

# Tracton Athletic Club

Annual Sports Day, Sunday 28<sup>th</sup>. June 2009 at the Tracton GAA Grounds, Minane Bridge, Co. Cork at 1pm.; Admission: Adults €3.00. Juveniles €2.00.

<b>Boys &amp; Girls</b>	<b>Born:</b>	<b>Events:</b>
Under 4	2006+	50m.
Under 6	2004	50m.
Under 7	2003	50m.
Under 8	2002	80m. 200m. Ball Throw, Relay
Under 9	2001	80m. 200m. L.J. Ball Throw, Relay
Under 10	2000	80m. 300m. Ball Throw, Relay
Under 11	1999	100m, 400m. L.J.
Under 12	1998	100m. 600m. Ball Throw, Relay.
Under 13	1997	100m. 600m. Long Jump.
Under 14	1996	100m. 800m. Relay.
Under 15	1995	100m. 800m. Long Jump.
Under 16	1994	100m. 800m. Relay.
Under 17	1993	100m. 800m.

## **MOTHERS AND FATHERS RACE:**

**Family relay (2 adults & 2 children U. 16)**

### **Senior Men (18 & over)**

### **Senior Women (18 & Over)**

100m. 400m. 800m. Shot.  
56lb for distance. Relay

100m. 800m. Relay

**3,000 meters: (Open to all seniors)**

**The Vincent Kiely cup will be presented for the 3,000 meters.**

### **Veteran Men**

Over 40 100m. 800m.  
Over 45 100m. 400m.  
Over 50 100m.  
Over 55 100m.

### **Veteran Women**

100m. 400m.  
100m.

**The Michael Kiely cup will be presented to the best All Round Senior Club.**

**The Tom & Joy Murphy Shield will be presented to the best All Round Juvenile Athlete.**

**Athletes must compete in their own age group, but may move up one age in an event not catered for in their own age. Proof of age may be requested.**

**EVERYONE WELCOME**