

u9(2010), u10(2009), u11(2008) - Competition Information:

As this may be your first time encountering competition, here is an outline of how it all works. The u9, u10 & u11 compete in 4 events only.

The Long Jump, turbo Javelin, 60m sprint and a distance race; u9(300m), u10(500m) & u11(600m).

Timetable and other relevant information on these events will be on the club website prior to the event.

The first competition in the outdoor T&F calendar year is the West Corks.

West Corks

This competition is held in CIT and is on 2 Sundays in April.(in 2018, it's the 15th and 29th April)

The first Sunday is the uneven ages u9,11,13 etc and the 2nd Sunday the even ages u10,12,14 etc. All Bandon AC athletes are encouraged to attend this competition. They may compete on both Sundays. One Sunday they will be in age and the following out of age and that's ok. Only the clubs in West Cork compete at this competition. There is a relaxed friendly atmosphere and It is a great introduction to competition for the child who is competing for the first time. Athletes are encouraged to compete in all the events for their age group. At the end of the day, we try to ensure that every child gets to run on a relay team, which they all love.

Cork County Championships (The Counties).

This competition is also held in CIT. The overall standard is higher at this competition than the West Corks, as all the clubs in the County can and do compete. Selection for this competition will be based on performances at the West Corks and during training. Athletes may compete in all the events for their age group. The Counties are held on 2 different Sundays in May. (in 2018, it's the 6th and 13th of May) They usually have 2 events one Sunday and the other 2 the following Sunday.

The County relays are held on a third Sunday in May. (In 2018, its 27th may) Any athlete who has made the relay squads will be expected to attend the relay Sunday. The County Bs are held on the same day as the relays. Any athlete who competed on either or both the first 2 Sundays and did NOT win a medal, is eligible to compete in the County Bs.

Munster Championships (The Munsters) - Pairs competition.

The Munster championships are usually held on a Saturday in June and can take place anywhere in Munster. The competition lasts the whole day with the relays also on the same day. The standard is higher than the Counties. Only the u9-11 age groups compete on this day. Sometimes the u12 & u13s are on the same day too but that changes from year to year.

Now this is where the competition gets a little confusing.

Each athlete who is selected to compete, can only compete in 2 events out of the 4 events on offer. It can be any 2 events. Each club enters at least 2 athletes in each event, if at all possible.

For example: Bandon AC enter 6 athletes in the 60m sprint. They all run and are timed (timing is done electronically). The fastest 2 Bandon athletes in the race have their times added together, combined, and they now form a pair. The next two fastest Bandon athletes have their times combined and are the second pairing from Bandon and finally the last 2 are combined and they are the third pair. They all only run 1 race. The pair out of all the clubs competing on the day with the fastest combined time are the winners, the next fastest pair are second and the third fastest pair are third. This format allows more children to compete in the first place and spreads the medal count across more clubs and children. It allows more children who would not win on their own as they may not be the fastest, get

something, as combined with their partner, they might be the fastest pair. It is the same for the Long jump, the pair who jumps the furthest, the turbo, the pair who throws the longest and the 300m, the pair who run the fastest. There are medals for the overall 1,2,3 individual in each event on the day also.

If any pairing, get medals on the day, come 1st, 2nd or 3rd they qualify for the All Irelands. If you win an individual medal and not a pairs medal, you do not qualify for the All-Irelands. The relays are at the end of the day and the teams placing 1,2,3 qualify for the All-Irelands. Like the Counties, any child that did not get a medal in any individual event is eligible for the Munster Bs, which is in July.

All - Irelands

The All-Irelands are usually in Tullamore, the last weekend in June or 1st weekend in July. This is usually on a Saturday and again is a one day competition. (in 2018, its 1st July) Only the u9,10,11s compete on this day. There are no individual winners on the day, only the pairs can medal. Again, the relays are on last thing. All members of the squad are expected to be present.

That's a summary of the outdoor season.

At Bandon AC we endeavour to introduce kids to athletics with a view to having them still members in their early/late teens and on into their twenties. As children grow and develop at different stages, we try to foster the concept of personal best(PB). This allows the child in training to better and improve themselves, rather than to win. Research has shown that it keeps the child involved in a sport for longer once they see that they are improving. It helps to remove the pressure of winning and having to be the best and increases the enjoyment factor. It also means that they are less likely to give up the sport due to losing. We will not enter any child in an event or competition unless they are comfortable and confident about doing it and competent at the event.

The competitions are on in May (Communion time) and June/July (holiday time). Please let your child's coach know as soon as possible, if your child is selected for a competition and is not available. He/She isn't the first and won't be the last not to be available. We can try do something about it if we know in advance.

If you have any questions at any time, talk to your child's coach or contact the Club phone.