



Avondhu Sports 2024

Date: Sunday the 14th of April 2024 Venue: Castleisland, County Kerry. Eircode V92 XV82

Table of events:

Age Group	Sprint	Distance	Hurdles	Field	Field	Field	Field	Relay
U8	60m	200m	*	*	T Javelin	*	*	*
U9	60m	300m	*	Long Jump	T Javelin	*	*	*
U10	80m	500m	*	Long Jump	T Javelin	*	*	Yes
U11	80m	600m	*	Long Jump	T Javelin	Shot	*	*
U12	80m	600m	75m	Long Jump	T Javelin	Shot	H Jump	Yes
U13	80m	600m	75m	Long Jump	Javelin	Shot	H Jump	*
U14	100m	800m	75m	Long Jump	Javelin	Shot	H Jump	Yes
U16	100m	800m	75m	Long Jump	Javelin	Shot	H Jump	Yes
U19 / Junior	100m	800m	75m	Long Jump	Javelin	Shot	H Jump	Yes

First track event is scheduled to start at 11.30pm.

Cost of entry is €5 for one athlete, €8 for two or €10 for 3+ from the one family. *Three events per athlete and a relay*

Relays, Hurdles and High Jump will also take place on the day only as a development events - No medals will be presented for these events.

Events on the track will begin with the sprints and followed by the distance races. The hurdles will take place at the opposite side of the track to the sprints. The field events will run in conjunction with the track events. **It is important that all taking part are proficient in the event they have entered to avoid injury.**

Officials will stop any athlete they deem unable to compete in a safe manner.

Relays will be run on an even age basis and can run up an age. We encourage athletes from different clubs to make up teams to encourage a fun element while still being competitive.

All clubs involved need to provide officials, help and support on the day to ensure the smooth running of the event. *To ensure the Avondhu Sports is run in a timely manner the programme of events is subject to change and where possible older age groups will be combined in event.

Finally, please be aware that there will be some County Championship events on at the same time during the day in throws, but this will not affect the running of the Avondhu sports event.