



**Bandon Athletic Club
Open Sports 7th September 2014
Town Park Bandon 12noon
Order of Events**

Track Events

Juvenile Sprints 12noon Start

Town side

Boys Sprint heats

Boys U9 80m
Boys U10 80m
Boys U11 80m
Boys U12 80m
Boys U14 100m
Boys U15 100m
Boys U16 100m
Boys U13 100m
Boys U6 50m
Boys U7 50m
Boys U8 60m
Tiny Tots

Dugout side

Girls Sprint heats

Girls U9 80m
Girls U10 80m
Girls U11 80m
Girls U12 80m
Girls u13 100m
Girls U14 100m
Girls U15 100m
Girls U16 100m
Girls U6 50m
Girls U7 50m
Girls U8 60m
Tiny Tots

Final for all ages in same sequence

No final for Tiny Tots

300m Races

Girls U9
Boys U9

300m
300m

Junior / Senior Sprints 2pm Start

Senior Women 100m
Junior Women 100m
Senior Men 100m
Junior Men 100m

½ Mile Cycle Race Heats

Middle Distance Races 2.15pm Start	
Girls U10	600m
Boys U10	600m
Girls U11	600m
Boys U11	600m
Senior Men	1 Mile
Junior Men	1500m
Senior Women	800m
Junior Women	800m

½ Mile Cycle Race Final

800m Races 3pm Start	
Girls U15	800m
Boys U15	800m
Girls u13	800m
Boys U13	800m
Girls u12	800m
Boys U12	800m
Girls U16	800m
Boys U16	800m
Senior Men	800m

2 Mile Cycle Race Final

200m/400m Races 4pm Start	
Boys U14	400m
Girls U14	400m
Junior Men	400m
Junior Women	200m
Senior Women	200m

Senior Men	3000m
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3 Mile Devil Take the Hindmost Cycle Race
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Inter Club Relays	
Girls U10	
Boys U10	
Girls u12	
Boys U12	
Girls U14	
Boys U14	
U16 Mixed Relays (2 boys + 2 girls from same club)	
Senior Women	
Senior Men	

Field Events

Shot Put/Weight Throw 12.30pm Start
Boys U16 4kg
Girls U16 3kg
Boys U14 2.72kg
Girls U14 2kg

Boys U12 2kg
Girls U12 2kg
Senior Men 56lb for Distance
Senior Women 4kg

Junior Men 6kg

Notes.
Juvenile Sprints will start sharp at 12 noon.

Admission charges will apply to all athletes and spectators on the day.

The order of events will be followed as closely as possible, but Bandon AC reserve the right to bring events forward or change the event order so as to facilitate smooth running of the event.

Long Jump 12.00pm Start
Boys U13
Girls U13
Boys U10
Girls U10
Boys U15
Girls U15
Junior / Senior Men
Junior / Senior Women

Turbo Javelin 1pm Start
Boys U11
Girls U11
Boys U9
Girls U9

High Jump 12.30pm Start
Girls U14
Boys U14
Boys U16
Girls U16
Senior Men

