

SUMMER JUNIOR COMPETITIONS 2009

Calendar of Events

23rd March 2009	100m	Discus
23rd April 2009	800m	Long Jump
21st May 2009	Sprint Hurdles	Shot
18th June 2009	300m/400m	High Jump
30th July 2009	200m	Javelin
20th August 2009	1500m	Triple/Long Jump

Points will be awarded from 1st place to 10th place. Track events will be on a time trial and heats only as there will not be sufficient time to run finals.

Points will be awarded as 12,10,8,7,6,5,4,3,2,1. Trophies will be awarded for the first place athlete over the Summer competition in each of the age categories (female and male)

Events will be open to all Club Members in the Under 13, Under 15 and Under 17 age groups (Senior athletes are welcome to guest in any of the events). Club numbers must be worn.

Check in will be at 5.45pm with the first event to start at 6.30pm (High Jump will start earlier at 6pm). Track and Field events will be run at the same time, athletes will be able to take part in either/or both events with Track events to take precedence over Field events.