



# Blackrock Athletic Club

Summer Sports Day – Sunday the 26<sup>th</sup> of May 2019

**E:** [blackrock](http://blackrock.ie)  
**W:** [www](http://www)

## Summer Sports Day

Blackrock A.C. (Juvenile Section) will be holding its Annual Invitational Sports Day on Sun 26<sup>th</sup> May 2019. Open to Friends, Family, and Cousins and athletes from Cabinteely A.C. ... promises to be a fun filled day with some great competition in Carysfort Park. **Registration from 10:30am (€3 per athlete)** with first races at 11am sharp! So pack up the Picnic, Parents, and Grandparents and we will see you bright and early in the Park!

**E:** [BlackrockAC@gmail.com](mailto:BlackrockAC@gmail.com)  
**W:** [www.BlackrockAC.ie](http://www.BlackrockAC.ie)

<b>11:00AM Sprints</b>		
Toddlers	Girls/Boys	50m
U/8 Born: 2012	Girls/Boys	50m
U/9 Born: 2011	Girls/Boys	60m
U/10 Born: 2010	Girls/Boys	60m
U/11 Born: 2009	Girls/Boys	60m
U/12 Born: 2008	Girls/Boys	60m
U/13 Born: 2007	Girls/Boys	80m
U/14 Born: 2006	Girls/Boys	80m
U/15 Born: 2005	Girls/Boys	80m
U/16+ Born: 2004 +	Girls/Boys	80m
<b>11:45AM Mid Distance</b>		
U/11 Born: 2009	Girls/Boys	300m
U/12 Born: 2008	Girls/Boys	300m
U/13 Born: 2007	Girls/Boys	400m
U/14 Born: 2006	Girls/Boys	500m
U/15 Born: 2005	Girls/Boys	500m
U/16 + Born: 2004+	Girls/Boys	600m
<b>11:45AM Egg &amp; Spoon race</b>		
U/9 & 10 Born: 2010 / 11	Girls/Boys	50m
Coaches		50m

<b>11:00AM Long Jump</b>		
U16 Born: 2004	Girls/Boys	
U15 Born: 2005	Girls/Boys	
U14 Born: 2006	Girls/Boys	
U13 Born: 2007	Girls/Boys	
<b>11:00AM Turbo Javelin</b>		
U/12 Born: 2008	Girls/Boys	
U/11 Born: 2009	Girls/Boys	
U/10 Born: 2010	Girls/Boys	
U/9 Born: 2011	Girls/Boys	
<b>11:45AM Relays</b>		
U/12 Born: 2008	Girls/Boys	4 x 100m
U/13 Born: 2007	Girls/Boys	4 x 100m
U/14 Born: 2006	Girls/Boys	4 x 100m
<b>12:30PM Long Jump</b>		
U/10 Born: 2010	Girls/Boys	
U/11 Born: 2009	Girls/Boys	
U/12 Born: 2008	Girls/Boys	
<b>12:00PM High Jump</b>		
Open Competition	Girls/Boys	

- Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place. No medals for toddlers race, Relay or High Jump
- All track events will be decided on times. Field events: 3 throws per athlete
- Programme & event order subject to change to facilitate smooth running of the competition
- Officials will facilitate competitors if T&F events coincide, however athletes should make sure their names are on the field event list