



# Liscarroll Athletic Club 2018.

28<sup>th</sup> Anniversary (1990- 2018).

Annual Open Track & Field Sports.

In Liscarroll GAA Grounds.

**Sunday 12<sup>th</sup> 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 1<sup>st</sup>,2<sup>nd</sup>,& 3<sup>rd</sup>.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. u4</u>	<u>30m.</u>			<p><b><u>No Extra Charge For Relays</u></b></p> <p>Mixed 4x100m.(May be any Combination but Max.2 Boys) Ages U9,U11,U13,U15.</p> <p>Open Family Relay: 3x100m Members of one Family must include 1 Parent</p> <p>Mixed Open Senior Relay; 4x100m. Born 2002 or before. (Max.2 Boys/Men per Team)</p> <p>Under16.Open Mixed Medley Relay (Max.2Boys/Men per Team) 1x100;1x300;1x200;1x100</p> <p>See Relay Rules Below.</p> <p>(Born 2002 or Before)</p>
<u>Born 2014 u5</u>	<u>30m.</u>			
<u>Born 2013 u6</u>	<u>30m.</u>			
<u>Born 2012 u7</u>	<u>30m.</u>	<u>100m.</u>		
<u>Born 2011 u8</u>	<u>60m.</u>	<u>100m.</u>	<u>T.Jav.</u>	
<u>Born 2010 u9</u>	<u>60m.</u>	<u>300m.</u>	<u>L.J.</u>	
<u>Born 2009 u10</u>	<u>60m.</u>	<u>300m.</u>	<u>T.Jav.</u>	
<u>Born 2008 u11</u>	<u>100m.</u>	<u>300m.</u>	<u>L.J.</u>	
<u>Born 2007 u12</u>	<u>100m.</u>	<u>600m.</u>	<u>T.Jav.</u>	
<u>Born 2006 u13</u>	<u>100m.</u>	<u>300m.</u>	<u>L.J.</u>	
<u>Born 2005 u14</u>	<u>100m.</u>	<u>600m.</u>	<u>Shot.</u>	
<u>Born 2004 u15</u>	<u>100m.</u>	<u>300m.</u>		
<u>Born 2003 u16</u>	<u>100m.</u>	<u>600m.</u>	<u>L.J.</u> <u>Shot</u>	
<u>Sen. Men &amp; Wmn</u>	<u>100m.</u>	<u>1500m.</u>	<u>L.J.</u> <u>Shot.</u>	
<u>Master.Men &amp; Wmn</u>	<u>100m.</u>	<u>300m</u>	<u>Shot.</u>	

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).1<sup>st</sup>Leg-100m; 2<sup>nd</sup> Leg-300m; 3<sup>rd</sup> Leg-200m; 4<sup>th</sup> 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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