

St. Laurence O' Toole Athletic Club

Fostering a strong community through athletics

Open Sports Day

Monday 25th April 2011, Askea, Carlow.

Registration from 12 pm

(A.A.I. Permit)

	Boys/Men	Girls/Women
1.00pm – Start		
Under 8	60m, Relay 4 x 50m	60m, Relay 4 x 50m
Under 9	60m	60m
Under 10	80m, 300m, Relay 4 x 100m	80m, 300m, Relay 4 x 100m
Under 11	80m, 300m, Ball Throw	80m, 300m, Ball Throw
Under 12	80m, 500m, Long Jump, Relay 4 x 100m	80m, 500m, Long Jump, Relay 4 x 100m
Under 13	80m, 300m, 600m, High Jump, Shotput	80m, 300m, 600m, High Jump, Shotput
Under 14	80m, 600m, Long Jump, Relay 4 x 100m	80m, 600m, Long Jump, Relay 4 x 100m
Under 15	100m, 800m, High Jump, Shotput	100m, 800m, High Jump, Shotput
Under 16	100m, 800m, Long Jump, Relay 4 x 100m	100m, 800m, Long Jump, Relay 4 x 100m

NOTES:

Entry charge is €3 per athlete, all events included, payable on the gate.

Entry charge for relay is €5 per team. Admission for spectators is €3.

Athletes must compete in their own age group, except in relays & field events where they can move up one age group.

Events will start at 1pm sharp.

For further information please contact: Olive Brennan @ 087 2138788

Time	Event	Track 1	Track 2
1:00	60m	Girls Under 8	Boys Under 8
	60m	Girls Under 9	Boys Under 9
	80m	Girls Under 10	Boys Under 10
	80m	Girls Under 11	Boys Under 11
	80m	Girls Under 12	Boys Under 12
	80m	Girls Under 13	Boys Under 13
	80m	Girls Under 14	Boys Under 14
	100m	Girls Under 15	Boys Under 15
	100m	Girls Under 16	Boys Under 16

Finals for All Sprints

Time	Event	Track 1	Track 2
2.30	300m	Girls Under 13	
	300m	Boys Under 13	
	300m	Girls Under 10	
	300m	Boys Under 10	
	300m	Girls Under 11	
	300m	Boys Under 11	
	500m	Girls Under 12	
	500m	Boys Under 12	
3.00	600m	Girls Under 13	
	600m	Boys Under 13	
	600m	Girls Under 14	
	600m	Boys Under 14	
	800m	Girls Under 15	
	800m	Boys Under 15	
	800m	Girls Under 16	
	800m	Boys Under 16	

Finals for 300m, 500m, 600m & 800m

4.30	4 x 50m Relays	Girls Under 8	Boys Under 8
	4 x 50m Relays	Girls Under 10	Boys Under 10
	4 x 100m Relays	Girls Under 12	Boys Under 12
	4 x 100m Relays	Girls Under 14	Boys Under 14
	4 x 100m Relays	Girls Under 16	Boys Under 16

Field Events

Time	Event	Pit 1	Pit 2
1:00	High Jump	Girls Under 15	Boys Under 15
1:45	High Jump	Girls Under 13	Boys Under 13
	Event	Pit 1	Pit 2
2:00	Long Jump	Girls Under 16	Boys Under 16
2:30	Long Jump	Girls Under 14	Boys Under 14
3:00	Long Jump	Girls Under 12	Boys Under 12
2:00	Ball Throw	Girls Under 11	Boys Under 11
3:00	Shot Putt	Girls Under 15	Boys Under 15
4:00	Shot Putt	Girls Under 13	Boys Under 13

Times above are approximate & to be used as a guideline