

Donegal Childrens Games (9-13)
 Friday 22nd May 2009 (6.30pm)
 Finn Valley Centre, Stranorlar,

| | Track | Shot Putt | Javelin | Ball Throw | High Jump | Long Jump |
|-----------|--|--|----------------------|--|----------------------------------|--|
| 18.3 0 | 60m *G/B (9) *G/B (10) G/B (11) G/B (12) 80m G/B (13) | (a) G/B (13) 2kg (b) G/B (12) 2kg | (a) G/B (13) 400g | (b) G/B (9/10) © G/B (11) | (a) G/B (12) (b) G/B (13) | (a) G/B (10) LJ 1 (a) G/B (9) LJ 2 (b) G/B (11) LJ 1 (b) G/B (13) LJ 2 © G/B (12) LJ 2 |
| 19.0 0 | 300m G/B (9) 500m G/B (10) 600m G/B (11) G/B (12) G/B (13) | | | | | |

- Fee €5 per athlete.
- An athlete may compete in any number of events in his/her age category. An athlete may not step up an age category.
- Track Events will be timed.
- Long Jump
 - Each athlete will have three attempts
 - U 9/10 competitions – athlete may jump anywhere from the sand
 - U 11/12/13 – athletes must jump from the board
- Shot Putt
 - Each athlete will have three attempts
- Javelin
 - Each athlete will have three attempts
- Ball Throw
 - Each athlete will have three attempts in succession
 - The longest of the three attempts will be measured.
- High Jump/Javelin – In the interests of athlete safety, athletes should be technically proficient to perform both events.
- Events will commence at 6.30 pm.
- Coaches/Athletes should allow sufficient time to register and to collect numbers. Clubs should appoint one official to register all athletes (Name, Date of Birth, Club). Registration Desk will be open from 5.45pm.