

Liscarroll Athletic Club 2016.

26th Anniversary (1990- 2016).

Annual Open Track & Field Sports.

Sunday 7th August at 1.00pm.Sharp.

Medals in **Sprint Races** for all Boys & Girls who were Born in 2012,2011,2010,2009., & Tiny Tots

Valuable Trophies for 1st,2nd, & 3rd.in all other Events, including Relays.

Separate Events for Boys & Girls except in Mixed Relays.

AAI OPEN PERMIT GRANTED.

No TENTS;- Tents with tie ropes,will **not** be Allowed To be Erected on the inside Field Area, in the interests of **Safety**.

Please Note that it is the **year of Birth** that counts for athletic competition.

Boys & Girls Sprint Mid.Dist Field Events Relays No Charge

TinyTots. u4 30m.

Born 2012 u5 30m.

Born 2011 u6 30m.

Born 2010 u7 30m. 60m.

Born 2009 u8 60m. 100m. T.Jav

Born 2008 u9 60m. 300m. L.J.

Born 2007 u10 60m. 300m. T.Jav

Born 2006 u11 100m. 300m. L.J.

Born 2005 u12 100m. 600m. T.Jav

Born 2004 u13 100m. 300m L.J

Born 2003 u14 100m 600m. Shot

Born 2002 u15 100m. 300m L.J

Born 2001 u16 100m. 600m Shot

Sen. Men/Wmn 100m 400m. L.J Shot *Born 2000 or Before.

Master.Men/Wmn 100m. 400m. Shot. (Masters age O/35 only)

SENIOR; SENIOR EVENTS ARE CONFINED TO ATHLETES BORN 2000 or Before,

Younger athletes_e.g.born 2001 or later may not compete in Any Senior Events

Turbo Javelin to be thrown per normal AAI Jav.Rules i.e.1 Jav.per Round. Over Arm, & Land Point First..

SPRINTS- ATHLETES MAY ONLY COMPETE IN 1 (one) SPRINT WHICH MUST BE IN **THEIR OWN AGE GROUP.**

MIDDLE DIST; U11 & OLDER MAY MOVE UP ONE AGE GROUP FOR LONGER OR SHORTER DISTANCE RACES.

FIELD EVENTS; ATHLETES MAY MOVE UP 1 AGE ONLY, to compete in **an event which is NOT IN THEIR OWN AGE GROUP**
e.g. long Jump, and Shot Putt. but may not compete in 2 Long Jumps or 2 Shots

RELAYS ** MIXED CLUB (ALL FROM SAME CLUB) RELAYS MAY HAVE A MAXIMUM OF **2 BOYS ONLY** PER TEAM, MAY BE ALL GIRLS,
NO RESTRICTIONS ON AGES, ONCE EVERYONE ON THE TEAM IS BELOW THE SPECIFIED AGE

Open Family Relay: 3x100m A Family must consist of 1 Parent & 2 Children U14 (B2003)or Before & Be From same family

Mixed Open Senior Relay; 4x100m.Open to any 4 Runners (B 2000 or before) who are prepared to make up a team

Mixed Open Medley Relay; Max 2 Boys/Men per Team (B.2000 or before).1st Leg-200m; 2nd Leg- 300m; 3rd Leg-200m; 4th Leg-100m.

Please Note: Liscarroll Athletic Club, Liscarroll GAA, or Liscarroll Community Council Accept no Responsibility or Liability for any Injury, loss or Damage to any person or property incurred, at these Sports. All persons attend &/or, compete at their own risk.

Admission;- Adults €5.00, Children €4.00, Relays No Charge.

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