



# St. Abban's Athletic Club

FOUNDED 1955



## 24<sup>th</sup> ANNUAL OPEN SPORTS

Monday 6th May 2019 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	100m, 700m, Long Jump
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, Discus, Hammer & Pole Vault
Junior Men:	100m, 1100m, Triple Jump, Discus, 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. Laurence O'Tooles Carlow*

**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: *Caitriona McDonald 0878192691 OR Bernard Graham*

E-mail: [stabansac@gmail.com](mailto:stabansac@gmail.com)

Facebook: <http://www.facebook.com/stabbans.ac>



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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  
 Girls Junior Discus

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

Mob: 087 9613360

[www.cllrbenbrennan.com](http://www.cllrbenbrennan.com)

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