

# COURCEY ATHLETIC CLUB

## Open sports

**DATE:** Sunday, May 31<sup>st</sup> 2009

**TIME:** 1PM

**VENUE:** G.A.A. Grounds, Ballinspittle.

		<u>SPRINTS</u>	<u>FIELD</u>	<u>DISTANCE</u>	<u>RELAY</u>
BOYS/GIRLS	<b>4</b>	40M			
BOYS/GIRLS	<b>5 &amp; 6</b>	50M			
BOYS/GIRLS	<b>U8 ('02)</b>	60M	BALL THROW	200M	RELAY
BOYS/GIRLS	<b>U9 ('01)</b>	60M	LONG JUMP	200M	RELAY
BOYS/GIRLS	<b>U10 ('00)</b>	80M	BALL THROW	300M	RELAY
BOYS/GIRLS	<b>U11 ('99)</b>	80M	LONG JUMP	400M	RELAY
BOYS/GIRLS	<b>U12 ('98)</b>	100M	BALL THROW	400M	RELAY
BOYS/GIRLS	<b>U13 ('97)</b>	100M	LONG JUMP	400M	RELAY
BOYS/GIRLS	<b>U14 ('96)</b>	100M		600M	RELAY
BOYS/GIRLS	<b>U15 ('95)</b>	100M		600M	RELAY
BOYS/GIRLS	<b>U16 ('94)</b>	100M		800M	
BOYS/GIRLS	<b>U17 ('93)</b>	100M		800M	
SENIOR MEN/WOMEN'S		100M		800M	

**NO SPIKES** - for & including U12('98) and under

<b>FAMILY RELAY</b>	2 ADULTS & 2 CHILDREN U16 (all from the same family)
<b>FATHERS RACE</b>	<b>MOTHERS RACE</b>

**NOTE:** ❖ Athletes must compete in their own age group but may move up one age group if an event is not catered for in their age group.

**DENIS O'REILLY PERPETUAL TROPHY** to best all round juvenile club.

**BRIAN MINIHANE MEMORIAL TROPHY** to best all round juvenile athlete of Courceys Club.

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**ADMISSION PRICES:** Adults €5, Children €2, Family €15.