

# Liscarroll Athletic Club 2017.

27<sup>th</sup> Anniversary (1990- 2017).

Annual Open Track & Field Sports.

In Local GAA Grounds.

**Sunday 13<sup>th</sup> August at 1.00pm.Sharp.**

Medals in Sprint Races for all Boys & Girls who were Born in 2013,2012,2011,2010.& Tiny Tots

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

Separate Events for Boys & Girls in all events, except 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.

Boys & Girls	Sprint	Mid.Dist	Field Events	Relays
<i>Please note that it is the year in which a person is born that counts.</i>				<b>No Charge For Relays.</b>
TinyTots. u4	30m.			Mixed 4x100m.(May be any Combination but Max.2 Boys) Ages U9,U11,U13,U16.
Born 2013 u5	30m.			Open Family Relay: 3x100m Members of one Family must include 1 Parent
Born 2012 u6	30m.			Mixed Open Senior Relay; 4x100m. Born 2001 or before. (Max.2 Boys/Men per Team)
Born 2011 u7	30m.	100m.		Open Mixed Medley Relay (Max.2Boys/Men per Team) 1x100;1x300;1x200;1x100
Born 2010 u8	60m.	100m.	T.Jav.	See Relay Rules Below.
Born 2009 u9	60m.	300m.	L.J.	
Born 2008 u10	60m.	300m.	T.Jav.	
Born 2007 u11	100m.	300m.	L.J.	
Born 2006 u12	100m.	600m.	T.Jav.	
Born 2005 u13	100m.	300m.	L.J.	
Born 2004 u14	100m.	600m.	Shot.	
Born 2003 u15	100m.	300m.	L.J.	
Born 2002 u16	100m.	600m.	Shot.	
Sen. Men/Wmn	100m.		L.J.	Shot. (Born 2001 or Before)
Master.Men/Wmn	100m.			Shot. ( Masters Age O/40 Only)

Senior: Events are confined to athletes Born 2001 or Before.Younger athletes born after 2001 may not compete in Senior Events

Turbo Javelin must be thrown according to normal Javelin Rules i.e. One (1) Throw per round ,Over Arm, & Must 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 or /and Shot Putt. but may not compete in 2 Long Jumps or 2 Shots

RELAYS \*\* MIXED CLUB RELAYS (ALL FROM ONE CLUB) 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 (B2004 )or Before & Be From same family

**Mixed Open Senior Relay;4x100m.** Open to any 3 Runners (B 2001 or before) who are prepared to make up a team

**Mixed Medley Relay;** Max 2 Boys per Team (B.2001 or before).1<sup>st</sup> Leg-200m; 2<sup>nd</sup> Leg- 300m; 3<sup>rd</sup> Leg-200m; 4<sup>th</sup> 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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