

St. Senans A.C., Kilmacow, Co. Kilkenny

Open Track & Field

Easter Monday April 2nd, 2018

Come and celebrate the 41st year of running this open track and field event.

Start: 1pm Venue: Sports Complex, Kilmacow

Events

| Girls | | Boys | |
|---------|-------------------------------|---------|----------------------------------|
| U/8 | 80m | U/8 | 80m |
| U/9 | 80m | U/9 | 80m |
| U/10 | 80m, 300m | U/10 | 80m, 300m |
| U/11 | 80m, 300m | U/11 | 80m, 300m |
| U/12 | 80m, 700m, LJ | U/12 | 80m, 700m, Shot |
| U/13 | 100m, 700m, HJ, Shot | U/13 | 100m, 700m, HJ, LJ |
| U/14 | 100m, 700m, LJ | U/14 | 100m, 700m, Shot |
| U/15 | 100m, 700m, 1,500m walk, Shot | U/15 | 100m, 700m, 1,500m Walk, LJ, Jav |
| U/16 | 100m, 700m, HJ, LJ | U/16 | 100m, 700m, HJ, Shot |
| U/17 | 100m, 700m, Shot | U/17 | 100m, 700m |
| U/19 | 2,000m walk | U/19 | 2,000m Walk |
| Juniors | 100m, 400m, 1,500m, LJ | Juniors | 100m, 400m, 3,000m, LJ |

Note: u/15 Walks – ages U/13, 14 and 15 are eligible. U/19 Walks – Age's u/16, 17, 18 and 19 are eligible

Cup for the best overall Juvenile Club

Relays:

4 X 200m for Girls u/ 10, 12, 14 and 16. Boy's u/10, 12, 14 and 16 4 X 200m

Note: Athletes can move up only one age group in the relays. Entry Fee €8 per team.

Senior Races

Senior Mens 3,000m

Senior Ladies, 1,500m

Prizes for the first 3 individuals and the first 2 vets (one prize per athlete)

Senior Entry Fee: €5.00

Enquiries: Bill Lacey: 086 8100299 or Stephen Carew: stephencarew77@hotmail.com

ADMISSION €3 per adult and €3 per juvenile

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