

**Galway Senior Track & Field Series 2009**  
**4th June, 18th June & 25th June**  
**Regional Sports Centre, Dangan, Galway.**

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

Senior Track & Field Athletics in the West of Ireland springs back to life for the summer with the return of the Galway T&F Series incorporating the Galway County T&F Championships.

Competition is open to all athletes aged 16 years and over and athletes from outside Galway are very welcome. Galway Championship medals awarded to top 3 Galway senior and masters athletes.

This low key format is the ideal opportunity to 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](mailto:paul@athleticsireland.ie). Pre-entry is strongly encouraged but entries will be accepted on the night. Entry is €5 per evening (covers all events) with payment on the night.*

**June 4th @ 8pm: Track:** 100m, 800m, Distance Medley Relay (1200m, 400m, 800m, 1600m) **Field:** Shot Putt, Long Jump

**June 18th @ 8pm: Track:** 200m, 1500m, 4x400 **Field:** Javelin, High Jump

**June 25th @ 8pm: Track:** 400m, 5000m, 4x100 **Field:** Discus

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