

CUSHINSTOWN A.C.



Indoor Open Sports Competition Sunday 22nd January 2017

Start Times: 11am – Sprints Followed by U13, U14 Girls 60mH
& U12, U13 Boys 60mH
Field Events will follow the above

Age Group Boys & Girls	60 metre sprint	Long Jump	High Jump	Shot Putt
Under 8	Yes	--	--	--
Under 9	Yes	Yes	--	--
Under 10	Yes	--	--	--
Under 11	Yes	Yes	--	--
Under 12	Yes	--	Yes	Yes
Under 13	Yes	Yes	--	--
Under 14	Yes	--	Yes	Yes
Under 15	Yes	Yes	--	Yes
Under 16	Yes	--	Yes	--
Under 17	Yes	--	--	Yes

Junior – Shot Putt

Senior – Sprint, Shot Putt

Clubs must ensure that competitors are technically competent in field events for which they are entered, as lack of technique constitutes a danger to the competitor or others.

Starting blocks compulsory for U13 Upwards

For field events only, athletes may move up one age group where there is no competition for their age group. The committee reserves the right to amend the list of events without notice.

***** Special Tiny Tots Event *****

Tiny Tots race will be the first race of the day.

30m sprint for boys and girls.

Standards in Long Jump will apply.

All athletes must be registered. Age as 2017

Under 11 and upward may wear spikes.

Admission: Adults €3.00

Juveniles €2.00

Teas, Sandwiches, etc. available on the day.