



NOAC Open Indoor Competition U13 - Junior
Sat. Jan 16 NB !! All AGE GROUPS BASED ON THE 2016 ATHLETICS YEAR.

Start Time	10:00					11:00																		
Outer Track	GU15 1000m Wk	BU15 1000m Wk	GU 17/19 1500m Wk	BU 17/19 1500m Wk	G Jun 3000m Wk		B Jun 3000m Wk	BJU 400m	GJU 400m	B13 600m	G13 600m	B15 800m	G15 800m	B17 800m	G17 800m	B19 800m	G19 800m	B Jun 1500m	G Jun 1500m	B17 200m	G17 200m	B19 200m	G19 200m	*
<i>High Jumps</i>			<i>Hurdles</i>										<i>60m Sprints</i>											
	<i>HJ1x2</i>		<i>HJ2 x 2</i>																					
Sprint Lanes	B13 HJ		G13 HJ		B13 Hd	G13 Hd	B15 Hd	G15 Hd	B17 Hd	G17 Hd	B19 Hd	G19 Hd	BJU Hd	GJU Hd	B17 60m	G17 60m	B19 60m	G19 60m	B13 60m	G13 60m	B15 60m	G15 60m		
	B15 + B17 + B19		G15 + G17 + G19		B14 Hd	G14 Hd	B16 Hd	G16 Hd	B18 Hd	G18 Hd														
Long Jump 1	B17 LJ		B13 LJ					BJU/19 LJ					B15 LJ											
Long Jump 2	G17 LJ		G13 LJ					GJU/19 LJ					G15 LJ											
Shot				BJU/19 SP		GJU/19 SP		B15 SP		B17 SP		G15 SP		G17 SP		B13 SP		G13 SP						

Doors Open 09:00
Start time for LJ, HJ and Walks: 10:00
Start time all other events: 11:00

Shop will be open for hot drinks, sandwiches, etc.
Individual Entry Fee : Flat charge €5.00 per athlete paid at the door.
Relay Entry Fee : €10.00 per Team
Entries will be taken on the day

Notes

1	Athletes check in/enter when an event is called Check in for track events at the call/assembly areas, Check in for field events at the event area
2	Medals for U13 and U15.
3	U19 will be competing with the Juniors for LJ, HJ, and shot These will not be separate competitions, i.e. only one set of winners.
4	U17 and U19 walks will be run together as both are over 1500m, These will be separate competitions, i.e. two sets of winners

DONATIONS to NOAC DEVELOPMENT FUND will be gratefully accepted in the shop area on the day

Relay	U13 B&G 4x100m
X 10	U15,17,19,Jun B&G 4x200m