

Nenagh Olympic Athletic Club



www.nenagholympic.com

Open Indoor Competition for Athletes U-9 to U-12 Nenagh Indoor Stadium, Saturday 6th Feb 2016 11.30am (HJ) 12 noon (Track Events)

NB! ALL AGE GROUPS BASES ON THE 2016 ATHLETICS YEAR.

U9 born in 2008 U10 born in 2007 U11 born in 2006 U12 born in 2005

EVENTS

Girls & Boys Under 9	60m (<i>Gold & Silver*</i>)	300m	L.J.	-	-	4 x 100m Relay.
Girls & Boys Under 10	60m (<i>Gold & Silver*</i>)	300m	L.J.	-	-	4 x 100m Relay.
Girls & Boys Under 11	60m (<i>Gold & Silver*</i>)	300m	L.J.	-	-	4 x 100m Relay.
Girls & Boys Under 12	60m	600m	L.J.	H.J.	Shot	4 x 100m Relay.

Track Times		Field Event Times	There are two high jump foams H.J. 1 & H.J. 2 and two Long Jump pits L.J. 1, L.J. 2					
12:00	Boys U 09 300m	Note: B12 and G12 High Jump start 11:30am All other field events start as ordered in table opposite as 300m races finish	Field Events Order →	1	2	3	4	5
	Girls U 09 300m		H.J. 1 11:30am	B 12				
	Boys U 10 300m		H.J..2 11:30am	G.12				
	Girls U 10 300m		L.J. 1		B.09	B.11	G.09	G.11
	Boys U 11 300m		L.J..2		B.10	B.12	G.10	G.12
	Girls U 11 300m		Shot		B.12		G.12	
	Boys U 12 600m							
Girls U 12 300m								
Results of the above are based on Time								
	Boys U 09 60m heat Girls U 09 60m heat Boys U 10 60m heat Girls U 10 60m heat Boys U 11 60m heat Girls U 11 60m heat Boys U 12 60m heat Girls U 12 60m heat ----- Girls & Boys U9 to U 11 Gold and Silver Finals ----- Girls & Boys U 12 semis and finals		<p><i>Relays order is dependent on situation in field events</i></p> <p> <i>Girls Under 9 4 x 100m</i> <i>Boys Under 9 4 x 100m</i> <i>Girls Under 11 4 x 100m</i> <i>Boys Under 11 4 x 100m</i> <i>Girls Under 10 4 x 100m</i> <i>Boys Under 10 4 x 100m</i> <i>Girls Under 12 4 x 100m</i> <i>Boys Under 12 4 x 100m</i> </p> <p>Results of the above are based on Time</p>					

See Notes on Page 2

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Note 1 - Athletes may enter only ONE track event on the day i.e., sprint OR distance race.

Note 2 – 60m Gold & Silver Finals

Girls & Boys Under 9, 10 & 11 will get two 60m races as follows: After the heats athletes will be split into 2 Groups (Gold & Silver). Each group will then be run off in the normal way with medal winners in both groups.

Note 3

All athletes are confined to their own age group categories in individual events.

Note 3

In Relay Races, athletes may move up two age groups except where a Club has entered more than one team in any age group. Athletes may only compete in ONE Relay.

The order of events may be changed on the day depending on how events are progressing.

Entry fees

Individual Events - Flat charge of €5 per athlete on the door.

Relays - €10 per team

Phone enquiries to Christisne Finnerty 085 182 6 479

Check for updates on

www.nenagholympic.com

ALL ENTRIES TAKEN ON THE DAY