

*Ferrybank Athletic Club presents .....*

# *McDonald's Open Track & Field Sports*

*Waterford*

*at*

*Waterford RSC*

*on*

*Sunday April 5th 2020*

*Start time 12 noon*

*Entrance Fee: €5 adults & children - Relay team entry fee €6 per team*

*Each athlete under 8, 9, 10 & 11 will receive a McDonald's Happy Meal Voucher for McDonald's Waterford City Centre or McDonald's Cork Road, Waterford.*

Events: ( Boys & Girls separate )

U 8 (2013)	60m	200m	LJ
U 9 (2012)	60m	300m	T. Jav
U10 (2011)	80m	300m	LJ
U 11(2010)	80m	500m 60m hurdles	
U 12 (2009)	80m	500m 60m hurdles	HJ
U 13 (2008)	80m	700m 60m hurdles	Shot
U 14 (2007)	80m	700m 75m hurdles	HJ
U 15 (2006)	100m	800m 80m hurdles	LJ
U 16 (2005)	100m	800m 80m/100m hurdles	Shot
U 17(2004)	100m	800m	
Junior(2005-2001)	100m	800m	HJ LJ
Senior	100m	1 Mile	
Masters	100m	1 Mile	

Race Walk : Juvenile 1500m (u 14 - 19) one race all ages 3 medals for boys , 3 for girls

Senior - Masters mile :One race all categories 3 medals for senior first 3 Seniors, 3 medals for first 3 Masters

Relays ( boys and girls separate ) 4 X 100m U 9, 11, 13, 15

Mixed Relays u 17, Junior (at least two girls on team)

Medals : First three in each event and first three teams in relays

Athletes compete in their own age group but can move up one age group in field events and relays

Under 17 upwards may compete in junior & senior events

U 8 & U 10 long jumps will have two attempts only

U 11 60m hurdles (hurdles 60cm high , 3 hurdles in race, approach 15m, interval 10m, finish 25m )

There will be a perpetual shield awarded to the best club

Further information from Bríd Golden 087-6889330

[www.ferrybankathleticclub.org](http://www.ferrybankathleticclub.org)