

# CUSHINSTOWN A.C. RELAYS, JUMPS & THROWS EVENT

SUNDAY 28<sup>th</sup> April 2019



Start Times: 11am (Sharp) JUMPS THROWS

1pm – Relays

**Pre-Registration no later than 1pm Friday 19<sup>th</sup> April required for relay teams, please contact 086 3735115 or email to [cushinstownacsecretary@gmail.com](mailto: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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in all events

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

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