

**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		FIELD
Dugout side		Long Jump 10:00am
Boys Sprint heats 10:00am		Girls U8
Boys U8 50m		Girls U9
Boys U9 60m		Boys U8
Boys finals		Boys U9
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		FIELD
Dugout side		Long Jump 11:00am
Boys Sprint heats 11:00am		Girls U10
Boys U10 60m		Boys U10
Boys U11 60m		Girls U11
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.		

Entry from 12:15pm	U12/U13	Start 12:30pm
TRACK		FIELD
Dugout side		Long Jump 12:30pm
Boys Sprint heats 12:30pm		Girls U13
Boys U12 60m		Boys U13
Boys U13 80m		
Boys finals		
Girls Sprint heats		Shot Put 12:30pm
Girls U12 60m		Girls U12
Girls U13 80m		Boys U12
Girls Finals		
Long Race 1:15pm		
Girls U12 600m	u12 - Born 2010	
Boys U12 600m	u13 - Born 2009	
Girls U13 600m		
Boys U13 600m		
All athletes are requested to leave the area as soon as practical once finished competing.		

Entry from 1:15pm	U14/U16	Start 1:30pm
TRACK		FIELD
Dugout side		Long Jump 1:30pm
Boys Sprint heats 1:30pm		Girls U16
Boys U14 80m		Boys U16
Boys U16 100m		
Boys finals		
Girls Sprint heats		Shot Put 1:30pm
Girls U14 80m		Girls U14
Girls U16 100m		Boys U14
Girls Finals		
Long Race 2:15pm		
Girls U14 800m	u14 - Born 2008	
Boys U14 800m	u16 - Born 2007 or 2006	
Girls U16 800m		
Boys U16 800m		
All athletes are requested to leave the area as soon as practical once finished competing.		

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

Senior Women 100m

Junior Men 100m

Senior Men 100m

Heats if required.

Shot Putt 2:30pm

Senior Men

Senior Women

Long Jump 2:50pm

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.