



ENNIS TRACK ATHLETIC CLUB

Open Sports Day

Sunday, April 28th 2019

Lees Road Sports Facility, Drumcliffe Road, Ennis

Start @ 12 Noon Sharp

Admission €3 per Adult, €3 per Child

Children 4 or under Free

Entry fee includes all race entries

Age 5 & under Boys & Girls 60m & Sack Race

U/7 Boys & Girls 60m & 100m

U/8 Boys & Girls 60m & 100m

U/9 Boys & Girls 60m, 300m & Turbo Javelin

U/10 Boys & Girls 60m, 500m & Long Jump

U/11 Boys & Girls 60m, 600m & Turbo Javelin

U/12 Boys & Girls 60m, 600m (U/12's can compete in U/13 Long Jump)

U/13 Boys & Girls 80m, 600m & Long Jump

U/14 Boys & Girls 80m, 800m & Shot

U/15 Boys & Girls 100m, 800m & Javelin

U/16 Boys & Girls 100m, 800m

U/20 (16 & over) Boys & Girls 100m & 1500

Aged 15 & over Boys & Girls High Jump, weather permitting

Barry Coughlan Memorial Senior Ladies & Men's Mile

N.B. Senior Ladies & Senior Men's Mile races start at 2pm

- Relays for u/8; u/10; u/12; u/14;(all girls, all boys or mixed)
- Athletes must compete in their own age group, except for Relays
- Medals for all Tiny Tots, U/7 & U/8.
- Trophies for 1st 3 Juveniles & Prizes for 1st 3 Seniors.
- Medals for 1st 3 teams in relays.

N.B. Refreshments & snacks available to purchase on the day.