

Liscarroll Athletic Club.

LISCARROLL, MALLOW, CO.CORK

Affiliated to The Athletic Association Of Ireland

Sunday 9th. August 2009 at 1.00pm. Sharp.

19th. Annual Open Sports--at Liscarroll G.A.A.Grounds.

Important;- Juvenile categories are determined by the year of birth, & must compete accordingly i.e.anyone born at anytime in 2005 must compete in the events listed for that group. (A.A.I.Rules) .

Medals for all Runners Up in Sprint Races for those Born in ,2005,2004,2003,2002. Boys & Girls

Year Born	Boys	Boys	Boys	Boys	<u>RELAYS</u>	YearBorn	Girls	Girls	Girls	Girls
2005	50m.					2005	50m.			
2004	50m.					2004	50m.			
2003	50m.	75m.				2003	50m.	75m.		
2002	75m.	110m.		B/T.		2002	75m.	110m.		B/T.
2001	75m.	300m.	L.J.		** Mixed 4x100m	2001	75m.	300m.	L.J.	
2000	75m.	300m.		B/T.	** Mixed 4x100m	2000	75m.	300m.		B/T.
1999	100m.	600m.	L.J.		** Mixed 4x100m	1999	100m.	600m.	L.J.	
1998	100m.	600m.		Shot.	** Mixed 4x100m	1998	100m.	600m.		Shot.
1997	100m.	600m.	L.J.		** Mixed 4x100m	1997	100m.	600m.	L.J.	
1996	100m.	800m.		Shot.		1996	100m.	800m.		Shot.
1995	100m.	800m.			** Mixed 4x100m	1995	100m.	800m.		
1994	100m.	800m.	L.J.			1994	100m.	800m.	L.J.	
1993	100m.	1500m.		Shot.		1993	100m.	1500m.		Shot.

A SENIOR 1500m race will be held for athletes Born 1992 or before, for Individual Prizes 1,2,3,& will incorporate a team event consisting of (Teams of Three) with Prizes for the first 2 teams. Masters may compete in this race, as .individuals or as members of a team. Masters Prizes 1st & 2nd Ind.outside of first 3. TEAMS must check in & Register before Start. Separate Race for Women.

ATHLETES Born 1993 or before may compete in the Senior Long Jump

Senior	100m		L.J.	Shot.		Senior	100m		L.J.	Shot.
M. O.35	100m					W. O.35	100m			
M. O.45	100m	400m	L.J.	Shot.		W. O.40	100m			Shot.
M. O.55	100m					W. O.50	100m			

**** MIXED CLUB RELAYS MAY BE ANY COMBINATION FROM THE SAME CLUB ON EACH TEAM. ****

ATHLETES FROM DIFFERENT CLUBS MAY NOT MAKE UP A TEAM--- ALL 4 MUST BE FROM THE SAME CLUB.
NO RESTRICTIONS ON AGES, ONCE EVERYONE ON THE TEAM IS BELOW THE SPECIFIED AGE.

IMPORTANT;--COMPETITORS ARE CONFINED TO THEIR OWN AGE GROUPS.(Proof may be requested) IN TRACK EVENTS EXCEPT RELAYS e.g. THEY MAY NOT COMPETE IN TWO SPRINTS OR TWO MIDDLE DISTANCE RACES. THEY MAY MOVE UP ONE AGE GROUP IN FIELD EVENTS, THAT ARE NOT IN THEIR AGE GROUP.e.g. B/T, SHOT, L/J.

Open Family Relay 3x100M. For Non Members of Liscarroll A.C. A Family must Consist of 1 Parent + 2 Children U15 (1995 or younger)	MIXED OPEN RELAY OPEN TO ALL/ANY RUNNERS PREPARED TO FORM TEAMS OF 3 .(3X100) (BORN1995 OR BEFORE)	Confined Family Relay 3x100M. Liscarroll A.C. Members & their Families, 1 Parent + 2 Children U15.(1995)	LISCARROLL ATHLETIC CLUB / LISCARROLL G.A.A / LISCARROLL COMMUNITY COUNCIL ACCEPT NO RESPONSIBILITY OR LIABILITY FOR ANY INJURY,LOSS OR DAMAGE INCURRED AT THE SPORTS. ALL EVENTS ARE SUBJECT TO WEATHER PERMITTING & THE ORGANISERS RESERVE THE RIGHT TO CURTAIL OR AMEND THE PROGRAMME . (A.A.I.OPEN PERMIT GRANTED).
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Trophies for all events including Relays up to & Including U17 (Born 1993)--Prizes for all other Age Groups
Perpetual Trophies For;

Best Overall Juvenile, Female Athlete, Male Athlete, & Visiting Club & local Club Athlete (Up to U17 Only)

ADMISSION;:- ADULTS;- €4.00. CHILDREN;- €3.00. RELAYS;- €4.00 per team.

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Don't Forget! Our 10km(6Mile) Road Race on Sun. 23rd.August.