

Liscarroll Athletic Club 2022

32th Anniversary (1990 - 2022).

Annual Open Track & Field Sports

In Liscarroll GAA Grounds.

Sunday 7th August at 1.00pm Sharp

Medals for all Boys & Girls who were Born in 2018, 2017, 2016 & Tiny Tots in 30m.Sprint Races

Valuable 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

Please; note that it is the year in which a person was born that count

TinyTot. u4 30m (Born 2019 or after)

Born 2018 u5 30m

Born 2017 u6 30m

Born 2016 u7 30m 100m

Born 2015 u8 60m 100m T.Jav.

Born 2014 u9 60m 300m L.J.

Born 2013 u10 60m 300m T.Jav.

Born 2012 u11 100m 300m L.J.

Born 2011 u12 100m. 600m T.Jav

Born 2010 u13 100m. 300m. L.J.

Born 2009 u14 100m. 600m. .Shot

Born 2008 u15 100m. 300m. L.J.

Born 2007 u16 100m 600m Shot

Born 2006 u17 100m L.J.

Sen. Men & Women 100m. 800m. L.J.

Master Men & Women 100m. 800m Shot (Masters Age O/40 on date of birth)

SENIOR EVENTS: confined to athletes Born 2005 or Before. Younger athletes born after 2005 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 Jump or 2 Shot Put Events

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 (B2009)or Later & Be From same family

Mixed Open Senior Medley Relay: Open to any **4 Runners** (B 2005 or before) who are prepared to make up a team
_Max 2 Boys/men per Team (B.2005 or before).1stLeg-100m; 2nd Leg-300m; 3rd Leg-200m; 4th 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.

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ROAD RACE ON FRIDAY 12th AUGUST