

CUSHINSTOWN A.C. RELAYS, JUMPS & THROWS EVENT

SUNDAY 28th April 2019



Start Times: 11am (Sharp) JUMPS THROWS

1pm – Relays

Pre-Registration no later than 1pm Friday 19th April required for relay teams, please contact 086 3735115 or email to cushinstownacsecretary@gmail.com

NO RELAY ENTRIES ON DAY

Competitors must have been born on or before 2012

List of Events

(Boys)		(Girls)	
1.	Boys U/8 4x 100m	1.	Girls U/8 4x 100m
2.	Boys U/9 4x 100m	2.	Girls U/9 4x 100m
3.	Boys U/10 4x 100m	3.	Girls U/10 4x 100m
4.	Boys U/11 4x 100m	4.	Girls U/11 4x 100m
5.	Boys U/12 4x 100m	5.	Girls U/12 4x 100m
6.	Boys U/13 4x 100m	6.	Girls U/13 4x 100m
7.	Boys U/14 4x 100m	7.	Girls U/14 4x 100m
Finals of above events		Finals of above events	
1.	U/15 Mixed 4 x 100m	Relays (€ 5.00 per team)	
2.	U/16 Mixed 4 x 100m		
3.	Jnr 4x 100m		
4.	Snr 4x 100m		
5.	Mstrs 4x 100m		

Relays: -

- Boys & Girls U8 must be born in 2012
- Boys & Girls U9 must be born in 2011
- Boys & Girls U10 to U14 may move up One age group for relay
- U15-U16 may not move up and age group
- U15, U16, Jnr, Snr, Mstrs Maximum of 2 males per team

Jumps & Throws Events

Long Jump	High Jump	Turbo Javelin	Javelin	Shot
Boys & Girls U/11,13,15,17	Boys & Girls U/12,14,16	Boys & Girls U/10,12	Boys & Girls U14,16, Jnr, Snr	Boys & Girls U13,15,17, Snr

Standards will apply, athletes must be technically competent in field events for which they are entered. The committee reserves the right to amend the list of events without notice.

Awards for 1st, 2nd, and 3rd in all events

ADMISSION: € 4.00, Child € 2.00 (includes entry fee)

Teas, Sandwiches, Soft Drinks etc. available on the day

CAC is a Non-Smoking Venue