

CUSHINSTOWN A.C.

ANNUAL TRACK AND FIELD SPORTS 2018

Sunday 22nd April 2018

Start Times: 11am (Sharp) – Field Events, Shot Putt, Long Jump, Javelin, High Jumps

1pm – All other events

Competitors must have been born on or before 2011

List of Events

(Boys)				(Girls)			
1.	*	U/8	60m	1.	*	U/8	60m
2.		U/9	80m	2.		U/9	80m
3.		U/10	80m	3.		U/10	80m
4.		U/11	80m	4.		U/11	80m
5.		U/12	100m	5.		U/12	100m
6.		U/13	100m	6.		U/13	100m
7.		U/14	100m	7.		U/14	100m
8.		U/15	100m	8.		U/15	100m
9.		U/16	100m	9.		U/16	100m
10.		Finals of above events		10.		Finals of above events	
11.		Ladies	100m				
12.		Men	100m			Relays (€ 5.00 per team)	
13.		Girls	U/12 600m			Entry time will be announced over PA	
14.		Boys	U/12 600m				
15.		Girls	U/13 600m				
16.		Boys	U/13 600m	1.		Boys / Girls U/10 4x 100m	
17.		Girls	U/14 600m	2.		Boys / Girls U/12 4x 100m	
18.		Boys	U/14 600m	3.		Boys / Girls U/14 4x 100m	
19.		Girls	U/15 600m	4.		Under 16 Mixed 4 x 100m	
20.		Boys	U/15 600m	5.		Mixed Adults x 100m (2 Men per team)	
21.		Girls	U/16 800m				
22.		Boys	U/16 800m				

Field Events

Long Jump	Shot	High Jump	Turbo Javelin
Girls & Boys U/11, 13, 15,17	Girls U/14, 16, Jr Boys U/13, 15, Snr	Girls & Boys U/12, 14, 16	Girls & Boys U/10, U12
			Javelin
Two Pits will be used. Standards will apply			Girls & Boys U/ 14, 16 Snr Women / Men

Awards for 1st, 2nd, and 3rd in all events

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. Proper shoes must be worn for field and track events. The committee reserves the right to amend the list of events without notice.

ADMISSION: € 4.00, Child € 2.00 (includes entry fee)

Teas, Sandwiches, Soft Drinks etc. available on the day

CAC is a Non-Smoking Venue