

# BALLON RATHOE ATHLETIC CLUB

21<sup>st</sup> Open Sports in James Morris Park, GFC Grounds Ballon Co. Carlow  
Bank Holiday Monday 7<sup>th</sup> June 2010 at 1pm Sharp

## Girls Track Events

U6	60 m
U7	60m
U8	80m
U9	80m
U10	100m
U11	100m & 300m
U12	100m
U13	100m & 600m
U14	100m
U15	100m
U16	100m
U17	100m

## Boys Track Events

U6	60m
U7	60m
U8	80m
U9	80m
U10	100m
U11	100m & 300m
U12	100m
U13	100m & 600m
U14	100m
U15	100m
U16	100m
U17	100m

## Field Events – Athletes given 3 attempts in each event

U11	Ball Throw	U11	Ball Throw
U12	Long Jump	U12	Long Jump
U14	Long Jump	U14	Long Jump
U15	Shot Putt	U15	Shot Putt
U16	Long Jump	U16	Long Jump
U17	Shot Putt	U17	Shot Putt

## Relays

Girls U7, U9 (both 4 x 50m), U11, U13, U15, U17 – 4 x 100m

Boys U7, U9 (both 4 x 50m), U11, U13, U15, U17 – 4 x 100m

Mixed Relay U10, U12, U14 and U16

Please note there must be a minimum of 3 entries per event. Athletes must compete in their own age group and their own club. Athletes may move up one age group in field events, relays and long distance races in accordance with AAI rules. Permit granted.

## Timetable

Field events for older athletes starting at 1pm followed by track events.

U6 – U10 track events starting at 1pm.

## Admission

Adults € 4.00

Athletes Registration € 3.00

Relays € 5

Perpetual Trophies: Best Club and Best Club in Relays. Many Thanks to our Sponsors. All races are sponsored individually, full list on display.

Enquiries to Mick Osborne 087 900 9421