

St. Senans A.C., Kilmacow, Co. Kilkenny

Open Track & Field

April 22nd, 2019

Come and celebrate the 42nd year of running this open track and field event.

Start: 1pm Venue: Sports Complex, Kilmacow

Events

Girls		Boys	
U/8	80m	U/8	80m
U/9	80m	U/9	80m
U/10	80m, 300m	U/10	80m, 300m
U/11	80m, 300m	U/11	80m, 300m
U/12	80m, 700m, LJ	U/12	80m, 700m, Shot
U/13	100m, 700m, HJ, Shot	U/13	100m, 700m, HJ, LJ
U/14	100m, 700m, LJ	U/14	100m, 700m, Shot
U/15	100m, 700m, 1,500m walk, Shot, Jav	U/15	100m, 700m, 1,500m Walk, LJ
U/16	100m, 700m, HJ, LJ	U/16	100m, 700m, HJ, Shot, Jav
U/17	100m, 700m, Shot	U/17	100m, 700m
U/19	2,000m walk	U/19	2,000m Walk
Juniors	100m, 400m, 1,500m, LJ	Juniors	100m, 400m, 3,000m, LJ

Note: u/15 Walks – ages U/13, 14 and 15 are eligible. U/19 Walks – Age's u/16, 17, 18 and 19 are eligible

Cup for the best overall Juvenile Club

Relays:

4 X 200m for Girls u/ 10, 12, 14 and 16. Boy's u/10, 12, 14 and 16 4 X 200m

Note: Athletes can move up only one age group in the relays. Entry Fee €8 per team.

Senior Races

Senior Mens 3,000m

Senior Ladies, 1,500m

Prizes for the first 3 individuals and the first 2 vets (one prize per athlete)

Senior Entry Fee: €5.00

Enquiries: Bill Lacey: 086 8100299 or Stephen Carew: stephencarew77@hotmail.com

ADMISSION €3 per adult and €3 per juvenile

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