



# Galway Senior **Track & Field 2008**

June 19th, July 3rd, July 17th Regional Sports Centre, Dangan, Galway.

Senior Track & Field Athletics in the West of Ireland gets a face lift with a new user-friendly format for the Galway County Championships. The new format includes a series of 3 Thursday evenings, each with a short programme of events. Competition is open to all athletes aged 16 years and over and athletes from outside Galway are very welcome. Only requirement is that competitors be registered to AAI. This low key format is the ideal opportunity to get on the track and find out what you are capable of running over a variety of distances. Why not establish new track pb's in all the distances. Have you ever fancied yourself as a strongman - then try the javelin, shot putt or discus, or find out if you're the king of spring in the high jump or long jump.

*Entries in advance by email to paul@athleticsireland.ie. Entry is €5 per event (€10 per relay team) with payment on the night. Pre-entry is strongly encouraged but entries will be accepted on the night.*

**Up to date information will be available on:**  
[www.athleticsireland.ie](http://www.athleticsireland.ie)  
[www.galwayathletics.com](http://www.galwayathletics.com)  
[www.athenryac.com](http://www.athenryac.com)  
[www.craughwellac.com](http://www.craughwellac.com)  
[www.galwaycityharriers.com](http://www.galwaycityharriers.com)

**Contact:** Paul McNamara  
0872693675  
paul@athleticsireland.ie

*Dig out your spikes,  
dust off your shorts,  
and run, jump and  
throw...*

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***June 19th @ 8pm***

***Track: 100m, 800m, Distance Medley Relay***

***Field: Discus, Long Jump***

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***July 3rd @ 8pm***

***Track: 100/110m hurdles, 200m, 1500m, 4x400***

***Field: Javelin***

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***July 17th @ 8pm***

***Track: 400m, 5000m, 4x100***

***Field: High Jump, Shot Putt***

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