



# Cavan-Monaghan Garda Síochana Divisional Open Sports 2010



The Cavan/Monaghan Garda Síochana Annual Divisional Sports will take place at Shercock Athletic Club, Co. Cavan on **Saturday September 11th at 2:00pm.**

## Juvenile Programme (Boys and Girls)

### Born

<b>2004</b>	<b>U.7</b>	-	60 meters
<b>2003</b>	<b>U.8</b>	-	80 meters
<b>2002</b>	<b>U.9</b>	-	80 meters, 100meters, Long Jump
<b>2001</b>	<b>U.10</b>	-	100 meters, 200 meters, Ball throw
<b>2000</b>	<b>U.11</b>	-	100 meters, 400 meters, Long Jump
<b>1999</b>	<b>U.12</b>	-	100 meters, 600 meters, Shot Putt
<b>1998</b>	<b>U.13</b>	-	100 meters, 600 meters, Long Jump
<b>1997</b>	<b>U.14</b>	-	100 meters, 800 meters, High Jump
<b>1996</b>	<b>U.15</b>	-	100 meters, 800 meters, Shot Putt
<b>1995</b>	<b>U.16</b>	-	100 meters, 1500 meters, Long Jump, Open Mixed 1km Racewalk
<b>1994</b>	<b>U.17</b>	-	100 meters, 1500 meters, Shot Putt, High Jump

**Ladies** 100 meters, 400 meters, 1500 meters, Shot Putt, Discus, Long Jump, High Jump

**Men** 100 meters, 800 meters, 3000 meters, Shot Putt, Discus, 56 lbs Weight for Distance, Long Jump, High Jump

**Mother's Race** 100 meters

**Men- over 40 years** 100 meters

**Novelty Races – Egg & Spoon Race, Sack Race**  
**Admission: €2 per person**

Trophies or medals will be awarded to the first three in each event.  
All are welcome. Young and old are invited to attend.

### **Age Groups**

Athletes must be under age on December 31<sup>st</sup> 2010 (AI Rules).  
Competitors are confined to their own age group.

**Athletics Ireland Permit Granted**

