



ENNIS TRACK A.C. Open Sports Day

Sunday, April 24th 2022 at 11am sharp

Lees Road Sports Facility, Ennis

Admission €5 per Adult, €5 per Child or Family €15

Entry fee includes all race entries

REGISTRATION at 10.30am for 11am start for:

Toddlers Sack Races (grass area inside the track)

Sprints U7 & U8

Long Jump U9

Age 5 & under Boys & Girls 60m & Sack Race

U/7 Boys & Girls 60m & 200m

U/8 Boys & Girls 60m & 200m

U/9 Boys & Girls 60m, 300m & Long Jump

U/10 Boys & Girls 60m, 500m & Long Jump

U/11 Boys & Girls 60m, 600m & Long Jump

U/12 Boys & Girls 60m, 600m & Long Jump

U/13 Boys & Girls 80m, 600m & Shot

U/14 Boys & Girls 80m, 800m & Long Jump

U/15 Boys & Girls 100m, 800m & Javelin

U/16 Boys & Girls 100m, 800m & Long Jump (U15's can do U16 Long Jump)

Barry Coughlan Memorial Senior Ladies & Men's Mile

N.B. Senior Ladies & Senior Men's Mile races start at 2pm

Masters & Senior Ladies & Men 100m Sprint (2.15pm)

Weight for Distance start at 2.30pm:

Ladies 28 lbs, Mens 35 lbs

- Relays for u/8; u/10; u/12; u/14;(all girls, all boys or mixed)
- Athletes must compete in their own age group, except for Relays
- Medals for all Tiny Tots, U/7& U/8.
- Trophies for 1st 3 Juveniles & Prizes for 1st 3 Seniors.
- Medals for 1st 3 teams in relays.

