

**Bandon Athletic Club  
Open Sports 26th August 2018  
Town Park Bandon 12 noon  
Order of Events**

**Track Events**

**Juvenile Sprints 12 noon**

**Town side**

**Boys Sprint heats**

Boys U9 80m  
Boys U10 80m  
Boys U11 80m  
Boys U12 80m  
Boys U13 100m  
Boys U14 100m  
Boys U15 100m  
Boys U16 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 if required

No final for Tiny Tots, u6 or u7, multiple races if required with prizes for all participants

**300m/500m 1:10pm**

Girls U9	300m
Boys U9	300m
Girls U10	500m
Boys U10	500m

**Junior / Senior Sprints 1:30pm**

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

**600m Races 1:45pm**

Girls u11	600m
Boys u11	600m

<b>Junior / Senior Middle Distance 2pm</b>	
<b>Women's 800m for Catherine Duggan Memorial Perpetual Trophy</b>	
Senior/Junior Women	800m
<b>Men's Mile for Bob Hales Memorial Perpetual Trophy</b>	
Senior/Junior Men	1 Mile

<b>800m Races 2:15pm</b>	
Girls U12	800m
Boys U12	800m
Girls u13	800m
Boys U13	800m
Girls u14	800m
Boys U14	800m
Girls U15	800m
Boys U15	800m
Girls U16	800m
Boys U16	800m

<b>200m/400m Races 3:30pm</b>	
Junior Men	400m
Senior Men	400m
Junior Women	200m

<b>Long Distance 3:45pm</b>	
Senior Women	3000m
Senior Men	3000m

<b>Inter Club Relays 4pm</b>	
Girls U9	
Boys U9	
Girls u11	
Boys U11	
Girls U13	
Boys U13	
Girls U15	
Boys U15	
U16 Mixed Relays ( 2 boys + 2 girls from same club)	
Senior Women	
Senior Men	

## Field Events

<b>Shot Put/Weight Throw</b>	<b>12pm Start</b>
Boys U16 4kg	
Girls U16 3kg	
Boys U14 2.72kg	
Girls U14 2kg	
Boys U12 2kg	
Girls U12 2kg	
Senior Women 4kg	
Junior Men 6kg	
Senior Men 56lb for Distance	
Senior Women 8kg Distance	

<b>TurboJavelin A - 1pm Start</b>
Boys U11
Boys U9

<b>TurboJavelin A - 1pm Start</b>
Girls U11
Girls U9

<b>Long Jump</b>	<b>12.30pm Start</b>
Boys U15	
Girls U15	
Boys U13	
Girls U13	
Boys U10	
Girls U10	
Junior / Senior Men	
Junior / Senior Women	

<b>Notes.</b>
Juvenile Sprints will start at 12pm
Juveniles confined to own age group
e.g u9 can't do u10 Long Jump
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.

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