



Crookstown Millview AC

28th Annual Open Sports

Sunday 12th April 2015

Pikes Bridge, Narraghmore, Kildare

- AAI Permit • Registration from 10.30am • AAI Age Groups in Use •
- **Discus Starts at 11am • All Other Events Start at 12 Noon •**

	Girls	Boys
(U/8)	60m, 80m	60m, 80m
(U/9)	60m, 100m, Turbo Jav	60m, 100m, Turbo Jav,
(U/10)	100m, 300m, Long Jump, 4 x 100m Relay	100m, 300m, Long Jump, 4x100m Relay
(U/11)	100m, 300m, Turbo Jav	100m, 300m, Turbo Jav,
(U/12)	100m, 600m, Long Jump, 4 x 100m Relay	100m, 600m, Long Jump, 4x100m Relay
(U/13)	100m, 600m, Shot Putt	100m, 600m, Shot Putt,
(U/14)	100m, 800m, Shot Putt, Long Jump 4 x 100m Relay	100m, 800m, Long Jump, Shot Putt, 4x100m Relay
(U/15)	100m, 800m, Discus, High Jump	100m, 800m, Discus, High Jump
(U/16)	100m, 800m, Shot Putt, Long Jump, 4x100m Relay	100m, 800m, Shot Putt, Long Jump, 4x100m Relay
(U/17)	100m, 1500m, Discus,	100m, 1500m, Discus,
Junior /Senior	100m, 400m, 1500m, Shot Putt, Discus, Long Jump	100m, 400m, 1500m, Shot Putt, Discus, Long Jump

**€3 per
Athlete**

**€3 per
Car**

**No extra
charge for
Relay Teams**

**Shop at
track**

- Athletes can move up 1 age group for all events & two for relays. Strictly, NO exceptions!
- Mixed Relay teams are allowed in the Boys category.
- In all field event athletes will be allowed 3 attempts.

For further information contact Jeff Hott - Mobile: 086 3836550
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