

# CUSHINSTOWN A.C.



## Indoor Open Sports Competition Sunday 28<sup>th</sup> January 2018

Start Times: 11am – Sprints Followed by U13, U14, U15, U16  
Girls 60mH & U13, U14 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	--	--	--
Under 10	Yes	Yes	--	--
Under 11	Yes	--	--	--
Under 12	Yes	Yes	--	--
Under 13	Yes	--	Yes	Yes
Under 14	Yes	Yes	--	--
Under 15	Yes	--	Yes	Yes
Under 16	Yes	--	--	--
Under 17	Yes	--	--	--
Under 18	Yes	--	--	--
U16 Upwards		Yes	Yes	Yes

Under 16 Upwards will be an open event competition for Shot Putt, Long Jump and High Jump (Standard set on the day to be able to participate)

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 2018

Under 11 and upward may wear spikes.

Admission: Adults €3.00

Juveniles €2.00

Teas, Sandwiches, etc. available on the day.