

Nenagh Olympic Athletic Club



www.nenagholympic.com

Open Indoor Competition for Athletes U-9 to U-12 Nenagh Indoor Stadium, Saturday 31st January 2015

11.30am (HJ) 12 noon (Track Events)

NB! ALL AGE GROUPS BASES ON THE 2015 ATHLETICS YEAR.

U9 born in 2007 U10 born in 2006 U11 born in 2005 U12 born in 2004

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		<i>Relays order is dependent on situation in field events</i> Girls Under 9 4 x 100m Boys Under 9 4 x 100m Girls Under 11 4 x 100m Boys Under 11 4 x 100m Girls Under 10 4 x 100m Boys Under 10 4 x 100m Girls Under 12 4 x 100m Boys Under 12 4 x 100m Results of the above are based on Time					
	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							

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.

No entry fee just a flat charge of €5 per athlete on the door.

Phone enquiries to Christine Finnerty 085 182 6 479

Check for updates on

www.nenagholympic.com

ALL ENTRIES TAKEN ON THE DAY