

*Ferrybank Athletic Club presents .....*



## *Open Track & Field Sports*

*Waterford ... "I'm lovin it"*

*at*

*Waterford RSC*

*on*

*Sunday April 10th 2016*

*Start time 12 noon*

*Entrance Fee: €5 adults & children - Relay team entry fee €6 per team*

*Each athlete under 8, 9, 10 & 11 will receive a McDonald's Happy Meal Voucher for McDonald's Waterford City Centre or McDonald's Cork Road, Waterford.*

Events: ( Boys & Girls separate )

U 8 (2009)	60m	200m	LJ
U 9 (2008)	60m	300m	T. Jav
U10 (2007)	80m	300m	LJ
U 11(2006)	80m	500m	T. Jav
U 12 (2005)	80m	500m 60m hurdles	HJ Shot
U 13 (2004)	80m	700m 60m hurdles	LJ
U 14 (2003)	80m	700m 75m hurdles	HJ Shot
U 15 (2002)	100m	800m 80m hurdles	LJ
U 16 (2001)	100m	800m 80m/100m hurdles	HJ Shot
U 17(2000)	100m	800m	Jav
Junior(2000-1997)	100m	800m	HJ LJ
Senior	100m	1500m	
Masters	100m	1500m	

Race Walk : Juvenile 1500m (u 14 - 19) one race all ages 3 medals for boys , 3 for girls

Senior - Masters 1500m : one race all categories 3 medals for men, 3 for ladies

Relays ( boys and girls separate ) 4 X 100m U 9, 11, 13, 15

Mixed Relays u 17, Junior (at least two girls on team)

Medals : First three in each event and first three teams in relays

Athletes compete in their own age group but can move up one age group in field events and relays

Under 17 upwards may compete in junior & senior events

There will be a perpetual shield awarded to the best club

Further information from Bríd Golden 087-6889330

[www.ferrybankathleticclub.org](http://www.ferrybankathleticclub.org)