

**Bandon Athletic Club  
Open Sports 14th August 2022  
Town Park Bandon 10am  
Order of Events**

**Track Events**

**Juvenile Sprints 10am**

**Town side**

**Boys Sprint heats**

Boys U9 60m  
Boys U10 60m  
Boys U11 60m  
Boys U12 60m  
Boys U13 80m  
Boys U14 80m  
Boys U16 100m  
Boys U8 60m  
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 U16 100m  
Girls U8 60m  
Tiny Tots

Final for all ages in same sequence if required

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

**300m/500m 11:30pm**

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

**Donough Coughlan Memorial 5k 1pm**

Senior & Junior - Men & Women 5000m

**600m/800m Races 1:30pm**

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 U16	800m
Boys U16	800m

**Junior / Senior Sprints 2:45pm**

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

**Junior / Senior Middle Distance 3:00pm**

**Women's 800m for Catherine Duggan Memorial Perpetual Trophy**

**Men's 1 Mile for Bob Hales Memorial Perpetual Trophy**

**Inter Club Relays 3:30pm**

Girls U9  
Boys U9  
Girls u11  
Boys U11  
Girls U13  
Boys U13  
U16 Mixed Relays ( 2 boys + 2 girls from same club)  
Senior Women  
Senior Men

### Field Events

<b>Shot Put</b>	<b>10:30am Start</b>
Boys U16 4kg	
Girls U16 3kg	
Boys U14 2.72kg	
Girls U14 2kg	
Boys U12 2kg	
Girls U12 2kg	
<b>Junior Shot Put</b>	<b>1pm Start</b>
Junior Men 6kg	
Junior Women 4kg	

<b>TurboJavelin A - 10:30am Start</b>
Boys U11
Boys U9

<b>TurboJavelin A - 10:30am Start</b>
Girls U11
Girls U9

<b>Weight for Distance 2:30pm Start</b>
Senior Men 56lbs
Senior Women 28lbs

<b>Long Jump</b>	<b>11am Start</b>
Boys U8	
Girls U8	
Boys U13	
Girls U13	
Boys U10	
Girls U10	
<b>Junior Long Jump</b>	<b>1:30pm Start</b>
Junior Men	
Junior Women	

<b>Notes.</b>
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.

Juniors may compete as Senior where there is no equivalent event
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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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