

Liscarroll Athletic Club 2019.

29th Anniversary (1990- 2019).

Annual Open Track & Field Sports.

In Liscarroll GAA Grounds.

Sunday 11th August at 1.00pm Sharp.

Medals for all Boys & Girls who were Born in 2015 2014,2013,& Tiny Tots in 30m.Sprint Races

Valuabe Trophies/Prizes for 1st, 2nd, & 3rd. 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
<i>Please note that it is the year in which a person was born that counts.</i>				<u>No Extra Charge For Relays</u>
<u>TinyTots. u4</u>	<u>30m.</u>			Mixed 4x100m.(May be any Combination but Max.2 Boys) Ages U9,U11,U13,U15.
<u>Born 2015 u5</u>	<u>30m.</u>			Open Family Relay: 3x100m Members of one Family must include 1 Parent
<u>Born 2014 u6</u>	<u>30m.</u>			Mixed Open Senior Relay; 4x100m. Born 2003 or before. (Max.2 Boys/Men per Team)
<u>Born 2013 u7</u>	<u>30m.</u>	<u>100m.</u>		Under 16.Open Mixed Medley Relay (Max.2Boys/Men per Team) 1x100;1x300;1x200;1x100
<u>Born 2012 u8</u>	<u>60m.</u>	<u>100m.</u>	<u>T.Jav.</u>	See Relay Rules Below**.
<u>Born 2011 u9</u>	<u>60m.</u>	<u>300m.</u>	<u>L.J.</u>	
<u>Born 2010 u10</u>	<u>60m.</u>	<u>300m.</u>	<u>T.Jav.</u>	
<u>Born 2009 u11</u>	<u>100m.</u>	<u>300m.</u>	<u>L.J.</u>	
<u>Born 2008 u12</u>	<u>100m.</u>	<u>600m.</u>	<u>T.Jav.</u>	
<u>Born 2007 u13</u>	<u>100m.</u>	<u>300m.</u>	<u>L.J</u>	
<u>Born 2006 u14</u>	<u>100m.</u>	<u>600m.</u>		
<u>Born 2005 u15</u>	<u>100m.</u>	<u>300m.</u>	<u>L.J.</u>	
<u>Born 2004 u16</u>	<u>100m.</u>	<u>600m</u>		
<u>Born 2003 u17</u>	<u>100m</u>	<u>400m</u>	<u>L.J.</u>	<u>Shot .</u>
<u>Sen. Men & Wmn</u>	<u>100m.</u>	<u>1500m.</u>	<u>L.J.</u>	<u>28lb Wt. Distance. (Born 2003 or Before)</u>
<u>Master.Men & Wmn</u>	<u>100m.</u>	<u>300m</u>		<u>28lb Wt. Dist(Masters Age O/40 on date/birth. Only)</u>
SENIOR: Events are confined to athletes Born 2002 or Before. Younger athletes born after 2002 have their own 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 athletes MAY MOVE UP ONE AGE GROUP FOR LONGER OR SHORTER, Middle DISTANCE RACES.				
FIELD EVENTS: ATHLETES MAY MOVE UP an AGE, 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 (BOYS & GIRLS ALL FROM ONE CLUB) MAY HAVE A MAXIMUM OF 2 BOYS ONLY PER TEAM, &/OR 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 (B2006)or Later & Be From same family				
Mixed Open Senior Relay;4x100m. Open to any 4 Runners (B 2003 or before) who are prepared to make up a team				
U 16.Mixed Medley Relay; Max 2 Boys per Team (B.2004 or later).1 st Leg-100m; 2 nd Leg-300m; 3 rd Leg-200m; 4 th 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, No Charge for RELAYS.

Contacts;-Margaret Heffernan 022-48548; Joseph Cusack 022-72963; Esther Fitzpatrick 022-48302

Web;liscarrollathletics.org. E.Mail;liscarrollathletics@yahoo.co.uk. We are also on Facebook. E.&.O.E.30.05.2019.