family must consist of 1 Parent & 2 Children U14 (B 2005) or Later & Be From same family

**Mixed Open Senior Relay;4x100m.** Open to any 4 Runners (B 2002 or before) who are prepared to make up a team

**U 16.Mixed Medley Relay;** Max 2 Boys per Team (B.2003 or later). 1<sup>st</sup>Leg-100m; 2<sup>nd</sup> Leg-300m; 3<sup>rd</sup> Leg-200m; 4<sup>th</sup> Leg-100m.

**Please Note:** Liscarroll Athletic Club, Liscarroll GAA, or Liscarroll Community Council Accept no Responsibility or Liability for any Injury, loss or Damage to any person or property incurred at these Sports. All persons attend &/or compete at their own risk.

Admission:- Adults €5.00, Children €4.00, Relays No Charge.

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### **No Extra Charge For Relays**

**Mixed 4x100m (May be any Combination but Max. 2 Boys) Ages U9, U11, U13, U15.**

**Open Family Relay: 3x100m**  
**Members of one Family must include 1 Parent**

**Mixed Open Senior Relay; 4x100m.**  
**Born 2002 or before. (Max.2 Boys/Men per Team)**

**Under16.Open Mixed Medley Relay (Max. 2Boys/Men per Team) 1x100; 1x300; 1x200; 1x100**

**See Relay Rules Below.**