

**Bandon Athletic Club
Open Sports 17th August 2019
Town Park Bandon 1:30pm
Order of Events**

Track Events

Juvenile Sprints 1.30pm

Town side

Boys Sprint heats

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

Dugout side

Girls Sprint heats

Girls U9 60m
Girls U10 60m
Girls U11 60m
Girls U12 60m
Girls U13 80m
Girls U14 80m
Girls U15 100m
Girls U16 100m
Girls U6 50m
Girls U7 50m
Girls U8 50m
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 2:30pm

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

Junior / Senior Sprints 3pm

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

Junior / Senior Middle Distance 3:15pm

Women's 800m for Catherine Duggan Memorial Perpetual Trophy

Men's Mile for Bob Hales Memorial Perpetual Trophy

600m/800m Races 3:30pm	
Girls u11	600m
Boys u11	600m
Girls U12	600m
Boys U12	600m
Girls u13	600m
Boys U13	600m
Girls u14	800m
Boys U14	800m
Girls U15	800m
Boys U15	800m
Girls U16	800m
Boys U16	800m

200m/400m Races 4:30pm	
Junior Men	400m
Junior Women	200m

Long Distance 5pm	
Senior Women	3000m
Senior Men	3000m

Inter Club Relays 5:30pm	
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

Shot Put/Weight Throw	1.30pm Start
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 28lb Distance	

TurboJavelin A - 2.30pm Start
Boys U11
Boys U9

TurboJavelin A - 2.30pm Start
Girls U11
Girls U9

Long Jump	1.30pm Start
Boys U15	
Girls U15	
Boys U13	
Girls U13	
Boys U10	
Girls U10	
Senior Men	
Senior Women	

Notes.
Juveniles confined to own age group e.g u9 can't do u10 Long Jump but can move up for relays
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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