

Bandon Athletic Club
Open Sports 8th August 2021
Town Park Bandon
Order of Events

Entry from 9:30am	U8/U9	Confined to Bandon A.C members
	Start 10:00am	
TRACK		
Dugout side		
Boys Sprint heats 10:00am		
Boys U8 50m		
Boys U9 60m		
Boys finals		
Girls Sprint heats		
Girls U8 50m		u8 - Born 2014
Girls U9 60m		u9 - Born 2013
Girls Finals		
All athletes are requested to leave the area as soon as practical once finished competing.		

Entry from 10:45am	U10/U11	Confined to Bandon A.C members
	Start 11:00am	
TRACK		
Dugout side		
Boys Sprint heats 11:00am		
Boys U10 60m		
Boys U11 60m		
Boys finals		
Girls Sprint heats		Turbo Javelin 11:00am
Girls U10 60m		Boys U11
Girls U11 60m		
Girls Finals		
Long Race 12:15pm	u10 - Born 2012	
Girls U10 500m	u11 - Born 2011	
Boys U10 500m		
Girls U11 600m		
Boys U11 600m		
All athletes are requested to leave the area as soon as practical once finished competing.		

U12/U13	
Entry from 12:15pm	Start 12:30pm
TRACK	
Dugout side	
Boys Sprint heats 12:30pm	
Boys U12 60m	
Boys U13 80m	
Boys finals	
Girls Sprint heats	
Girls U12 60m	
Girls U13 80m	
Girls Finals	
Long Race 1:15pm	
Girls U12 600m	
Boys U12 600m	
Girls U13 600m	
Boys U13 600m	
All athletes are requested to leave the area as soon as practical once finished competing.	
FIELD	
Long Jump 12:30pm	
Girls U13	
Boys U13	
Shot Put 12:30pm	
Girls U12	
Boys U12	

U14/U16	
Entry from 1:15pm	Start 1:30pm
TRACK	
Dugout side	
Boys Sprint heats 1:30pm	
Boys U14 80m	
Boys U16 100m	
Boys finals	
Girls Sprint heats	
Girls U14 80m	
Girls U16 100m	
Girls Finals	
Long Race 2:15pm	
Girls U14 800m	
Boys U14 800m	
Girls U16 800m	
Boys U16 800m	
All athletes are requested to leave the area as soon as practical once finished competing.	
FIELD	
Long Jump 1:30pm	
Girls U16	
Boys U16	
Shot Put 1:30pm	
Girls U14	
Boys U14	

Junior/Senior events

Entry from 2:15pm Start 2:30pm

Juniors can compete as a Senior when there is no equivalent event for them.

Women's 800m for Catherine Duggan Memorial Perpetual Trophy 2:30pm

Men's Mile for Bob Hales Memorial Perpetual Trophy 2:40pm

Sprints 3:00pm

Junior Women 100m

Shot Putt 2:30pm

Senior Women 100m

Senior Men

Junior Men 100m

Senior Women

Senior Men 100m

Long Jump 2:50pm

Heats if required.

Junior Men

Junior Women

5km for the Donough Coughlan Memorial Cup 3:30pm

All athletes are requested to leave the area as soon as practical once finished competing.

Events for u8,u9,u10,u11 are strictly confined to members of Bandon AC.

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.

Max 1 adult to accompany juvenile athlete.

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