



COURCEYS AC

OPEN SPORTS DAY

MONDAY 3rd
JUNE 2024

COURCEYS GAA GROUND
BALLINSPIITTE
EIRCODE P17 FD79

CONFINED SPRINTS - @ 1pm (SHARP) - CLUB MEMBERS ONLY

Confined Sprint medals kindly sponsored by Marv O' Sullivan Hackney 087 677 9577

BOYS/GIRLS - 60 M - U 7 (Born 2018)

BOYS/GIRLS - 60 M - U 8 (Born 2017)

BOYS/GIRLS - 80 M - U 9 (Born 2016)

BOYS/GIRLS - 80 M - U 10 (Born 2015)

BOYS/GIRLS - 80 M - U 11 (Born 2014)

BOYS/GIRLS - 100 M - U 12 (Born 2013)

BOYS/GIRLS - 100 M - U 13 (Born 2012)

BOYS/GIRLS - 100 M - U 14/15/16 (Born 2011/10/09)

SPRINTS

GIRLS - 60M - U 8 (Born 2017)

GIRLS - 80M - U 9 (Born 2016)

GIRLS - 80M - U 10 (Born 2015)

GIRLS - 80M - U 11 (Born 2014)

GIRLS - 100M - U 12 (Born 2013)

GIRLS - 100M - U 13 (Born 2012)

GIRLS - 100M - U 14 (Born 2011)

GIRLS - 100M - U 15 (Born 2010)

GIRLS - 100M - U 16 (Born 2009)

TINY TOTS RACE - 40M GIRLS (Born 2018/19/20)

TINY TOTS RACE - 40M BOYS (Born 2018/19/20)

MOTHERS FUN RACE - 100M

FATHERS FUN RACE - 100M

BOYS - 60M - U 8 (Born 2017)

BOYS - 80M - U 9 (Born 2016)

BOYS - 80M - U 10 (Born 2015)

BOYS - 80M - U 11 (Born 2014)

BOYS - 100M - U 12 (Born 2013)

BOYS - 100M - U 13 (Born 2012)

BOYS - 100M - U 14 (Born 2011)

BOYS - 100M - U 15 (Born 2010)

BOYS - 100M - U 16 (Born 2009)

DISTANCES

GIRLS - 1500M - U 16 (Born 2009)

GIRLS - 1500M - U 15 (Born 2010)

GIRLS - 1500M - U 14 (Born 2011)

GIRLS - 800M - U 13 (Born 2012)

GIRLS - 800M - U 12 (Born 2013)

GIRLS - 600M - U 11 (Born 2014)

GIRLS - 300M - U 10 (Born 2015)

GIRLS - 300M - U 9 (Born 2016)

BOYS - 1500M - U 16 (Born 2009)

BOYS - 1500M - U 15 (Born 2010)

BOYS - 1500M - U 14 (Born 2011)

BOYS - 800M - U 13 (Born 2012)

BOYS - 800M - U 12 (Born 2013)

BOYS - 600M - U 11 (Born 2014)

BOYS - 300M - U 10 (Born 2015)

BOYS - 300M - U 9 (Born 2016)

LONG JUMP

GIRLS - U10 (Born 2015)

GIRLS - U12 (Born 2013)

GIRLS - U14 (Born 2011)

BOYS - U10 (Born 2015)

BOYS - U12 (Born 2013)

BOYS - U14 (Born 2011)

TURBO JAVELIN

BOYS - U 9 (Born 2016)

BOYS - U 11 (Born 2014)

GIRLS - U 9 (Born 2016)

GIRLS - U 11 (Born 2014)

SHOT PUTT

GIRLS - U13 (Born 2012)

GIRLS - U14 (Born 2011)

GIRLS - U16 (Born 2009)

BOYS - U13 (Born 2012)

BOYS - U14 (Born 2011)

BOYS - U16 (Born 2009)

RELAYS

GIRLS - U 9 (Born 2016)

GIRLS - U 10 (Born 2015)

GIRLS - U 11 (Born 2014)

GIRLS - U 12 (Born 2013)

GIRLS - U 13 (Born 2012)

GIRLS - U 14 (Born 2011)

GIRLS - U 16 (Born 2010/09)

BOYS - U 9 (Born 2016)

BOYS - U 10 (Born 2015)

BOYS - U 11 (Born 2014)

BOYS - U 12 (Born 2013)

BOYS - U 13 (Born 2012)

BOYS - U 14 (Born 2011)

BOYS - U 16 (Born 2010/09)

FAMILY RELAY 4 X 100M (2 ADULTS & 2 CHILDREN)

Entrance Fee - ADULTS €3 - CHILDREN €3 - FAMILY €10 (2 ADULTS 3 CHILDREN MAX)

NO BARE FEET RUNNING & NO SPIKES - ALL athletes MUST wear running shoes

PLEASE NOTE U10 GIRL'S WILL BE CALLED TO THE LONG JUMP AFTER THERE OPEN SPRINT RACE IS FINISHED