

# CUSHINSTOWN A.C.

## ANNUAL TRACK AND FIELD SPORTS 2018

**Sunday 22<sup>nd</sup> April 2018**

Start Times: 11am (Sharp) – Field Events, Shot Putt, Long Jump, Javelin, High Jumps  
1pm – All other events

**\*Competitors must have been born on or before 2011\***

### List of Events

(Boys)				(Girls)			
1.	*	U/8	60m	1.	*	U/8	60m
2.		U/9	80m	2.		U/9	80m
3.		U/10	80m	3.		U/10	80m
4.		U/11	80m	4.		U/11	80m
5.		U/12	100m	5.		U/12	100m
6.		U/13	100m	6.		U/13	100m
7.		U/14	100m	7.		U/14	100m
8.		U/15	100m	8.		U/15	100m
9.		U/16	100m	9.		U/16	100m
<b>10.</b>		<b>Finals of above events</b>		<b>10.</b>		<b>Finals of above events</b>	
11.		Ladies	100m				
12.		Men	100m			<b>Relays (€ 5.00 per team)</b>	
13.		Girls	U/12 600m			Entry time will be announced over PA	
14.		Boys	U/12 600m				
15.		Girls	U/13 600m				
16.		Boys	U/13 600m	1.		Boys / Girls U/10 4x 100m	
17.		Girls	U/14 600m	2.		Boys / Girls U/12 4x 100m	
18.		Boys	U/14 600m	3.		Boys / Girls U/14 4x 100m	
19.		Girls	U/15 600m	4.		Under 16 Mixed 4 x 100m	
20.		Boys	U/15 600m	5.		Mixed Adults x 100m (2 Men per team)	
21.		Girls	U/16 800m				
22.		Boys	U/16 800m				

### Field Events

Long Jump	Shot	High Jump	Turbo Javelin
Girls & Boys U/11, 13, 15,17	Girls U/14, 16, Jnr Boys U/13, 15, Snr	Girls & Boys U/12, 14, 16	Girls & Boys U/10, U12
			<b>Javelin</b>
Two Pits will be used. Standards will apply			Girls & Boys U/ 14, 16 Snr Women / Men

**Awards for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in all events**

**Clubs must ensure that competitors are technically competent in field events for which they are entered, as lack of technique constitutes a danger to the competitor or others. Proper shoes must be worn for field and track events. The committee reserves the right to amend the list of events with out notice.**

**ADMISSION: € 4.00, Child € 2.00 (includes entry fee)**

**Teas, Sandwiches, Soft Drinks etc. available on the day**

**CAC is a Non-Smoking Venue**