

# CUSHINSTOWN A.C.



## Indoor Sports Competition Confined to County Meath Clubs

**Sunday 26th January 2014**

Start Times: 11am – Long jump, High Jump and Shot Putt  
Followed by Sprints

Age Group Boys & Girls	60 metre sprint	Long Jump	High Jump	Shot Putt
Under 9	Yes	Yes	--	--
Under 10	Yes	--	--	--
Under 11	Yes	Yes	--	--
Under 12	Yes	--	Yes	Yes
Under 13	Yes	Yes	--	--
Under 14	Yes	--	Yes	Yes
Under 15	Yes	Yes	--	--
Under 16	Yes	--	Yes	Yes

Clubs must ensure that competitors are technically competent in field events for which they are entered, as lack of technique constitutes a danger to the competitor or others.

### **Starting blocks compulsory for U13 – U16**

A maximum of three trials for each field event allow. The best of three to count.

For field events only, athletes may move up one age group where there is no competition for their age group.

**\*\*\*\*\* Special Tiny Tots Event \*\*\*\*\***

**Tiny Tots race will be the first race of the day.  
30m sprint for boys and girls.**

Standards in Long Jump will apply.

All athletes must be registered. Age as 2014

Under 11 and upward may wear spikes.

**Admission: Adults €3.00  
Juveniles €2.00**

**Teas, Sandwiches, etc. available on the day.**

## **2014 Age Groups**

1. Age categories calculated from 31<sup>st</sup> December in the year of competition.
2. No athlete may obtain a birthday in the year of competition and compete in that age.

**Age 8 Born 2007**

**Age 9 Born 2006**

**Age 10 Born 2005**

**Age 11 Born 2004**

**Age 12 Born 2003**

**Age 13 Born 2002**

**Age 14 Born 2001**

**Age 15 Born 2000**

**Age 16 Born 1999**

**Age 17 Born 1998**

**Age 18 Born 1997**

**Age 19 Born 1996**

**Age 20 Born 1995**

**Age 21 Born 1994**

# CUSHINSTOWN A.C.



Indoor Sports Competition

Saturday 18th January 2014

Junior Boys & Girls Competition  
(Open to 16's also)

Start Times: 11am – 60m Hurdles  
Long jump  
Shot Putt  
High Jump  
60m Sprints

(order of events may be subject to change)

<b>Admission:</b>	<b>Competitors</b>	<b>€5.00</b>
	<b>Adults</b>	<b>€3.00</b>

**Teas and Coffee available on the day.**