

FINN VALLEY A.C.

Open Track and Field Meeting



FINN VALLEY AC will host an open Track and Field Meeting On Wednesday evening, 22nd February, 2012

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

Events and age groups

Under 12 Girls and Boys – 60m, 600m, LJ, HJ, and Shot Putt

Under 14 Girls and Boys -60m, 600m, LJ, HJ and Shot Putt

Under 16 Girls and Boys -60m, 200m, LJ, HJ, and Shot Putt

Over 16 Girls and Boys – 60m, 200m, LJ, HJ and Shot Putt

Male & Female 1500m (2 races only – medals awarded to U16 and Over 16)

The following start rules will apply – athletes aged U12 and 14 – one false start will be allowed before disqualification, for age groups u16 upwards – no false starts will be allowed – i.e. 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**

**Many thanks to all the clubs who turned out for our first track
meeting which proved a great success.**