St. Abban's Athletic Club

FOUNDED 1955

22th ANNUAL OPEN SPORTS

Monday 1st of May 2017 at 12.30pm

@ Club Grounds in Monavea, Crettyard, Co. Laois.

PROGRAMME

AGE	GIRLS	BOYS
Under 8	60m, 300m	60m, 300m
Under 9	60m, 300m	60m, 300m
Under 10	80m, 300m & Turbo Javelin	80m, 300m & Turbo Javelin
Under 11	80m, 300m & Long Jump	80m, 300m & Long Jump
Under 12	80m, 300m & High Jump	80m, 300m & High Jump
Under 13	100m, 700m & Long Jump	100m, 700m & Long Jump
Under 14	100m, 700m, High Jump & Shot	100m, 700m, High Jump & Shot
Under 15	100m, 700m, Long Jump & Discus	100m, 700m, Long Jump & Discus
Under 16	100m, 700m, 1200m Walk & Triple Jump	100m, 700m, 1200m Walk & Triple Jump
Under 17	100m, 700m, High Jump & Shot	100m, 1100m, High Jump & Shot

Junior Women:	100m, 700m, Triple Jump & Hammer & Pole Vault
Junior Men:	100m, 1100m, Triple Jump, Hammer & Pole Vault
Senior Women:	200m at 2.55pm
Senior Men:	400m at 3.00pm

A Hammer competition for both boys & girls will be held, with each group using the appropriate weight for their age, prizes will be presented to the top three overall.
ONLY ATHLETES CAPABLE OF AT LEAST ONE TURN WILL BE ALLOWED TO COMPETE IN THIS EVENT
HAMMER, WALK AND POLE VAULT WILL COMMENCE AT 12.30PM SHARP

Girls Relay	4 x 50m	Under 9
Boys Relay	4 x 50m	Under 9
Girls Relays	4 x 100m	Under 11, 13 & 15
Boys Relays	4 x 100m	Under 11, 13 & 15
Mixed Relay	4 x 100m	Under 17
Mixed Relay	4 x 300m	Over 16

- ***ALL RELAY TEAM MEMBERS MUST BE FROM THE SAME CLUB***
- **ATHLETES MAY MOVE UP ONE AGE GROUP IN FIELD EVENTS, WALKS & RELAYS**
- **MIXED RELAYS SHALL HAVE A MINIMUM OF 2 FEMALES**
- **PROOF OF AGE MAY BE REQUESTED**

MONAVEA SHIELD TO THE BEST ALL ROUND CLUB (Excluding Host Club)
PRESENT HOLDERS ARE *St Abban's A.c, Co Laois*

ADMISSION €3 **ALL PAY AT THE GATE** ***Relay Team Entries €5***

Seniors to pay entry fee of €3 on the field for a number

REFRESHMENTS AVAILABLE

For Further information contact: James Nolan 086 0865240 E-mail: jnolan.pk@gmail.com
Facebook: https://www.facebook.com/StAbbans

Club website: http://stabbans.itcarlow.ie/ *AAI Permit*

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ORDER OF EVENTS

You are all very welcome to Monavea, Co. Laois and we hope you have an enjoyable day.
We would appreciate the co-operation of everyone so that we can have as smooth competition as possible.

Hammer & Pole Vault will start as near as possible to 12.30pm
Walk for both boys and girls will start at 12.45pm over 3 laps – 1200 meters

Track 1 (Roadside)

Girls U.8	60m Heats
Girls U.9	60m Heats
Girls U.10	80m Heats
Girls U.11	80m Heats
Girls U.12	80m Heats
Girls U.13	100m Heats
Girls U.14	100m Heats
Girls U.15	100m Heats
Girls U.16	100m Heats
Girls U.17	100m Heats
Jnr. Women	100m Heats
Semi-Final/Final of Sprints	
Snr. Women	200m at 2.55pm
Snr. Men	400m at 3.00pm
Girls U.8	300m
Boys U.8	300m
Girls U.9	300m
Boys U.9	300m
Girls U.10	300m
Boys U.10	300m
Girls U.11	300m
Boys U.11	300m
Girls U.12	300m
Boys U.12	300m
Girls U.13	700m
Boys U.13	700m
Girls U.14	700m
Boys U.14	700m
Girls U.15	700m
Boys U.15	700m
Girls U.16	700m
Boys U.16	700m
Girls U.17	700m
Boys U.17	1100m
Jnr. Women	700m
Jnr. Men	1100m

Track 2

Boys U.10	80m Heats
Boys U.8	60m Heats
Boys U.9	60m Heats
Boys U.11	80m Heats
Boys U.12	80m Heats
Boys U.13	100m Heats
Boys U.14	100m Heats
Boys U.15	100m Heats
Boys U.16	100m Heats
Boys U.17	100m Heats
Junior Men	100m Heats

Field

Girls U.14 High Jump 1
Boys U.14 High Jump 2
Girls & Boys U.16 Triple Jump Pit 1
Boys U.13 Long Jump Pit 2
Boys U.10 Ball Throw

Girls U.12 High Jump 1
Girls & Boys U.17 High Jump 2
Girls U.15 Long Jump Pit 1
Girls U.13 Long Jump Pit 2
Girls U.10 Ball Throw
Girls U.14 Shot
Boys U.15 Discus

Boys U.12 High Jump
Girls U.11 Long Jump Pit 2
Boys U.15 Long Jump Pit 1
Boys U.14 Shot
Girls U.15 Discus

Boys U.11 Long Jump Pit 2
Jnr. Women & Jnr. Men Triple Jump
Girls & Boys U.17 Shot

Kindly sponsored by

Cllr. Ben Brennan

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Relays to Follow Starting with any age group requiring heats then Girls U.9 followed by Boys U.9 etc.