



# COURCEYS ATHLETICS CLUB

**Monday 3rd June 2019**

**BALLINSPITTLE GAA GROUNDS @ 2PM**

**CONFINED SPRINTS - @ 1.30pm - CLUB MEMBERS ONLY**

<i>BOYS/GIRLS - 80 M - U 9 (Born 2011)</i>	<i>BOYS/GIRLS - 100 M - U 12 (Born 2008)</i>
<i>BOYS/GIRLS - 80 M - U 10 (Born 2010)</i>	<i>BOYS/GIRLS - 100 M - U 13 (Born 2007)</i>
<i>BOYS/GIRLS - 80 M - U 11 (Born 2009)</i>	<i>BOYS/GIRLS - 100 M - U 14/15/16 (Born 2006/05/04)</i>
<b>SPRINTS</b>	<b>TURBO JAVELIN</b>
BOYS/GIRLS - 60M - U 8 (Born 2012)	BOYS - U 9 (Born 2011)
BOYS/GIRLS - 80M - U 9 (Born 2011)	GIRLS - U 9 (Born 2011)
BOYS/GIRLS - 80M - U 10 (Born 2010)	BOYS - U 11 (Born 2009)
BOYS/GIRLS - 80M - U 11 (Born 2009)	GIRLS - U 11 (Born 2009)
BOYS/GIRLS - 100M - U 12 (Born 2008)	
BOYS/GIRLS - 100M - U 13 (Born 2007)	
BOYS/GIRLS - 100M - U 14 (Born 2006)	
BOYS/GIRLS - 100M - U 15 (Born 2005)	
BOYS/GIRLS - 100M - U 16 (Born 2004)	
	<b>SHOT PUTT</b>
<b>DISTANCES</b>	BOYS - U13 (Born 2007/2008)
BOYS/GIRLS - 300M - U 9 (Born 2011)	GIRLS - U13 (Born 2007/2008)
BOYS/GIRLS - 300M - U 10 (Born 2010)	BOYS - U14 (Born 2006)
BOYS/GIRLS - 600M - U 11 (Born 2009)	GIRLS - U14 (Born 2006)
BOYS/GIRLS - 800M - U 12 (Born 2008)	BOYS - U16 (Born 2004/2005)
BOYS/GIRLS - 800M - U 13 (Born 2007)	GIRLS - U16 (Born 2004/2005)
BOYS/GIRLS - 1500M - U 14 (Born 2006)	
BOYS/GIRLS - 1500M - U 15 (Born 2005)	
BOYS/GIRLS - 1500M - U 16 (Born 2004)	
	<b>LONG JUMP</b>
<b>RELAYS</b>	BOYS - U10 (Born 2010/2011)
BOYS/GIRLS - 80M - U 9 (Born 2011)	GIRLS - U10 (Born 2010/2011)
BOYS/GIRLS - 80M - U 10 (Born 2010)	BOYS - U12 (Born 2008/2009)
BOYS/GIRLS - 80M - U 11 (Born 2009)	GIRLS - U12 (Born 2008/2009)
BOYS/GIRLS - 80M - U 12 (Born 2008)	BOYS - U14 (Born 2006/2007)
BOYS/GIRLS - 80M - U 13 (Born 2007)	GIRLS - U14 (Born 2006/2007)
BOYS/GIRLS - 80M - U 14 (Born 2006)	
BOYS/GIRLS - 80M - U 16 (Born 2005/04)	TINY TOTS RACE - 40M (Born 2013/2014)
	MOTHERS RACE - 100M
	FATHERS RACE - 100M
	FAMILY RELAY 4 x 100m (2 Adults & 2 Children)

**Entrance Fee**

**Family €10 – Adult €3 – Children €3**

**NO BARE FEET RUNNING**

**ALL athletes MUST wear running shoes**