Laois Credit Unions

Senior Track & Field Championships & J. K. Malone Trophy

at St Abban's AC, Monavea on Thursday 26nd July Commencing at 7 p.m.

Senior Women		**800m**	**Senior Men (Champ & J.K.)**	**High Jump**
Senior Men		**800m**	**Senior Women(Champ & J.K.)**	**Discus**
Girls Under 12	**J.K.**	**80m**		
Boys Under 12	**J.K.**	**80m**	**Boys Under 12**	**J.K. Long Jump**
Girls Under 14	**J.K.**	**100m**	**Girls Under 12**	**J.K. Long Jump**
Boys Under 14	**J.K.**	**100m**	**Boys Under 14**	**J.K. Shot**
Girls Under 10	**J.K.**	**60m**	**Girls Under 14**	**J.K. Shot**
Boys Under 10	**J.K.**	**60m**		
Girls Under 16	**J.K.**	**100m**	**Senior Women**	**High Jump**
Boys Under 16	**J.K.**	**100m**	**Senior Men**	**Discus**
Senior Women		**200m**	**Senior Men(Champ & J.K.)**	**Javelin**
Senior Men		**200m**	**Boys Under 16**	**J.K. High Jump**
Finals of Sprints			**Girls Under 16**	**J.K. High Jump**

Senior Men (Champ. & J.K.)3000m ***(Including Team race with 3 to score)***

Medley Relay J.K. 100m x 200m x 200m x 100m Girls (2 U.12-100m & 2 U.14-200m)
Medley Relay J.K. 100m x 200m x 200m x 100m Boys (2 U.12-100m & 2 U.14-200m)
Medley Relay (Ch. & J.K.) 400m x 200m x 200m x 400m Women (2 U.16-200m & 2 Snr.-400m)
Medley Relay (Ch. & J.K.) 400m x 200m x 200m x 400m Men (2 U.16-200m & 2 Snr.-400m)

Over the 2 evenings (19th & 26th July) championships offered to seniors are:-
Women 100m, 200m, 400m, 800m, 1500m, 2 relays, L.J., H.J., Shot & Discus

Men 100m, 200m, 400m, 800m, 1500m, 3000m (Incl. Team), 2 relays, L.J., H.J., Shot, Discus & Javelin

Masters Men 3000m Over 40 & Over 50

Athletes MUST be over 16 to compete in Senior – Medals to the top 3 in all championship events.

Admission €3 All PAY at the GATE – Thank You