

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

Juvenile

Track Events

Juvenile Sprints 12pm

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 1:30pm

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

600m/800m Races 2:00pm

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

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)

Field Events

Shot Put	12:30pm Start
Boys U16 4kg	
Girls U16 3kg	
Boys U14 2.72kg	
Girls U14 2kg	
Boys U12 2kg	
Girls U12 2kg	

TurboJavelin A - 12:30pm Start
Boys U11
Boys U9

TurboJavelin B - 12:30pm Start
Girls U11
Girls U9

Long Jump	1pm Start
Boys U8	
Girls U8	
Boys U13	
Girls U13	
Boys U10	
Girls U10	

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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