

Ferrybank Athletic Club presents

McDonald's Open Track & Field Sports

Waterford

at

Waterford RSC

on

Sunday April 7th 2019

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 (2012)	60m	200m	LJ
U 9 (2011)	60m	300m	T. Jav
U10 (2010)	80m	300m	LJ
U 11(2009)	80m	500m	T. Jav
U 12 (2008)	80m	500m 60m hurdles	HJ Shot
U 13 (2007)	80m	700m 60m hurdles	LJ
U 14 (2006)	80m	700m 75m hurdles	HJ Shot
U 15 (2005)	100m	800m 80m hurdles	LJ
U 16 (2004)	100m	800m 80m/100m hurdles	HJ Shot
U 17(2003)	100m	800m	
Junior(2003-2000)	100m	800m	HJ LJ
Senior	100m	1 Mile	
Masters	100m	1 Mile	

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

Senior - Masters 1500m : **This race will be held at 12noon.** One race all categories 3 medals for senior first 3 Seniors, 3 medals for first 3 Masters

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

U 8 & U 10 long jumps will have two attempts only

There will be a perpetual shield awarded to the best club

Further information from Bríd Golden 087-6889330

www.ferrybankathleticclub.org