

Bandon Athletic Club
Open Sports 20th August 2023
Town Park Bandon 10am
Order of Events
Junior / Senior
Track Events

Junior & Senior Sprints	10:00am Start
Senior Women 100m	
Senior Men 100m	
Junior Women 100m	
Junior Men 100m	

Donough Coughlan Memorial 5k	10:30am
Senior & Junior - Men & Women	5000m

Relays	11:00am
Senior Women Relays	
Senior Men Relays	

Junior & Senior Middle Distance	
Women's 800m for Catherine Duggan Memorial Perpetual Trophy	11:30am
Men's 1 Mile for Bob Hales Memorial Perpetual Trophy	11:45am

Field Events

Junior Long Jump	10:00am Start
Junior Men	
Junior Women	

Shot Put	10:30am Start
Senior Men 7.26kg	
Senior Women 4kg	

Weight for Distance	11:30am Start
Senior Men 56lbs	
Senior Women 28lbs	

Juniors may compete as Senior where there is no equivalent event

Admission charges will apply to all athletes and spectators on the day.