

# Donegal Athletic Board

## Open Meeting (U9-U13)

Thursday 20<sup>th</sup> May 2010 – 6.15pm 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
Under 12 (1999)	Under 13 (1998)	
60m 600m Ball Throw Long Jump Shot Putt (2kg) High Jump	80m 600m Javelin (400g) Long Jump Shot Putt (2kg) High 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. Where athletes will compete at the Ulsters in Shercock, clubs should aim to limit these athletes to the events in which they have been entered at Ulster (to speed the competition up)
- **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.
  - U11-13 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.
- **Shot Putt**
  - Each athlete will have three attempts
- **Javelin**
  - Each athlete will have three attempts
- **High Jump/Javelin**

N.B. In the interest of safety, athletes should be technically proficient at both events.
- All events will start at 6.15pm 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 5.30pm.