



## **ENNIS TRACK ATHLETIC CLUB**

### **Open Sports Day**

**Sunday, May 7th 2017**

**Lees Road Sports Facility, Drumcliffe Road, Ennis**

**Start @ 12 Noon Sharp**

**Admission €3 per Adult, €3 per Child**

**Children 4 or under Free**

**Entry fee includes all race entries**

**Age 5 & under Boys & Girls 60m & Sack Race**

**U/7 Boys & Girls 60m & 100m**

**U/8 Boys & Girls 60m & 100m**

**U/9 Boys & Girls 60m, 300m & Turbo Javelin**

**U/10 Boys & Girls 60m, 500m & Long Jump**

**U/11 Boys & Girls 60m, 600m & Turbo Javelin**

**U/12 Boys & Girls 60m, 600m & Long Jump**

**U/13 Boys & Girls 80m, 600m & Shot**

**U/14 Boys & Girls 80m, 800m & Long Jump**

**U/15 Boys & Girls 100m, 800m &**

**U/16 Boys & Girls 100m, 800m & Javelin**

**Youths Boys & Girls 100m & 400**

**Masters Ladies & Men's Mile (O/35)**

**Barry Coughlan Memorial Senior Ladies & Men's Mile**

**N.B. Senior Ladies & Senior Men's Mile races start at 2pm**

- Relays for u/8; u/10; u/12; u/14;(all girls, all boys or mixed)
- Athletes must compete in their own age group, except for Relays, Javelin & Shot, where they can move up one age group.
- Medals for all Tiny Tots, U/7& U/8.
- Trophies for 1<sup>st</sup> 3 Juveniles & Prizes for 1<sup>st</sup> 3 Seniors.
- Medals for 1<sup>st</sup> 3 teams in relays.

**N.B. Refreshments & snacks available to purchase on the day.**