



ESTABLISHED 1978

LUCAN HARRIER & ATHLETIC CLUB

ANNUAL OPEN SPORTS

Invitation to all athletic clubs, schools and
Individuals to take part in an afternoon of
Sprints, middle distance races, ball throw,
Shot putt, long jump and relays

SATURDAY 29TH MAY 2010 commencing at 2 p.m.

Entry fee €5 to cover all events, payable at registration

Ages U/9 to U/20 A.A.I. permit granted

WHERE: LUCAN HARRIERS TRACK, NEWCASTLE ROAD, LUCAN

Medals for 1, 2 & 3 places

Please support by organising your club/school to take part

Order of Track Events			Order of Jumps		Order of Throws	
Approx. Time	Event		Approx. Time	Event	Approx. Time	Event
	Track 1 (Home Stretch)	Track 2 (Back Stretch)				
2.00pm	U.9 60m	U.10 60m	2pm	U.15 + 16 Long jump (LJ)	2.15pm	U.9 Ball Throw (BT)
2.10pm	U.11 60m	U.12 80m	2.20pm	U.17 + U.20 LJ	2.45pm	U.10 BT
2.20pm	U.13 80m	U.14 100m	2.40pm	U.9 + U.10 LJ	3pm	U.11 BT
2.30pm	U.15 100m	U.16 100m	3.10pm	U.11 + U.12 LJ	2.45pm	U.12 BT
2.40pm	U.17 + U.20 100m		3.40pm	U.13 + U.14 LJ	2.45pm	U.13 BT
2.55pm	U.10 500m					
3.10pm	U.11 600m				2.45pm	U.14 Shot Putt (SP)
3.25pm	U.12 600m				3.05pm	U.15 SP
3.40pm	U.13 600m				3.25pm	U.16 SP
3.55pm	U.14 800m				3.45pm	U.17 SP
4.10pm	U.15 + U.16 800m					
4.20pm	U.17 + U.20 1500m					SHOT INFO:
4.30pm	U.10 4*100m Relay					U.14 Girls 2kg, Boys 2.72kg
4.35pm	U.12 4*100m Relay					U.15 Girls 2.72kg, Boys 3.25kg
4.40pm	U.14 4*100m Relay					U.16 Girls 3.25kg, Boys 4kg
4.45pm	U.16 4*100m Relay					U.17 Girls 3.25kg, Boys 5kg

Info@www.lucanharriers.com

Or Contact Linda Dowling 087 6902053 or Gerry Martin 087 2132244