



FARRANFORE MAINE VALLEY ATHLETIC CLUB

JUVENILE OPEN SPORTS DAY

Multi Events

Date: Sunday 22nd September 2019 @ 12 noon

Venue: GAA Sports Grounds, Farranfore. (Eircode: V93 KP27)

Admission: Adults €5 Children €3 Family €10

Open to all children: You do not need to be an athletic club member.

Age Category		Sprint	Distance	Jumps	Throws
Born 2012	U8	60m	200m	Long Jump	Turbo Javelin
Born 2011	U9	60m	300m	Long Jump	Turbo Javelin
Born 2010	U10	60m	600m	Long Jump	Turbo Javelin
Born 2009	U11	80m	600m	Long Jump	Shot Putt
Born 2008	U12	80m	900m	Long Jump	Shot Putt
Born 2007	U13	100m	900m	Long Jump	Shot Putt
Born 2006	U14	100m	1200m	Long Jump	Shot Putt
Born 2005	U15	100m	1200m	Long Jump	Shot Putt
Born 2004	U16	100m	1200m	Long Jump	Shot Putt
Novelty Events					
Tiny Tots	U5	40m			
Born 2014	U6	40m			Turbo Javelin
Born 2013	U7	40m			Turbo Javelin
Family Relay		4x100m			



Multi Event Rules

- Separate races for Boys & Girls in all categories
- Participants must register and receive an event number prior to starting.
- Participants **MUST** compete in at least **THREE (3)** Events in order to be awarded prizes.
- All participants can only compete in **THEIR OWN AGE CATEGORY**
- In the Field events all athletes will receive 3 attempts
- Top points scored in events will be totalled
- Trophy for first 3 in each age category
- Medal for all participants who complete at least 3 events.

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