



BANDON ATHLETIC CLUB CELEBRATING 50 YEARS 1964 - 2014



Open Sports

Sunday 7th September 2014 at 12 Noon

TOWN PARK, BANDON

Programme of Events.

<u>Year Born</u>	<u>Events Boys & Girls – Juvenile start 12 noon / Senior- Junior 2pm</u>
Tiny Tots	50m
2009 (U6)	50m
2008 (U7)	50m
2007 (U8)	60m,
2006 (U9)	80m, 300m, Turbo Javelin
2005 (U10)	80m, 600m, Long Jump, Relay
2004 (U11)	80m, 600m, Turbo Javelin
2003 (U12)	80m, 800m, Shot-Putt, Relay
2002 (U13)	100m, 800m, Long Jump
2001 (U14)	100m, 400m, Shot-Putt, High Jump, Relay
2000 (U15)	100m, 800m, Long Jump
1999 (U16)	100m, 800m, Shot Putt, High Jump, Relay Mixed (2 Boys x2 Girls)

Inter-Club Relays: 4X100m (Boys & Girls)

Athletes confined to their own age group but may move up one year in respect of Relays.

Junior Women – 100m, 200m, 800m, Long Jump

Junior Men -- 100m, 400m, 1500m, Long Jump, Shot Putt

Senior Women – 100m, 200m, 800m, Long Jump, Shot Putt

Senior Men -- 100m, 800m, 1 Mile, 3,000m, High Jump, Long Jump, 56lbs Distance
(Juniors may move up if eligible to compete as Senior but cannot compete in both categories)

Senior Relay: Men & Women 4 X 100m (Juniors may move up for this event if eligible)

Adult Cycle Races: Half-Mile, 2 Miles, 3 miles (Devil Take The Hindmost) – (Racing Bikes)

Cash Prizes for Juniors / Seniors - Medals & Trophies for Juveniles

Paddy O'Donoghue Perpetual Trophy for Best Overall Senior /Junior Club

Patton Perpetual Trophy for Best All-Round Junior / Senior Athlete

Admission: Adults €5, Juvenile / Junior €3, Family €10.

Athletics Association Licence Granted

Bandon Athletic Club reserve the right to defer or cancel any event should they so wish for whatever reason.