

Tribal Games 30th June 2018

Registration in Merlin woods Primary School at 4pm

PLEASE REGISTER EARLY €5 entry per person

First race at 5pm Sharp

Hosted by Castlegar AC

Athletics Ireland age category as follows

Born 2015 = under 5**. Born 2013/14 = under 6**. Born 2011 & 2012 = under 8**
Born 2009 & 2010 = Under 10**. Born 2007 & 2008 = under 12**
Born 2006 & 2005 = under 14** Born 2004 & 2003 = under 16**

Event list as follows:

Kids will start at 5pm and finish by 7pm

- Under 5 & 6 - 60m, sack race & standing long jump
- Under 8 - 60m, 80m & Turbo Javelin
- Under 10 – 80m, 200m & Shot Putt
- Under 12 – 100m, 300m & Shot Putt
- Under 14 & 16 – 100m, 400m & Long Jump

- Mixed Relays boys & girls 4 x 100m will have 1 x under 8, 10,12 & 14

Seniors/Masters start at 7:10pm in the following order:

- Final event of County Track league Mixed *distance* relay for women – 600m, 200m, 800m & 400m
- Final event of County Track league Mixed *distance* relay for Men – 600m, 200m, 800m & 400m
- Fastest man and women in the west in the 100m dash for age 16 years and over - Semi finals
- GAA mile race
- Paced miles for 10 min, 9 min & 8 min will be one race
- Paced miles for 7min and 6 min will be one race
- 5:30 min/ 5min/ 4:50 & Masters mile race
- FINAL of men and women's 100m dash
- ELITE womens mile at 8:30 pm
- Elite Men's mile at 8:45 pm

- **Adult field Events:** Long Jump and Shot Putt will start at 7:30 pm