

# FINN VALLEY A.C.

## Open Track and Field Meeting



### **FINN VALLEY AC will host an open Track and Field Meeting On Wednesday evening, 1st February, 2012**

Registration 6.30 p.m. – competition starts at 7 p.m.

Events and age groups

Under 11 Girls and Boys – 60m, 600m, LJ, and Shot Putt

Under 13 Girls and Boys -60m, 600m, LJ and Shot Putt

Under 15 Girls and Boys -60m, 800m, LJ, HJ, and Shot Putt

Over 15 Girls and Boys – 60m, 400m, 800m LJ, HJ and Shot Putt

1500m Walk for all age groups

The following start rules will apply – athletes aged u11,13 and 15 – one false start will be allowed before disqualification, for age groups u16 to u19 – no false starts will be allowed – ie immediate disqualification will result (in preparation for Championship rules).

High Jump weather and numbers dependent.

#### Note

Age groups/weights – as for Athletics Ireland competition 2012

Entry fees - €3 per athlete (confined to TWO events)

Spikes – max length – 5mm

With upcoming provincial Indoor Track and Field championships this is an ideal preparation competition.

Clubs/individuals should indicate their intention re competition, numbers

participating **via Patsy McGonagle 0872226112 or Finn Valley Centre at 0749132053**

A follow up competition will be held on Wednesday, 22<sup>nd</sup> February, 2012 for Under 12 to Under 19 (details to follow).