

LEEVALE AC

'believe and you can achieve'

1967 - 2007



Open Sports 29th April 2007
Mardyke Arena, Cork.



Leevale AC celebrates its 40th anniversary in 2007 and it promises to be an exciting year for the club. Leevale is one of the largest athletic clubs in Ireland, catering for athletes, from all over Cork City and County and has experienced great success both nationally and internationally over the last 40 years.

To mark this momentous occasion we are expanding our traditional open sports to incorporate an extensive juvenile and junior programme. The highlight of the day will be the Senior Men & Women 100m and 1500m races attracting some of the top athletes in the country.

There will be electronic timing and substantial cash prizes for all the Junior & Senior events.

Minister Micheál Martin will attend the open sports this year and will present the prizes to the winners of the senior races. He will also present the Kevin Barry perpetual trophy to the best overall athlete of the day.

Derval O'Rourke, World Champion 60m Hurdles indoor and European Silver medallist 100m Hurdles plans to attend. Other great names past and present will also be there on the day.

We invite all clubs and athletes to come and compete in our open sports; we guarantee a great competition and an enjoyable day for all.

NOTES:

- There is a charge of €5 per relay team
- Athletes must compete in their own age group, but may move up one age group where they are not catered for in an event in their own group
- The programme will commence on time
- Leevale reserve the right to modify the programme on the day.

Contact: Donal Murnane 087 2508100

Programme of Events

Juvenile Programme Commences at 10:30am

Junior & Senior Programme commences at 2:00pm

	Boys/Men	Girls/Women
10:30am		
Tiny Tots	50m	50m
U 8 (00/01)	60m	60m
Under 9 (99)	60m Ball Throw Relay	60m Ball Throw Relay
Under 10 (98)	80m 300m Ball Throw	80m 300m Ball Throw
Under 11 (97)	80m 300m Long Jump Relay	80m 300m Long Jump Relay
Under 12 (96)	80m 600m High Jump	80m 600m High Jump
Under 13 (95)	80m 600m Long Jump Relay	80m 600m Long Jump Relay
Under 14 (94)	100m 800m High Jump Shot	100m 800m High Jump Hurdles
Under 15 (93)	100m Shot Put Long Jump Hurdles Relay	100m Shot Put Long Jump Hurdles Relay
Under 16 (92)	100m 800m High Jump Hurdles	100m 800m High Jump Hurdles
Under 17 (91)	100m 1500m Long Jump Hurdles	100m 1500m Long Jump Hurdles
2:00pm		
Senior	100m 400m 1,500m 5,000m <div style="border: 1px solid black; width: fit-content; margin: 0 auto; padding: 2px;">Added</div>	100m 400m 1,500m <div style="border: 1px solid black; width: fit-content; margin: 0 auto; padding: 2px;">Added</div>
Junior & U23	100m 400m 1500m Long Jump Shot Relay	100m 400m 1500m Long Jump Relay
Wheelchair	100m Shot	100m Shot

DIRECTIONS



From Cork City: Travel along Washington Street leading onto Western Road. At the intersection of the Western Road and the Sacred Heart Church (on your right hand side), take a right turn. Parking will be available at the Sacred Heart Church. Approximately 300 metres on your right (before the bridge) entrance to the Mardyke Arena in on the right.

From Link Road: Exit link road at Sarsfield roundabout direction Wilton. Proceed straight through Wilton roundabout. At the third major junction turn left, the Sacred Heart Church will be on your left hand side. Parking will be available at the Sacred Heart Church. Approximately 300 metres on your right, (before the bridge) entrance to the Mardyke Arena in on the right.