



St. Abban's Athletic Club

Monavea, Crettyard, Laois.

FOUNDED IN 1955.



15th ANNUAL JUVENILE SPORTS – Monday 3rd May 2010 @ 12.30pm

Club Grounds:- Monavea, Crettyard, Carlow, Co. Laois

PROGRAMME

<u>AGE</u>	<u>GIRLS</u>	<u>BOYS</u>
Under 8	60, 300 mts.	60, 300 mts.
Under 9	60, 300 mts.	60, 300 mts.
Under 10	80, 300 mts., & Ball Throw	80, 300 mts., & Ball Throw
Under 11	80, 300 & Long Jump	80, 300 & Long Jump
Under 12	80, 300 & High Jump	80, 300 & High Jump
Under 13	100, 700 & Long Jump	100, 700 & Long Jump
Under 14	100, 700, High Jump & Shot	100, 700, High Jump & Shot
Under 15	100, 700, Long Jump & Discus	100, 700, Long Jump & Discus
Under 16	100, 700, Walk & High Jump	100, 700, Walk & High Jump
Under 17	100, 700, Long Jump & Javelin	100, 1100, Long Jump & Javelin
Junior Women	100, 700, Triple Jump & Hammer	100, 1100, Triple Jump & Hammer
Snr. Women	200 @ 2.55	Snr. Men 400 @ 3.00

A Hammer competition for both boys & girls will be held, with each group using the appropriate weight for their age, prizes will be presented to the top three overall.

ONLY ATHLETES CAPABLE OF AT LEAST ONE TURN WILL BE ALLOWED TO COMPETE IN THIS EVENT

HAMMER & WALK WILL COMMENCE @ 12.30 SHARP

Girls Relay	4 x 50	Under 9
Boys Relay	4 x 50	Under 9
Girls Relays	4 x 100	Under 11, 13 & 15
Boys Relays	4 x 100	Under 11, 13 & 15
Mixed Relay	4 x 100	Under 17
Mixed Relay	4 x 300	Over 16

**ALL RELAY TEAM MEMBERS MUST BE FROM THE SAME CLUB
ATHLETES MAY MOVE UP ONE AGE GROUP IN FIELD EVENTS, WALKS & RELAYS
MIXED RELAYS SHALL HAVE A MINIMUM OF 2 FEMALES
PROOF OF AGE MAY BE REQUESTED**

**MONAVEA SHIELD TO THE BEST ALL ROUND CLUB (Excluding Host Club)
PRESENT HOLDERS ARE St. Laurence O'Toole A.C.**

**ADMISSION - €3 ALL PAY AT THE GATE Relay Entries - €5
Seniors to pay entry fee of €3 on the field for number**

REFRESHMENTS AVAILABLE

For Further details Contact:- Noeleen Condrón 059-9147658 OR Patrick Kelly 059-9143357



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ORDER OF EVENTS

You are ALL very welcome to Monavea – Hope you have an enjoyable day.

Would appreciate the co-operation of everyone so that we can have as smooth competition as possible.

Hammer will start as near as possible to 12.30.

Walk for both boys and girls will start @ 12.45 over 3 laps – 1200 meters

Track 1 Roadside will Feature the Girls Sprints – Track 2 will Feature the Boys Sprints.

Track 1

Girls U.8 60 Heats
Girls U.9 60 Heats
Girls U.10 80 Heats
Girls U.11 80 Heats
Girls U.12 80 Heats
Girls U.13 100 Heats
Girls U.14 100 Heats
Girls U.15 100 Heats
Girls U.16 100 Heats
Girls U.17 100 Heats
Jnr. Women 100 Heats
Semi-Final/Final of Sprints

Snr. Women 200 @ 2.55

Snr. Men 400 @ 3.00

Girls U.8 300
Boys U.8 300
Girls U.9 300
Boys U.9 300
Girls U.10 300
Boys U.10 300
Girls U.11 300
Boys U.11 300
Girls U.12 300
Boys U.12 300
Girls U.13 700
Boys U.13 700
Girls U.14 700
Boys U.14 700
Girls U.15 700
Boys U.15 700
Girls U.16 700
Boys U.16 700
Girls U.17 700
Boys U.17 1100
Jnr. Women 700
Jnr. Men 1100

Track 2

Boys U.10 80 Heats
Boys U.8 60 Heats
Boys U.9 60 Heats
Boys U.11 80 Heats
Boys U.12 80 Heats
Boys U.13 100 Heats
Boys U.14 100 Heats
Boys U.15 100 Heats
Boys U.16 100 Heats
Boys U.17 100 Heats
Jnr. Men 100 Heats

Field

Girls U.14 High Jump 1
Boys U.14 High Jump 2
Girls & Boys U.17 Long Jump Pit 1
Boys U.13 Long Jump Pit 2
Boys U.10 Ball Throw

Girls U.12 High Jump 1
Girls & Boys U.16 High Jump 2
Girls U.15 Long Jump Pit 1
Girls U.13 Long Jump Pit 2
Girls U.10 Ball Throw
Girls U.14 Shot

Boys U.15 Discus

Boys U.12 High Jump
Girls U.11 Long Jump Pit 2
Boys U.15 Long Jump Pit 1
Boys U.14 Shot
Girls U.15 Discus

Boys U.11 Long Jump Pit 2
Jnr. Women & Jnr. Men Triple Jump
Girls & Boys U.17 Javelin

Relays to Follow Starting with any age group requiring heats then U.9 Girls Followed by Boys U.9 etc.