

Donegal Athletic Board

Donegal Children's Games 2010 (U9-U11)

Thursday 6th May 2010 – 6.30pm sharp

Finn Valley Centre, Stranorlar

Under 9 (2002)	Under 10 (2001)	Under 11 (2000)
60m 300m Ball Throw Long Jump	60m 500m Ball Throw Long Jump	60m 600m Ball Throw Long Jump

- Fee €5 per athlete – this must be paid on the evening
- An athlete may compete in any number of events in his/her age category. An athlete may not step up an age category.
- Sprints will be on a heats to final basis.
- Distance events (300m – 600m) will be on a timed basis.
- Long Jump
 - Each athlete will have three attempts
 - U 9/10 competition – athlete may jump anywhere from the sand. No marks will be permitted. Athlete will commence run up from a ten metre mark.
 - U11 competition – athlete must jump from the board.
- Ball Throw
 - Each athlete will have three attempts in succession
 - The longest of the three attempts will be measured.
- Events will commence at 6.30 pm sharp.
- Athlete lists should be completed by a nominated club official and handed in at the Registration Desk. Athlete List attached.
- Athletes will be allocated a sticker with his/her year of birth.
Coaches/Athletes should allow sufficient time to register and to collect athlete stickers. Registration Desk will be open from 5.45pm.