

**Nenagh Olympic A.C. Open Indoor Competition for Athletes U/9 to U/12
Nenagh Indoor Stadium, Saturday 19th January 2013 @ 11.30am (HJ) & 12
noon (Track Events)**

EVENTS

Girls & Boys Under 9 60m, Gold & Silver, 300m, L.J. 4 x 100m Relay.
Girls & Boys Under 10 60m, Gold & Silver, 300m, L.J. 4 x 100m Relay.
Girls & Boys Under 11 60m, Gold & Silver, 300m L.J. 4 x 100m Relay.
Girls & Boys Under 12 60m, 600m, L.J, HJ, Shot, 4 x 100m Relay.

Track Events at 12.00pm

Girls & Boys Under 9 300m
Girls & Boys Under 10 300m
Girls & Boys Under 11 300m
Girls & Boys Under 12 600m

All Races on Time

Girls Under 9 60m Heats
Girls Under 10 60m Heats
Girls Under 11 60m Heats
Girls Under 12 60m Heats

Field Events

Series	1	2	3	4	5
H.J. 1	B 12				
H.J..2	G.12				
L.J. 1		B.09	B.11	G.09	G.11
L.J..2		B.10	B.12	G.10	G.12
Shot		B.12		G.12	

High Jumps @ 11.30am

Long Jumps as Athletes finish 300m

Boys Events on Track Same Order

Under 9, 10 & 11 will get two 60m races as follows. After the heats the athletes will be split into 2 Groups (Gold & Silver). Each group will then be run off in the normal way with medal winners in both groups. Athletes may enter only ONE track event on the day i.e. sprint or distance race. Under 12's will be run off in the normal way as one group.

Relays

Order dependent on Situation in Field Events

Girls Under 9 4 x 100m
Boys Under 9 4 x 100m
Girls Under 11 4 x 100m
Boys Under 11 4 x 100m
Girls Under 10 4 x 100m
Boys Under 10 4 x 100m
Girls Under 12 4 x 100m
Boys Under 12 4 x 100m

All Races on Time

All athletes confined to their own age group categories in individual events. All Relays, 300m & 600m races will be on time only. In Relay Races, athletes may move up two age groups except where a Club has entered more than one team in any age group. Athletes may only compete in ONE Relay. The order of events may be changed on the day depending on how events are progressing.

No entry fee just a flat charge of €5 per person/athlete on the door. Enquiries to Christine Finnerty, Nenagh Olympic A.C. at nenaghphysio@hotmail.com or contact by phone, [\(085\)1826479](tel:0851826479).