

## **PRESIDENTS ADDRESS**

As President it is my pleasure to launch the 2007 Juvenile Competition Booklet.

This booklet contains all the necessary competition information for the coming year and is the result of the hard work of our Juvenile Committee.

At these Championships our young athletes will show their skills and reap the rewards of months of training. While winning medals is the aim of all competitors, competing is in itself an achievement and every one of our athletes can be proud to have reached this standard.

My wish for each and every one of them is that they enjoy their sport and reach their own potential.

I would like to take this opportunity to extend my appreciation and thanks to the Juvenile Committee and all our officials for the commitment of time and energy to the sport of athletes.

Without the hard work of all these people this extensive programme would not be possible.

**Michael Heery**  
**President**  
**Athletic Association of Ireland**

## **CHAIRPERSONS ADDRESS**

As Chair of the Juvenile Committee, I am delighted to see the 2007 Booklet completed and I hope all Clubs will find it a valuable asset.

Information regarding competition i.e. Age Categories, Regulations for Cross Country, Indoor Championships and Track & Field. Dates, Venues, Timetables and Order of Events, Entry Fees. You will also find full details of our new Team Competition for U.10 & U.12.

The running of these Championships is an enormous task and without the help of the many voluntary people it would be impossible to do so. I would ask Clubs and spectators to remember how hard our Officials work (ON AVERAGE 10 HOURS EACH DAY) to ensure that our Championships run smoothly. On behalf of the Juvenile Committee I would like to thank them and look forward to their continued support.

My sincere thanks to all the members of my Committee (Names on Page 4) for their co-operation and commitment to Juvenile athletics.

Finally I wish all our Athletes enjoyment in our wonderful sport and success in 2007.

**Breda Synnott**  
**Hon.Chairperson**  
**Juvenile Committee.**

## **Code of Ethics and Good Practice for Children's Sport**

### **Policy Statement for the Athletic Association of Ireland**

The Athletic Association of Ireland is fully committed to safeguarding the well being of all of its members. Every individual in the organisation should at all times show respect and understanding for members rights, consider the safety and welfare of each athlete and conduct themselves in a manner that reflects the principles of the Association and the guidelines contained in the Code of Ethics and good practice for Children's Sport in Ireland.

AAI has in article 11 of its Constitution and Bye Laws adopted The Code of Ethics and Good Practice for Children's Sport.

In 2005 The Irish Sports Council and the Sports Council of Northern Ireland convened a small committee comprising of professional staff and volunteers with the aim of ensuring that the Code was in line with current legislation, publications, policies and practices with regard to all those working with young people.

The Code booklet was reprinted in 2006 and it is essential that all of us involved with young people in AAI are familiar with the Code.

AAI, as the governing body, is responsible for overseeing the implementation of the Code. AAI is currently preparing a detailed policy document, which, when complete and approved by the Juvenile Athletics Committee and the Board of Athletics Ireland, will maximise our compliance with the Code and enhance our stated policy. This will be circulated to all clubs, Co Boards and regions.

# Athletic Association of Ireland Juvenile Programme 2007

## Juvenile Athletic Committee 2007

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# **Athletic Association of Ireland Juvenile Programme 2007**

## **Age Categories**

1. Age categories calculated from 31<sup>st</sup> December in the year of competition.
2. No athlete may obtain a birthday in the year of competition and compete in that age.
3. Please note all ages in this booklet should be read s **UNDER** the stated age.

**Age 9                      Born 1999**

**Age 10                     Born 1998**

**Age 11                     Born 1997**

**Age 12                     Born 1996**

**Age 13                     Born 1995**

**Age 14                     Born 1994**

**Age 15                     Born 1993**

**Age 16                     Born 1992**

**Age 17                     Born 1991**

**Age 18                     Born 1990**

**Age 19                     Born 1989**

## National Championships

### Cross Country & Indoor Championships

Date	Event	Venue
January 6 <sup>th</sup>	Celtic CC	Stormont
January 28 <sup>th</sup>	“B” Cross Country and Inter County Relays	Killybegs, Co Donegal
January 13 <sup>th</sup>	Indoor Juvenile Combined Events	Nenagh
March 24 <sup>th</sup> & 25 <sup>th</sup>	Indoor Championships	Nenagh
April 14 <sup>th</sup> & 15 <sup>th</sup>	Indoor Championships	Nenagh

### Track & Field Championships

Date	Event	Venue
June 24 <sup>th</sup>	Team Competition    Ages 10 &12	Cork
July 14 <sup>th</sup> /15 <sup>th</sup> /28 <sup>th</sup>	Championships        Ages 13- 19	Tullamore
July 29 <sup>th</sup> July	Relays                    Ages 13- 19	Tullamore
August 4 <sup>th</sup>	Celtic International	Belfast
August 5 <sup>th</sup>	Combined Events	Tullamore
August 6 <sup>th</sup>	Juvenile Inter County Relays “B” Championships	Tullamore

<b>Athletic Association of Ireland Juvenile Programme 2007</b> <b>“B” Cross Country Championships</b> <b>Inter County Relays</b>
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**Venue:** Killybegs, Co Donegal.  
**Date:** 28<sup>th</sup> January 2007  
**Time** 12.00 noon  
**Entry Fee:** €4 per Individual  
                   €10 per Relay  
**Entries to:** Competition Manager, Athletic Association of Ireland  
**Closing Date:** 14<sup>th</sup> January 2007

All athletes must be registered.  
 Entries through club secretary for B Championships  
 Entries through county secretary for Inter County Relay  
 B Championships is open to athletes who **HAVE NOT WON** an Individual, Regional, County or Club National Cross Country medal.  
 Club singlet must be worn for B competition and county singlet for Inter County Relays.  
 No Entries on the day

<b>EVENTS</b>
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Girls 11	800m	Boys 11	800m
Girls 13	1000m	Boys 13	1200m
Girls 15	1500m	Boys 15	2000m
Girls 17	1500m	Boys 17	4000m
Girls 19	3000m	Boys 19	5000m

Medals: U19 first three individuals, three teams and three county teams

- **An athletes may move up one age-group. 2006 age groups apply**
- **Athletes are not allowed compete in B CC Championships and Inter County Relay on the same day.**

<b>Inter County Relays</b>
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Girls 12	4 x 500m Relays
Boys 12	4 x 500m Relays
Girls 14	4 x 500m Relays
Boys 14	4 x 500m Relays

- **All teams must be pre-entered with team list, date of birth, registration number**
- **First 3 teams receive medals, subs must be declared and present on the day to receive medals.**

## Athletic Association of Ireland Juvenile Programme 2007

### Indoor Combined Events – Saturday 13<sup>th</sup> January 2007

Venue: Nenagh Stadium  
Date: Saturday 13<sup>th</sup> January 2007  
Time: 10 a.m.  
Entry Fee: 8 Euro  
Check in open: 9.00 a.m.

All athletes must be registered. Entries on the day.

#### EVENTS

##### PENTATHLON:

Girls 14 Hurdles, High Jump, Long Jump, Shot Putt, 800m  
Boys 14 Hurdles, High Jump, Long Jump, Shot Putt, 800m  
Girls 16 Hurdles, High Jump, Long Jump, Shot Putt, 800m  
Boys 16 Hurdles, High Jump, Long Jump, Shot Putt, 800m  
Girls 18 Hurdles, High Jump, Long Jump, Shot Putt, 800m  
Boys 18 Hurdles, High Jump, Long Jump, Shot Putt, 800m

				Approach	Interval	Finish
Girls 14 Hurdles	68.6m	2'3"	5	11.50	7.50	18.50
Boys 14 Hurdles	76.2m	2'6"	5	11.50	7.50	18.50
Girls 16 Hurdles	76.2m	2'6"	5	12.00	8.00	16.00
Boys 16 Hurdles	84.0m	2'9"	5	13.00	8.50	13.00
Girls 18 Hurdles	76.2m	2'6"	5	13.00	8.50	13.00
Boys 18 Hurdles	91.4m	3'0"	5	13.72	9.14	9.72

AGE 14 COMPETITORS BORN IN 94 AND 95

AGE 16 COMPETITORS BORN IN 92 AND 93

AGE 18 COMPETITORS BORN IN 90 AND 91

All athletes should be technically proficient and competent to compete in each event.

## Indoor Combined Events – Saturday 13<sup>th</sup> January 2007

### 10 a.m. TRACK

Boys 18 Hurdles	91.4m 3'0"
Boys 16 Hurdles	84.0m 2'9"
Girls 18 Hurdles	76.2m 2'6"
Girls 16 Hurdles	76.2m 2'6"
Boys 14 Hurdles	76.2m 2'6"
Girls 14 Hurdles	68.6m 2'3"

Girls 14 800m
Boys 14 800m
Girls 16 800m
Boys 16 800m
Girls 18 800m
Boys 18 800m

### FIELD

Girls 18	Long Jump
Boys 14	Shot
Girls 14	Long Jump
Boys 18	Shot
Girls 16	Long Jump
Boys 16	Shot
Girls 14	High Jump
Boys 14	High Jump
Girls 18	Shot
Boys 18	Long Jump
Girls 16	High Jump
Boys 18	High Jump
Girls 14	Shot
Boys 14	Long Jump
Girls 18	High Jump
Girls 16	Shot
Boys 16	Long Jump
Boys 18	High Jump

**PROGRAM SUBJECT TO CHANGE**

**Venue: Nenagh Stadium**

**Dates: Day 1/2 - 24<sup>th</sup> /25<sup>th</sup> March Day 3/4 – 14<sup>th</sup> /15<sup>th</sup> April**

**Time: Check in 9.00 a.m.**

**Please check individual days for start times**

**Entry Fee: 4 Euro per event**

**Late Entry: No Late entries**

**Closing Date: Week 1 – 10<sup>th</sup> March 2007 Week 2 – 1<sup>st</sup> April 2007**

**Entries to Competition Manager, Athletic Association of Ireland**

**All athletes must be registered.**

## **EVENTS**

<b>GIRLS 12</b>	<b>GIRLS 13</b>	<b>GIRLS 14</b>
60m Sprint	60m Sprint	60m Sprint
	60m Hurdles	60m Hurdles
600m	600m	800m
		1000m Walk
Relay 4 * 100m	Relay 4 * 100m	Relay 4 x 200m
High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump
Shot Putt	Shot Putt	Shot Putt

<b>GIRLS 15</b>	<b>GIRLS 16</b>	<b>GIRLS 17</b>
60m Sprint	60m Sprint	60m Sprint
60m Hurdles	60m Hurdles	60m Hurdles
	200m	200m
800m	800m	800m
	1500m	1500m
1000m Walk	1500m Walk	1500m Walk
Relay 4 * 200m	Relay 4 * 200m	Relay 4 * 200m
High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump
Shot Putt	Shot Putt	Shot Putt

<b>GIRLS 18</b>	<b>GIRLS 19</b>
60m Sprint	60m Sprint
60m Hurdles	60m Hurdles
200m	200m
300m	400m
800m	800m
1500m	1500m
1500m Walk	1500m Walk
Relay 4 * 200m	Relay 4 * 200m
High Jump	High Jump
Long Jump	Long Jump
Shot Putt	Shot Putt
Triple Jump	Triple Jump

**Athletic Association of Ireland Juvenile Programme 2007****Juvenile Indoor Championships****Events cont.**

<b>BOYS 12</b>	<b>BOYS 13</b>	<b>BOYS 14</b>
60m Sprint	60m Sprint	60m Sprint
	60m Hurdles	60m Hurdles
600m	600m	800m
		1000m Walk
Relay 4 * 100m	Relay 4 * 100m	Relay 4 x 200m
High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump
Shot Putt	Shot Putt	Shot Putt

<b>BOYS 15</b>	<b>BOYS 16</b>	<b>BOYS 17</b>
60m Sprint	60m Sprint	60m Sprint
60m Hurdles	60m Hurdles	60m Hurdles
	200m	200m
800m	800m	800m
	1500m	1500m
1000m Walk	1500m Walk	1500m Walk
Relay 4 * 200m	Relay 4 * 200m	Relay 4 * 200m
High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump
Shot Putt	Shot Putt	Shot Putt

<b>BOYS 18</b>	<b>BOYS 19</b>
60m Sprint	60m Sprint
60m Hurdles	60m Hurdles
200m	200m
400m	400m
800m	800m
1500m	1500m
1500m Walk	1500m Walk
Relay 4 * 200m	Relay 4 * 200m
High Jump	High Jump
Long Jump	Long Jump
Shot Putt	Shot Putt
Triple Jump	Triple Jump

## **Athletic Association of Ireland Juvenile Programme 2007 Indoor Track & Field Regulations**

1. The first three (3) from each region qualify for the National Championships.
2. Individual Track & Field Championships for Boys and Girls ages 12-19.
3. Athletes are confined to their own age group.
4. **All entries must come through the Regional Secretary.**
5. **A copy of all Regional results plus a copy of all entries to go Head office and to the Track & Field Secretary.**
6. An athlete may compete in three individual events plus the relay.
7. **NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIP.**
8. Club Singlets must be worn.
9. Only starting blocks provided by the organising committee may be used.
10. **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
11. **Track athletes must CHECK IN at the check in area 1 hour before event.**
12. Field athletes check in at their event.
13. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
14. Winning athletes must report for medal presentation 20 minutes after their event.
15. **ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP.**
16. The athlete must leave the arena when their event is complete.
17. Please do not leave your personal belongings unattended.
18. **PLEASE HAVE RESPECT FOR THE STADIUM AND ITS ENVIRONS.**
19. Coaches and parents are **NOT ALLOWED** on the track at any time.  
Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
20. The committee reserve the right to alter timetable. The starting time of events may be brought forward up to 45 minutes from the proposed Timetable.
21. Where a heat is listed if insufficient competitors check in a FINAL will be held at heat time.
22. In the Indoor Relays an athlete may move up one age group. At least 2 members of the relay team must be of the correct age.
23. If there are 2 heats in the 200m, 300m, 400m and relays the WINNER of each heat plus the 2 FASTEST will go forward to the Final.
24. If there are more than 2 heats the four fastest will go forward to the FINAL.
25. In the 600, 800m and 1500m – if there are 2 Heats the first 3 in each heat plus the 2 fastest losers will go forward to the final. If there are 3 Heats the first 2 plus the 2 fastest losers will go forward to the final.
26. In the 600, 800m and 1500m if 8 or less check in a FINAL will be held at heat time.
27. Athletes from U16 upwards must use Starting Blocks and False Start Rules apply.
28. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships. **Entries through the Regional Secretaries by closing entry date.**
29. **Regional Competition Secretaries must be present on days of competition.**

<b>Athletic Association of Ireland Juvenile Programme 2007</b> <b>Indoor Track &amp; Field Timetable</b>
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**SATURDAY DAY 1**

**NOTE: If 4 or less check in a Final will be held at Heat time.**

Time	Track	Age	Event	Time	Field Event	Age
<b>Check in closes 9.00 a.m. Sprints</b>				<b>10.00 a.m.</b>		
				Girls & Boys 17 High Jump		
				Girls & Boys 16 Long Jump		
				Girls & Boys 19 Shot Putt		
<b>11.30 am</b>				<b>11.00 a.m.</b>		
	Girls & Boys	12	60m Heats	Girls & Boys 12 Long Jump		
	Girls & Boys	13	60m Heats	Girls & Boys 18 Shot Putt		
	Girls & Boys	14	60m Heats	<b>1.00 p.m.</b>		
	Girls & Boys	15	60m Heats	Boys 17 Shot Putt		
	Girls & Boys	16	60m Heats	Girls & Boys 13 Long Jump		
	Girls & Boys	17	60m Heats			
	Girls & Boys	18	60m Heats			
	Girls & Boys	19	60m Heats			
<b>Final of 60m Sprints</b>						
<b>Check in closes 12.30 p.m. for 300/400m</b>						
<b>1.30 p.m.</b>				<b>1.30 p.m.</b>		
	Girls	18	300m Heats	Girls & Boys 15 High Jump		
	Boys	18	400m Heats	Girls & Boys 16 High Jump		
	Girls & Boys	19	400m Heats			
<b>Check in closes 1.30 p.m. 600m</b>				<b>2.00 p.m.</b>		
<b>2.30 p.m.</b>				Boys 16 Shot Putt		
	Girls & Boys	12	600m Heats			
	Girls & Boys	13	600m Heats			
<b>Check in closes 2.00p.m. 1500m</b>						
<b>3.00 p.m.</b>						
	Girls & Boys	16	1500m Heats			
	Girls & Boys	17	1500m Heats			
	Girls & Boys	18	1500m Heats			
	Girls & Boys	19	1500m Heats			
<b>Final 300m and 400m</b>						

## Athletic Association of Ireland Juvenile Programme 2007 Indoor Track & Field Timetable

**SUNDAY DAY 2**

**NOTE: If 4 or less check in a Final will be held at Heat time.**

**Check in 9.00 a.m. Hurdles**

Track Time	Age	Event	Hght	Time	Field Event	Age
<b>11.00 a.m.</b>				<b>10.00</b>	Girls & Boys 18	Long Jump
Girls	13	60m Hur	2'3"		Girls & Boys 15	Shot Putt
Boys	13	60m Hur	2'3"			
Girls	14	60m Hur	2'3"			
Boys	14	60m Hur	2'6"			
Girls	15	60m Hur	2'6"			
Girls	16	60m Hur	2'6"	<b>11.00</b>	Girls & Boys 14	Long Jump
Boys	15	60m Hur	2'9"		Girls	16 Shot Putt
Boys	16	60m Hur	2'9"			
Girls	17	60m Hur	2'6"			
Girls	18	60m Hur	2'6"			
Girls	19	60m Hur	2'9"			
Boys	17	60m Hur	3'0"	<b>12.00</b>	Girls & Boys 19	Long Jump
Boys	18	60m Hur	3'0"		Girls & Boys 14	Shot Putt
Boys	19	60m Hur	3'3"			

**Final of 60m Hurdles**

**Check in closes 12.30 600m**

**1.30 p.m.**

Girls & Boys	12	600m	Finals
Girls & Boys	13	600m	Finals

**1.00** Girls & Boys 18 High Jump  
Girls 17 Shot Putt

**1.45** Girls & Boys 19 High Jump

**Check in closes 1.00 1500m**

**2.15 p.m.**

Girls & Boys	16	1500m	Finals
Girls & Boys	17	1500m	Finals
Girls & Boys	18	1500m	Finals
Girls & Boys	19	1500m	Finals

<b>Athletic Association of Ireland Juvenile Programme 2007</b> <b>Indoor Track &amp; Field Timetable</b>
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**DAY 3**

**NOTE: If 4 or less check in a Final will be held at Heat time.**

**Check in Time 9.00 a.m.**

Track	Age	Event	Field Event	Age
<b>10.00 a.m.</b>				
Girls & Boys	16	200m Heats	Girls & Boys	12 High Jump
Girls & Boys	17	200m Heats	Girls & Boys	13 Shot
Girls & Boys	18	200m Heats	Girls & Boys	15 Long Jump
Girls & Boys	19	200m Heats		

**Check in closes 11.00 a.m**

<b>12.00 noon</b>				
Girls & Boys	14	800m Heats	Girls & Boys	14 High Jump
Girls & Boys	15	800m Heats	Girls & Boys	12 Shot Putt
Girls & Boys	16	800m Heats	Girls & Boys	17 Long Jump
Girls & Boys	17	800m Heats		
Girls & Boys	18	800m Heats	Girls & Boys	18 Triple Jump
Girls & Boys	19	800m Heats	Girls & Boys	13 High Jump

**Check in closes 12.00 Walks**

<b>1.00 p.m.</b>	Girls & Boys	14	1000m Finals	
	Girls & Boys	15	1000m Finals	<b>1.00</b> Girls & Boys
	Girls & Boys	16	1500m Finals	19 Triple Jump
	Girls & Boys	17	1500m Finals	
	Girls & Boys	18	1500m Finals	
	Girls & Boys	19	1500m Finals	

**FINALS**

<b>3.00 p.m.</b>	Girls & Boys	16	200m Finals
	Girls & Boys	17	200m Finals
	Girls & Boys	18	200m Finals
	Girls & Boys	19	200m Finals

<b>3.45 p.m.</b>	Girls & Boys	14	800m Finals
	Girls & Boys	15	800m Finals
	Girls & Boys	16	800m Finals
	Girls & Boys	17	800m Finals
	Girls & Boys	18	800m Finals
	Girls & Boys	19	800m Finals

<b>Athletic Association of Ireland Juvenile Programme 2007</b> <b>Indoor Track &amp; Field Timetable</b>
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**DAY 4 – RELAYS**

Time		Age	Event	Heats
<b>Check in 9.00 a.m.</b>				
<b>11.00 a.m.</b>	Girls	13	4 x 100m	Heats
	Boys	13	4 x 100m	Heats
	Girls	15	4 x 200m	Heats
	Boys	15	4 x 200m	Heats
	Girls	17	4 x 200m	Heats
	Boys	17	4 x 200m	Heats
	Girls	19	4 x 200m	Heats
	Boys	19	4 x 200m	Heats

**Finals of Above**

**Check in closes 1.00 p.m.**

<b>2.00 p.m.</b>	Girls	12	4 x 100m	Heats
	Boys	12	4 x 100m	Heats
	Girls	14	4 x 200m	Heats
	Boys	14	4 x 200m	Heats
	Girls	16	4 x 200m	Heats
	Boys	16	4 x 200m	Heats
	Girls	18	4 x 200m	Heats
	Boys	18	4 x 200m	Heats

**Finals of Above**

**PLEASE NOTE:**

- If 4 teams or less check in a Final will be held at Heat time.
- All Relays will be held on the 4<sup>th</sup> day of competition.
- Athletes may step up ONE (1) age group only and may compete in TWO (2) relays on the day.
- **At least 2 members of the relay team must be of the correct age. RELAY TEAMS QUALIFY FROM THEIR REGIONS.** (Team names, DOB, registration numbers must be submitted by entry date)
- **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM**
- **No entry on the day**
- **Entries from Regional/Provincial Secretary. First 3 teams per region**
- **Spot checks may take place.**

<b>Athletic Association of Ireland</b> <b>Team Competition U10 &amp; U12</b>
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**Venue:** Cork  
**Dates:** 24<sup>th</sup> June 2007  
**Time:** 11.00 a.m.  
**Check in open 9.00 a.m.**

**Entry Fee:** €8 per team  
**Closing Date:** 14<sup>th</sup> June 2007  
**Late Entry:** No Late Entry

**Events:**

U10 Girls & Boys Born 1998/1999	U12 Girls & Boys Born 1996/1997
60m	80m
300m	600m
Long Jump	Long Jump
Ball throw	Shot

1. Two (2) athletes per team. Each athlete may compete in two events only, *with the same or two different partners*.  
 U9 may move up and compete U10.  
 U11 may move up and compete U12.
2. Each teams combined distances or combined times are added for team scoring.
3. Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> team members in each event.
4. Three (3) teams per event per region, qualifying through Regional/Provincial Secretary.
5. U10 Long Jump competition, athletes may jump anywhere from the sand.  
 U12 Long Jump competition is from the board.  
 3 Jumps only per athlete.
6. Ball throw is similar to javelin technique  
 Longest throw measured.  
 3 throws only per athlete
7. Shot Putt Weight 2K  
 3 throws only per athlete
8. 60m, 80m, 300m, 600m are on times no finals.
9. Persistent false starts may lead to disqualification.
10. No entry or change of entry on the day of competition.
11. Entries to Competition Manager, Head Office and a copy to National Competition Manager contact details are included earlier in the publication
12. Club singlets must be worn.
13. The Committee reserve the right to alter the timetable.
14. Relays commence at 2.00 p.m. Relays are not part of the scoring for team competition.

**Collecting your number does not mean you are checked in.**

**Please check in on time.**

<b>Athletic Association of Ireland</b> <b>Team Competition U10 &amp; U12</b> <b>Timetable</b>
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**Check in Opens 9.00 a.m.**

**Event Age**

**10.30 a.m.**

Girls	10	60m
Boys	10	60m
Girls	12	80m
Boys	12	80m

**12.30 p.m.**

Girls	10	300m
Boys	10	300m
Girls	12	600m
Boys	12	600m

**Field Event Age**

**10.30 a.m.**

Boys	12	Shot
Girls	12	Long Jump

**12.00 a.m.**

Girls	10	Ball Throw
Boys	10	Long Jump

**1.30 p.m.**

Girls	12	Shot
Boys	12	Long Jump

**3.00 p.m.**

Boys	10	Ball Throw
Girls	10	Long Jump

**Check in closes relays 1.00 p.m.**

**2.00 p.m.**

U12 Relays	Girls	4 x 100m
U12	Boys	4 x 100m
U11	Girls	4 x 100m
U11	Boys	4 x 100m
U10	Girls	4 x 100m
U10	Boys	4 x 100m
U9	Girls	4 x 100m
U9	Boys	4 x 100m

- Athletes may step up ONE (1) age group only and may compete in TWO (2) relays on the day.
- **At least 2 members of the relay team must be of the correct age. RELAY TEAMS QUALIFY FROM THEIR REGIONS.** (Team names, DOB, registration numbers must be submitted by entry date)
- **3 Teams per Region. Entries through Regional Secretary**
- **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM**
- **Number of teams will determine heats or finals**
- **No entry on the day**
- **Medals to first three teams in each age group.**
- **Closing date 14<sup>th</sup> June 2007**
- **Spot checks may take place.**

## **Athletic Association of Ireland Juvenile Programme 2007 Track & Field Regulations**

1. The first four (4) from each region qualify for the National Championships.
2. **The first three (3) 13 in the 600m due to safety regulations.**
3. Individual Track & Field Championships for Boys and Girls ages 13-19.
4. Ages 13, 14, 15 and 16 are limited to 3 events plus relay.
5. Ages 17, 18 and 19 are limited to 4 events plus relay.
6. Athletes are confined to their own age group.
7. All Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered that event in the Regional Championships and entry must be through the Regional Secretary by the closing date for entries.
8. All entries must come through the Regional Secretary.
9. A copy of all Regional results plus entries go directly to Head Office and a copy to the National Track & Field Secretary.
10. **Regional Competition secretaries must be present on day of competition.**
11. No Entry or Change of entry on the day of championship.
12. Club Singlets must be worn.
13. Only starting blocks provided by the organising committee may be used.
14. **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
15. The committee reserve the right to alter timetable. The starting time of events may be brought forward up to 45 minutes from the proposed Timetable.
16. **Track athletes must check in at the check in area 1 hour before their event.**
17. **Field athletes check in at their event.**
18. The guidelines for middle distance events are; a final will be held if there are 16 or less in the 600m, 800m and 20 or less in the 1500m
19. In all field events except the High Jump and Pole Vault 3 attempts, 3 final throws/jumps for the 8 best athletes.
20. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
21. Winning athletes must report for medal presentation 20 minutes after their event.
22. **ONLY 5mm SPIKES MAY BE USED.**
23. An athlete must leave the arena when their event is complete.
24. Please do not leave your personal belongings unattended.
25. **PLEASE HAVE RESPECT FOR THE STADIUM AND ITS ENVIRONS.**
26. Coaches and parents are **not allowed** on the track at any time. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.

## Athletic Association of Ireland Juvenile Programme 2007 Juvenile Track & Field Championships U13 – U19

**Venue:** Tullamore Stadium, Co. Offaly  
**Date:** Saturday/Sunday 14<sup>th</sup>/15<sup>th</sup> July 2007  
**Time:** Check in commences at 9.00 a.m.  
 See timetable for individual competition times.  
**Entry Fee:** €4 per event  
 No Late entries  
 Entries to Competition Manager AAI, Head Office  
 A copy of entries to National Juvenile Competition Manager  
**Closing Date:** Week 1 - 1<sup>st</sup> July 2007 Week 2 – 15<sup>th</sup> July 2007  
 All athletes must be registered for 2007

### EVENTS

<b>Girls U13</b>
<b>80m</b>
<b>60m Hurdles</b>
<b>600m</b>
<b>Ball Throw</b>
<b>High Jump</b>
<b>Javelin</b>
<b>Long Jump</b>
<b>Shot Putt</b>

<b>GIRLS 14</b>	<b>GIRLS 15</b>	<b>GIRLS 16</b>
<b>80m Sprint</b>	<b>100m Sprint</b>	<b>100m Sprint</b>
<b>75m Hurdles</b>	<b>80m Hurdles</b>	<b>80m Hurdles</b>
	<b>250m Hurdles</b>	<b>250m Hurdles</b>
<b>200m</b>	<b>200m</b>	<b>200m</b>
<b>800m</b>	<b>800m</b>	<b>800m</b>
<b>1500m</b>	<b>1500m</b>	<b>1500m</b>
<b>2000m Walk</b>	<b>2000m Walk</b>	<b>2000m Walk</b>
<b>Discus</b>	<b>Discus</b>	<b>Discus</b>
<b>Hammer</b>	<b>Hammer</b>	<b>Hammer</b>
<b>High Jump</b>	<b>High Jump</b>	<b>High Jump</b>
<b>Javelin</b>	<b>Javelin</b>	<b>Javelin</b>
<b>Long Jump</b>	<b>Long Jump</b>	<b>Long Jump</b>
<b>Shot Putt</b>	<b>Shot Putt</b>	<b>Shot Putt</b>
		<b>Pole Vault</b>

<b>GIRLS 17</b>	<b>GIRLS 18</b>	<b>GIRLS 19</b>
<b>100m Sprint</b>	<b>100m Sprint</b>	<b>100m Sprint</b>
<b>100m Hurdles</b>	<b>100m Hurdles</b>	<b>100m Hurdles</b>
<b>300m Hurdles</b>	<b>300m Hurdles</b>	<b>400m Hurdles</b>
<b>200m</b>	<b>200m</b>	<b>200m</b>
<b>300m</b>	<b>300m</b>	<b>400m</b>
<b>800m</b>	<b>800m</b>	<b>800m</b>
<b>1500m</b>	<b>1500m</b>	<b>1500m</b>
	<b>3000m</b>	<b>3000m</b>
	<b>1500m S/Chase</b>	<b>1500m S/Chase</b>
<b>3000m Walk</b>	<b>3000m Walk</b>	<b>3000m Walk</b>
<b>Discus</b>	<b>Discus</b>	<b>Discus</b>
<b>Hammer</b>	<b>Hammer</b>	<b>Hammer</b>
<b>High Jump</b>	<b>High Jump</b>	<b>High Jump</b>
<b>Javelin</b>	<b>Javelin</b>	<b>Javelin</b>
<b>Long Jump</b>	<b>Long Jump</b>	<b>Long Jump</b>
<b>Pole Vault</b>	<b>Pole Vault</b>	<b>Pole Vault</b>
<b>Shot Putt</b>	<b>Shot Putt</b>	<b>Shot Putt</b>
<b>Triple Jump</b>	<b>Triple Jump</b>	<b>Triple Jump</b>

# Athletic Association of Ireland Juvenile Programme 2007

## Juvenile Track & Field Championships U13 – U19

### Events cont.

<b>Boys U13</b>
<b>80m</b>
<b>60m Hurdles</b>
<b>600m</b>
<b>Ball Throw</b>
<b>High Jump</b>
<b>Javelin</b>
<b>Long Jump</b>
<b>Shot Putt</b>

<b>BOYS 14</b>	<b>BOYS 15</b>	<b>BOYS 16</b>
<b>80m Sprint</b>	<b>100m Sprint</b>	<b>100m Sprint</b>
<b>75m Hurdles</b>	<b>80m Hurdles</b>	<b>100m Hurdles</b>
	<b>250m Hurdles</b>	<b>250m Hurdles</b>
<b>200m</b>	<b>200m</b>	<b>200m</b>
<b>800m</b>	<b>800m</b>	<b>800m</b>
<b>1500m</b>	<b>1500m</b>	<b>1500m</b>
		<b>3000m</b>
<b>2000m Walk</b>	<b>2000m Walk</b>	<b>3000m Walk</b>
<b>Discus</b>	<b>Discus</b>	<b>Discus</b>
<b>Hammer</b>	<b>Hammer</b>	<b>Hammer</b>
<b>High Jump</b>	<b>High Jump</b>	<b>High Jump</b>
<b>Javelin</b>	<b>Javelin</b>	<b>Javelin</b>
<b>Long Jump</b>	<b>Long Jump</b>	<b>Long Jump</b>
	<b>Pole Vault</b>	<b>Pole Vault</b>
<b>Shot Putt</b>	<b>Shot Putt</b>	<b>Shot Putt</b>
	<b>Triple Jump</b>	<b>Triple Jump</b>

<b>BOYS 17</b>	<b>BOYS 18</b>	<b>BOYS 19</b>
<b>100m Sprint</b>	<b>100m Sprint</b>	<b>100m Sprint</b>
<b>100m Hurdles</b>	<b>110m Hurdles</b>	<b>110m Hurdles</b>
<b>300m Hurdles</b>	<b>400m Hurdles</b>	<b>400m Hurdles</b>
<b>200m</b>	<b>200m</b>	<b>200m</b>
<b>400m</b>	<b>400m</b>	<b>400m</b>
<b>800m</b>	<b>800m</b>	<b>800m</b>
<b>1500m</b>	<b>1500m</b>	<b>1500m</b>
<b>1500m S/Chase</b>	<b>2000m S/Chase</b>	<b>2000m S/Chase</b>
<b>3000m</b>	<b>3000m</b>	<b>3000m</b>
<b>3000m Walk</b>	<b>5000m Walk</b>	<b>5000m Walk</b>
<b>Discus</b>	<b>Discus</b>	<b>Discus</b>
<b>Hammer</b>	<b>Hammer</b>	<b>Hammer</b>
<b>High Jump</b>	<b>High Jump</b>	<b>High Jump</b>
<b>Javelin</b>	<b>Javelin</b>	<b>Javelin</b>
<b>Long Jump</b>	<b>Long Jump</b>	<b>Long Jump</b>
<b>Pole Vault</b>	<b>Pole Vault</b>	<b>Pole Vault</b>
<b>Shot Putt</b>	<b>Shot Putt</b>	<b>Shot Putt</b>
<b>Triple Jump</b>	<b>Triple Jump</b>	<b>Triple Jump</b>

**A.A.I. Juvenile Championships of Ireland 13 – 19 years**

**Day 1 – Saturday 14<sup>th</sup> July 2007**

**10.30 a.m. TRACK EVENTS**

**Check in 9.00 a.m. Hurdles**

**10.30 a.m. Hurdles**

Girls 13	60m Hurdles	2'3" 68.6cm
Boys 13	60m Hurdles	2'3" 68.6cm
Girls 14	75m Hurdles	2'3" 68.6cm
Boys 14	75m Hurdles	2'6" 76.2cm
Girls 15	80m Hurdles	2'6" 76.2cm
Girls 16	80m Hurdles	2'6" 76.2cm
Boys 15	80m Hurdles	2'9" 84.0cm
Girls 17	100m Hurdles	2'6" 76.2cm
Girls 18	100m Hurdles	2'6" 76.2cm
Boys 16	100m Hurdles	2'9" 84.0cm
Girls 19	100m Hurdles	2'9" 84.0cm
Boys 17	100m Hurdles	3'0" 91.4cm
Boys 18	110m Hurdles	3'0" 91.4cm
Boys 19	110m Hurdles	3'3" 99.0cm

**Finals of Hurdles**

**Check in closes Walks 11,30 a.m.**

**12.30 p.m.**

Girls 14,15,16	2000m Walks Finals
Girls 17,18,19	3000m Walks Finals

**Check in closes 12.30 p.m.**

**1.30 p.m.**

Girls & Boys 13	80m	Heats
Girls & Boys 14	80m	Heats
Girls & Boys 15	100m	Heats
Girls & Boys 16	100m	Heats
Girls & Boys 17	100m	Heats
Girls & Boys 18	100m	Heats
Girls & Boys 19	100m	Heats

**Check in closes 2.30**

**3.30 p.m.**

Girls 18/19	1500 S/C	Final
Boys 17	1500 S/C	Final
Boys 18/19	2000 S/C	Final

**Final Sprints**

**10.00 a.m. FIELD EVENTS**

Girls	14	Hammer (2.5k)SW
Boys	14	Hammer (2.5k)SW
Girls	15	Hammer (2.5k)SW
Girls	16	Hammer (3.25k)
Boys	15	Hammer (3.25k)
Girls	17	Hammer (3.25k)

**10.00 a.m.**

**Pole Vault**

Girls 16,17,18 & 19

**10.a.m.**

Boys & Girls	14	Long Jump
Girls	16	High Jump
Boys	15	Shot
Girls	19	Discus
Boys	16	Javelin

**11.00 a.m.**

Boys & Girls	17	Long Jump
Girls	18	High Jump
Boys	18	Shot
Girls	15	Discus
Boys	19	Javelin

**12.30 p.m.**

Boys & Girls	15	Long Jump
Boys	16	High Jump
Girls	14	Shot
Boys	14	Discus
Girls	16	Javelin
Boys	18	Triple Jump

**2.00 p.m.**

Boys	17	High Jump
Girls	19	Shot
Boys	19	Discus
Boys	18	Javelin
Girls	18	Triple Jump

**3.00**

Girls	16	Triple Jump
Girls	15	High Jump

**A.A.I. Juvenile Championships of Ireland 13 – 19 years**  
**Tullamore Co. Offaly**  
**Day 2 – Sunday Saturday 15<sup>th</sup> July 2007**

**TRACK EVENTS**

**10.00 a.m. FIELD EVENTS**

**Check in 9.30 a.m. 300/400m**

**10.30 a.m.**

Girls 17 & 18	300m	Heats
Boys 17,18,19	400m	Heats
Girls 19	400m	Heats

**Check in 10.00 a.m**

**11.30 Hurdles Heats**

Girls 15	250m Hurdles	2'3" 68.6cm
Girls 16	250m Hurdles	2'3" 68.6cm
Boys 15	250m Hurdles	2'6" 76.2cm
Boys 16	250m Hurdles	2'6" 76.2cm
Girls 17	300m Hurdles	2'6" 76.2cm
Boys 17	300m Hurdles	2'6" 76.2cm
Girls 18	300m Hurdles	2'6" 76.2cm
Girls 19	400m Hurdles	2'6" 76.2cm
Boys 18	400m Hurdles	2'9" 84.0cm
Boys 19	400m Hurdles	3'0" 91.4cm

**Finals of Hurdles in the same order**

**Check in 800m closes 12.30p.m.**

**1.30 p.m.**

Girls & Boys	13	600m	Heats
Girls & Boys	14	800m	Heats
Girls & Boys	15	800m	Heats
Girls & Boys	16	800m	Heats
Girls & Boys	17	800m	Heats
Girls & Boys	18	800m	Heats
Girls & Boys	19	800m	Heats

**2.30 p.m.**

Finals 300m, 400m

**Check in closes 2.30 p.m. 3000m**

**3.00 p.m.**

Boys 16,17,18,19	3000m	Final
Girls 18, 19	3000m	Final

**4.00 pm.**

**Finals of 600m, 800m**

**10.00 a.m.**

Girls	18	Hammer (4kg)
Boys	16	Hammer (4kg)
Girls	19	Hammer (4kg)
Boys	17	Hammer (5kg)
Boys	18	Hammer (5kg)
Boys	19	Hammer (6kg)

**10.00 a.m.**

**Pole Vault**

Boys 15,16,17,18 & 19

**10.00a.m.**

Girls	16	Long Jump
Girls	14	High Jump
Boys	14	Shot
Girls	17	Discus
Boys	13	Javelin
Boys	15	Triple Jump

**11.30 a.m.**

Girls	19	High Jump
Boys	13	Shot
Girls	18	Discus
Boys	14	Javelin
Boys	19	Triple Jump

**1.00 p.m.**

Boys	16	Long Jump
Girls	13	Shot
Boys	14	High Jump
Girls	13	Javelin
Boys	18	Discus

**2.30 p.m.**

Girls	13	Long Jump
Girls	16	Shot
Boys	13	High Jump
Girls	14	Javelin
Boys	15	High Jump

**3.30 p.m.**

Boys	19	Shot
Girls	13	Ball Throw
Boys	17	Triple Jump
Girls	13	High Jump
Girls	16	Javelin
Boys	13	Long Jump

<b>A.A.I. Juvenile Championships of Ireland 13 – 19 years</b> <b>Tullamore, Co Offaly</b> <b>Day 3 – Saturday 28<sup>th</sup> July 2007</b>
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**TRACK EVENTS**
**FIELD EVENTS**
**Check in 9.30 Walks**
**10.30 am Walks**

Boys 14, 15	2000m Walks Finals
Boys 16, 17	3000m Walks Finals
Boys 18, 19	5000m Walks Finals

**Check in 10.00 closes 10.45 1500m**
**11.15 am**

Girls & Boys 14	1500m	Heats
Girls & Boys 15	1500m	Heats
Girls & Boys 16	1500m	Heats
Girls & Boys 17	1500m	Heats
Girls & Boys 18	1500m	Heats
Girls & Boys 19	1500m	Heats

**Check in 12.00 closes 200m**
**1.00 p.m.**

Girls & Boys 14	200m	Heats
Girls & Boys 15	200m	Heats
Girls & Boys 16	200m	Heats
Girls & Boys 17	200m	Heats
Girls & Boys 18	200m	Heats
Girls & Boys 19	200m	Heats

**3.00 p.m.**
**Finals 1500m**
**Finals 200m**
**10.00 a.m**

Boys	19	Long Jump
Boys	17	Discus
Girls	17	Shot
Girls	18	Javelin
Girls	19	Long Jump

**11.00 a.m.**

Girls	17	High Jump
Boys	16	Triple Jump
Girls	18	Long Jump
Girls	15	Shot
Boys	15	Discus
Boys	17	Javelin

**12.00 noon**

Boys	19	High Jump
Boys	16	Shot
Girls	16	Discus
Girls	17	Triple Jump
Girls	15	Javelin

**2.00 p.m.**

Boys	19	Long Jump
Boys	17	Shot
Boys	16	Discus
Girls	17	Javelin
Girls	19	Triple Jump
Boys	18	High Jump

**3.00 p.m.**

Girls	19	Javelin
Boys	18	Long Jump
Girls	14	Discus
Girls	18	Shot
Boys	18	Javelin
Boys	13	High Jump

## Athletic Association of Ireland Juvenile Programme 2007 Inter Club Relays

**Venue:** Tullamore, Co Offaly  
**Date:** 29<sup>th</sup> July 2007  
**Time:** 10.30 a.m.  
**Entry Fee:** 10 Euro per team  
**No late entries**  
**Entries to:** Competition Manager, Head Office  
**Check-in** Opens 9.00 a.m.  
**All athletes must be registered.**  
**Closing Date:** 15<sup>th</sup> July 2007

### Order of Events

**10.30 a.m.**

		Age	Event	
1	Girls	18	4 x 300	Heats
2	Boys	18	4 x 400	Heats
7	Girls	13	4 x 100m	Heats
8	Boys	13	4 x 100m	Heats
9	Girls	15	4 x 100m	Heats
10	Boys	15	4 x 100m	Heats
11	Girls	17	4 x 100m	Heats
12	Boys	17	4 x 100m	Heats
13	Girls	19	4 x 100m	Heats
14	Boys	19	4 x 100m	Heats

### Finals in the same order

**1.30 p.m.**

15	Girls	17	4 x 300m	Heats
16	Boys	17	4 x 400m	Heats
17	Girls	19	4 x 400m	Heats
18	Boys	19	4 x 400m	Heats
23	Girls	14	4 x 100m	Heats
24	Boys	14	4 x 100m	Heats
25	Girls	16	4 x 100m	Heats
26	Boys	16	4 x 100m	Heats
27	Girls	18	4 x 100m	Heats
28	Boys	18	4 x 100m	Heats

### Finals in the same order

**Regulations: Normal rules for Track and Field apply plus the following**

- 1 Athletes born in **1992** may not compete in either the 4x300m or 4x400m relays
- 2 Minimum break of 45 for 100m relays and 90 mins for 300m and 400m relays
- 3 Athletes may move up one age group but can only compete in a maximum of 3.
- 4 **At least 2 members of the team must be in their correct age-group.**
- 5 Three (3) teams per county per age group, **Teams qualify from the County.**
- 6 Entry Forms for 13-19's will be sent to County Secretaries.
- 7 **All team names, reg numbers and DOB must be on entry sheets at closing date.**
- 9 **Declaration sheets must be filled in on day of competition.**
- 10 Spot checks may take place.

<b>Athletic Association of Ireland</b> <b>Juvenile Combined Events Championships</b>
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**Venue:** Tullamore Co. Offaly  
**Dates:** 5<sup>th</sup> August 2007  
**Time:** 10.30 a.m.  
**Entry Fee:** 8 Euro per event  
**Late Entry:** No Late Entry  
 Entries to Competition Manager, Head Office  
**Closing Date:** 23<sup>rd</sup> August 2007  
 All athletes must be registered.

**EVENTS:**

Girls & Boys - 14 Pentathlon	Girls & Boys - 15 Pentathlon	Girls & Boys - 16 Pentathlon
80m Hurdles	80m Hurdles	80m Hurdles Girls, 100m Hurdles for Boys
High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump
Shot Putt	Shot Putt	Shot Put
800m	800m	800m

Girls - 17, 18 and 19 Heptathlon	Boys - 17, 18 and 19 Octathlon
100m Hurdles Day 1	200m Day 1
200m Day 1	High Jump Day 1
High Jump Day 1	Long Jump Day 1
Shot Putt Day 1	Shot Putt Day 1
	100m Hurdles Day 2
Javelin Day 2	Javelin Day 2
Long Jump Day 2	Pole Vault Day 2
800m Day 2	1000m Day 2

Girls 17, 18, 19 and Boys 17,18 and 19 are individual competitions.

**Rules:**

1. All athletes should be technically proficient and competent to compete in each event.
2. In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
3. In the track events, an athlete shall be disqualified in any event in which he has made two false starts.
4. An athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition. He shall not, therefore, figure in the final classification.
5. The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.

<b>Athletic Association of Ireland</b> <b>Juvenile “B” Championships of Ireland</b>
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**Venue:** Tullamore Co Offaly

**Date:** 6<sup>th</sup> August 2007

**Time:** 10.00 a.m.

**Entry Fee:** 4 Euro per event

**Closing Date:** 23<sup>rd</sup> July 2007

**Entries.**

**All athletes must be registered.**

**EVENTS:**

<b>Girls 13</b>	<b>Boys 13</b>
<b>80m</b>	<b>80m</b>
<b>600m</b>	<b>600m</b>
<b>Long Jump</b>	<b>Long Jump</b>
<b>High Jump</b>	<b>High Jump</b>
<b>Shot Putt</b>	<b>Shot Putt</b>

<b>Girls 14</b>	<b>Boys 14</b>	<b>Girls 16</b>	<b>Boys 16</b>
<b>100m</b>	<b>100m</b>	<b>100m</b>	<b>100m</b>
<b>800m</b>	<b>800m</b>	<b>800m</b>	<b>800m</b>
<b>Long Jump</b>	<b>Long Jump</b>	<b>Long Jump</b>	<b>Long Jump</b>
<b>High Jump</b>	<b>High Jump</b>	<b>High Jump</b>	<b>High Jump</b>
<b>Shot Putt</b>	<b>Shot Putt</b>	<b>Shot Putt</b>	<b>Shot Putt</b>

**Regulations: Normal regulations for Track and Field apply plus**

1. Any athlete who has competed in the Regional Championships and not qualified in any event is eligible to complete in this Championship.
2. Entries through club secretaries to National Head Office by closing date.
3. Athletes may move up one age group only.
4. Athletes may enter 2 events.
5. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
6. Closing date 23<sup>rd</sup> July 2007



Athletic Association of Ireland Juvenile Combined Events Championships "B" Championships
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Day 2 Timetable

<b>TRACK</b>			<b>FIELD</b>		
<b>10 a.m.</b>			<b>10 a.m.</b>		
	<b>Age</b>	<b>Event</b>		<b>Age</b>	<b>Event</b>
Girls	13	80m		<b>C.E. Girls 17</b>	<b>Long Jump</b>
Boys	13	80m		<b>C.E. Girls 18/19</b>	<b>Long Jump</b>
Girls	14	100m			
Boys	14	100m	<b>10.45</b>	<b>C.E. Boys 17/18/19</b>	<b>Pole Vault</b>
Girls	16	100m		<b>C.E. Girls 17</b>	<b>Javelin</b>
Boys	16	100m		<b>C.E. Girls 18/19</b>	<b>Javelin</b>
				<b>C.E. Boys 17/18/19</b>	<b>Javelin</b>
 <b>Final of Sprints</b>			<b>10.00</b>	Girls & Boys 12	Ball Throw
 <b>12.00 a.m.</b>			<b>10.30</b>	Girls & Boys 14	Long Jump
Girls	13	600m		Girls & Boys 16	Long Jump
Boys	13	600m		Girls & Boys 13	Long Jump
 <b>C.E. Girls 17/18/19 800m</b>			<b>10.00</b>	Boys 16	Shot Putt
				Girls 13	Shot Putt
				Boys 13	Shot Putt
 <b>2.00 p.m.</b>				Boys 14	Shot Putt
Boys	14	800m		Girls 14	Shot Putt
Girls	14	800m		Boys 16	Shot Putt
Boys	16	800m			
Girls	16	800m	<b>10.00</b>	Girls 16	High Jump
 <b>C.E. Boys 17/18/19 1000m</b>				Boys 13	High Jump
				Girls 13	High Jump
				Girls 14	High Jump
				Boys 14	High Jump
				Boys 16	High Jump

**Inter County Relays will commence at 14.00**

Juvenile Inter County Relay Championships
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Venue: Tullamore, Co Offaly

Date: 6<sup>th</sup> August 2007

Time: 2 p.m.

Entry Fee: 10 Euro per team

**Closing Date: 23<sup>rd</sup> July 2007**

Entries to Competition Manager Head Office and a copy to  
National Competition Manager  
No Late Entries.

**EVENTS:**

	Age	
Boys & Girls	13	4 x 100m
Boys & Girls	15	4 x 100m
Boys & Girls	17	4 x 100m
Boys & Girls	19	4 x 100m

**Regulations:**

1. Only One (1) team per County per age group
2. An athlete may move up one age group but may complete in one relay.
3. At least 2 members of the team must be in their correct age-group.
4. Up to six per team.
5. Teams wear County athletic colours.
- 6. Teams qualify from the County. Entry Forms will be sent to County Secretaries.**
7. All team names, reg numbers and DOB must be on entry sheets at closing date.
8. Declaration sheets must be filled in on day of competition.
9. Spot checks may take place.

## Juvenile Cross Country Championships

- **November 2007**                      **“A” Championships**
- **December 2007**                    **“A” Championships**
- **January 2008**                      **“B” Championships**
- **Dates and Venues to be decided**

**Regional Team:**                    **12 to run**        **6 to score**  
**County Team:**                    **10 to run**        **6 to score**  
**Club Team:**                        **6 to run**         **4 to score**

**Exception:**  
**Girls 19 Club**                      **6 to run**        **3 to score**

**Medals: “A” Championships**  
**First 12 individuals**  
**First 3 Regional, County and Club teams**  
**“B” Championships**  
**First 10 individuals (First 3 U19 individuals)**  
**First 3 County and Club teams**

**Fees:**                    **Club**                    **15.00 Euro**  
                              **County**                **20.00 Euro**  
                              **Province/Region**    **25.00 Euro**  
                              **Individual**            **4.00 Euro**

### “A” Championship

Girls	Distances	Boys	Distances
11	800m	11	800m
12	1000m	12	1000m
13	1000m	13	1200m
14	1200m	14	1500m
15	1500m	15	2000m
16	2000m	16	3000m
17	2000m	17	4000m
18	3000m	18	5000m
19	3500m	19	6000m

## REGULATIONS CROSS COUNTRY “A” CHAMPIONSHIPS

- Regions must enclose a copy of the regional club results with the entries
- Start time 12.00
- Athletes may move up one age group
- Spot Checks will be undertaken
- First three (3) club teams in the 13-16 age group all must have competed in the Provincial/Regional Cross Country Championships
- Three (3) teams from each Province, 4 from Leinster Region and 1 Team from the Region of Dublin qualify for County Teams.
- In the 17-19 age groups open entry will apply provided the athlete has competed in the Provincial/Regional Cross Country Championships. Open entries must be with National at closing date for competition.
- All entries to Competition Manager, Head Office and a copy to National Juvenile Cross Country Secretary.
- **Province:** 12 athletes to run with 6 to score  
**County:** 8 athletes to run with 6 to score  
**Club:** 6 athletes to run with 4 to score  
**Girls 19:** 6 athletes to run with 3 to score
- Athletes must be registered
- Pacing of athletes will mean disqualification. Please inform club officials and parents.
- Only athletes named on the team sheets will score.
- **It is strongly recommended that all athletes wear the correct footwear.**
- **Arising from the General Meeting rules will be revised for 2007.**
- **Fees:**

<b>Club</b>	<b>15 Euro</b>
<b>County</b>	<b>20 Euro</b>
<b>Province/Regional</b>	<b>25 Euro</b>
<b>Individual</b>	<b>4 Euro</b>

## Athletic Association of Ireland Table of Hurdle Specification

Age Group	Distance	Height	No.	Approach	Interval	Finish
<b>Girls 13</b>	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
<b>Girls 14</b>	75m	68.6cm 2' 3"	8	11.50m	7.50m	11.00m
<b>Girls 15</b>	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
<b>Girls 15</b>	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
<b>Girls 16</b>	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
<b>Girls 16</b>	250m	68.6cm 2' 3"	6	35.00m	8.00m	40.00m
<b>Girls 17</b>	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
<b>Girls 17</b>	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
<b>Girls 18</b>	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
<b>Girls 18</b>	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
<b>Girls 19</b>	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
<b>Girls 19</b>	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
<b>Boys 13</b>	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
<b>Boys 14</b>	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.50m
<b>Boys 15</b>	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
<b>Boys 16</b>	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
<b>Boys 16</b>	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
<b>Boys 17</b>	100m	91.4cm 3' 0"	10	13.00m	8.50m	10.50m
<b>Boys 17</b>	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
<b>Boys 18</b>	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
<b>Boys 18</b>	400m	84.0cm 2' 9"	10	45.00m	35.00m	40.00m
<b>Boys 19</b>	110m	99.0cm 3' 3"	10	13.72m	9.14m	14.02m
<b>Boys 19</b>	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m
<b>INDOOR</b>						
<b>Girls 13</b>	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
<b>Girls 14</b>	60m	68.6cm 2' 3"	5	11.50m	7.50m	18.50m
<b>Girls 15</b>	60m	76.2cm 2' 6"	5	12.00m	8.00m	16.00m
<b>Girls 16</b>	60m	76.2cm 2' 6"	5	12.00m	8.00m	16.00m
<b>Girls 17</b>	60m	76.2cm 2' 6"	5	13.00m	8.50m	13.00m
<b>Girls 18</b>	60m	76.2cm 2' 6"	5	13.00m	8.50m	13.00m
<b>Girls 19</b>	60m	84.0cm 2' 9"	5	13.00m	8.50m	13.00m
<b>Boys 13</b>	60m	76.2cm 2' 3"	6	11.00m	7.25m	12.75m
<b>Boys 14</b>	60m	76.2cm 2' 6"	5	11.50m	7.50m	18.50m
<b>Boys 15</b>	60m	84.0cm 2' 9"	5	12.00m	8.00m	16.00m
<b>Boys 16</b>	60m	84.0cm 2' 9"	5	13.00m	8.50m	13.00m
<b>Boys 17</b>	60m	91.4cm 3' 0"	5	13.00m	8.50m	13.00m
<b>Boys 18</b>	60m	91.4cm 3' 0"	5	13.72m	9.14m	9.72m
<b>Boys 19</b>	60m	99.0cm 3' 3"	5	13.72m	9.14m	9.72m

## TABLE OF THROWING IMPLEMENTS

### BOYS

Boys	12	13	14	15	16	17	18	19
<b>Shot</b>	2K	2K	2.72K	3.25K	4K	5K	5K	<b>6K</b>
<b>Discus</b>			.75K	1K	1K	1.5K	1.5K	1.75K
<b>Javelin</b>		400gr	400gr	500gr	600gr	700gr	700gr	800gr
<b>Hammer</b>			2.5K	3.25K	4K	5K	5K	<b>6 K</b>
			S.Wire					

## TABLE OF THROWING EVENTS

### GIRLS

Girls	12	13	14	15	16	17	18	19
Shot	2K	2K	2K	2.72K	3.25K	3.25K	4K	4K
Discus			.75K	.75K	1K	1K	1K	1K
Javelin		400gr	400gr	400gr	500gr	600gr	600gr	600g
Hammer			2.5K	2.5K	3.25K	3.25K	4K	4K
			S,Wire	S.Wire				

## Field Standard for National Championships

### HIGH JUMP

Girls 12 start at 1.05m to 1.35m  
Girls 13 start at 1.10m to 1.40m  
Girls 14 start at 1.15m up by 5cm to 1.45m after by 3cm  
Girls 15 start at 1.20m up by 5cm to 1.55m after by 3cm  
Girls 16 start at 1.25m up by 5cm to 1.55m after by 3cm  
Girls 17 start at 1.30m up by 5cm to 1.60m after by 3cm  
Girls 18 start at 1.35m up by 5cm to 1.60m after by 3cm  
Girls 19 start at 1.35m up by 5cm to 1.60m after by 3cm

Boys 12 start at 1.15m to 1.45m  
Boys 13 start at 1.20m to 1.50m  
Boys 14 start at 1.30m up by 5cm to 1.55m after by 3cm  
Boys 15 start at 1.30m up by 5cm to 1.60m after by 3cm  
Boys 16 start at 1.40m up by 5cm to 1.65m after by 3cm  
Boys 17 start at 1.40m up by 5cm to 1.75m after by 3cm  
Boys 18 start at 1.50m up by 5cm to 1.80m after by 3cm  
Boys 19 start at 1.55m up by 5cm to 1.80m after by 3cm

**Height progression for combined events is 2cm**

### POLE VAULT

Boys 15 start at 2.15cm up by 15cm to 2.30m after by 10cm  
Boys 16 start at 2.30cm up by 15cm to 2.45m after by 10cm  
Boys 17 start at 2.30cm up by 15cm to 2.45m after by 10cm  
Boys 18 start at 2.30cm up by 15cm to 2.45m after by 10cm  
Boys 19 start at 2.30cm up by 15cm to 2.50m after by 10cm

Girls 17 start at 1.50 cm up by 15cm  
Girls 18 start at 1.50 cm up by 15cm  
Girls 19 start at 1.50 cm up by 15cm