

Crookstown Millview



Athletic Club

23rd Annual Open Sports
Sunday 18th APRIL 2010 at 12.30pm
Pikes Bridge, Narraghmore, Co. Kildare
A.A.I PERMIT

GIRLS

U18 100M
U17 100M 800M
U16 100M 800M
U15 100M 800M
U14 100M 600M
U13 100M 600M
U12 100M 600M
U11 100M 300M
U10 100M 300M
U9 60M 100M

BOYS

U18 100M
U17 100M 800M
U16 100M 800M
U15 100M 800M
U14 100M 600M
U13 100M 600M
U12 100M 600M
U11 100M 300M
U10 100M 300M
U9 60M 100M

FIELD EVENTS

3 Throws/Jumps per event

U11 LONG JUMP
U12 SHOTPUT
U13 LONG JUMP
U14 SHOT PUT
U15 LONG JUMP
U16 SHOTPUT

U11 LONG JUMP
U13 SHOTPUT
U14 LONG JUMP
U15 SHOTPUT
U17 LONG JUMP
U18 SHOTPUT

RELAYS

U11 4 x 100M
U13 4 x 100M
U15 4 x 100M
U17 4 x 100M

U10 4 x 100M
U12 4 x 100M
U14 4 x 100M
U16 4 x 100M

PLEASE NOTE

Due to opening of new motorway you must exit the M9 at Kilcullen or Ballitore and join R448 for access to track.

This is the event list, **not** the Order of Events.

Athletes may only compete in own age groups, **except** Field Events when they can move up **one** age group & Relays when they can move up **two** age groups

FOR FURTHER INFORMATION PLEASE CONTACT:

Club Chairperson
Club Secretary

Mary Doyle
Anne Quigley

087-9946526
087-7733576

€5 entry per car, and €3 competition fee per Athlete (all events included)