

Liscarroll Athletic Club 2018.

28th Anniversary (1990- 2018).

Annual Open Track & Field Sports.

In Liscarroll GAA Grounds.

Sunday 12th August at 1.00pm.Sharp.

Medals for all Boys & Girls who were Born in 2014,2013,2012,2011,& Tiny Tots in **Sprint Races**

Valuable Trophies/Prizes for 1st,2nd,& 3rd.places, in all other Events, including Relays.

Separate Events for Boys & Girls in individual events, but not in Mixed Relays. AAI OPEN PERMIT GRANTED.

No TENTS;- Tents with external 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>				
<u>TinyTots.</u>	<u>u4</u>	<u>30m.</u>	<u>(Born 2015 or after)</u>	
<u>Born 2014</u>	<u>u5</u>	<u>30m.</u>		
<u>Born 2013</u>	<u>u6</u>	<u>30m.</u>		
<u>Born 2012</u>	<u>u7</u>	<u>30m.</u>	<u>100m.</u>	
<u>Born 2011</u>	<u>u8</u>	<u>60m.</u>	<u>100m.</u>	<u>T.Jav.</u>
<u>Born 2010</u>	<u>u9</u>	<u>60m.</u>	<u>300m.</u>	<u>L.J.</u>
<u>Born 2009</u>	<u>u10</u>	<u>60m.</u>	<u>300m.</u>	<u>T.Jav.</u>
<u>Born 2008</u>	<u>u11</u>	<u>100m.</u>	<u>300m.</u>	<u>L.J.</u>
<u>Born 2007</u>	<u>u12</u>	<u>100m.</u>	<u>600m.</u>	<u>T.Jav.</u>
<u>Born 2006</u>	<u>u13</u>	<u>100m.</u>	<u>300m.</u>	<u>L.J.</u>
<u>Born 2005</u>	<u>u14</u>	<u>100m.</u>	<u>600m.</u>	<u>Shot.</u>
<u>Born 2004</u>	<u>u15</u>	<u>100m.</u>	<u>300m.</u>	
<u>Born 2003</u>	<u>u16</u>	<u>100m.</u>	<u>600m.</u>	<u>L.J.</u> <u>Shot</u>
<u>Sen. Men & Wmn</u>	<u>100m.</u>	<u>1500m.</u>	<u>L.J.</u>	<u>Shot.</u> <u>(Born 2002 or Before)</u>
<u>Master.Men & Wmn</u>	<u>100m.</u>	<u>300m</u>		<u>Shot. (Masters Age O/40 on d.o.birth. Only)</u>

No Extra Charge For Relays

Mixed 4x100m.(May be any Combination but Max.2 Boys) Ages U9,U11,U13,U15.

Open Family Relay: 3x100m Members of one Family must include 1 Parent

Mixed Open Senior Relay; 4x100m. Born 2002 or before. (Max.2 Boys/Men per Team)

Under16.Open Mixed Medley Relay (Max.2Boys/Men per Team) 1x100;1x300;1x200;1x100

See Relay Rules Below.

Senior; Events are confined to athletes Born 2002 or Before. Younger athletes born after 2002 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: U12 & 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 Put. 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 (B2005)or Later & Be From same family

Mixed Open Senior Relay;4x100m. Open to any 4 Runners (B 2002 or before) who are prepared to make up a team

U 16.Mixed Medley Relay; Max 2 Boys per Team (B.2003 or later).1stLeg-100m; 2nd Leg-300m; 3rd Leg-200m; 4th 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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