



### **President's Address**

I congratulate the Juvenile Committee on compiling this excellent Competition Booklet for 2009.

It contains information which will be of great benefit to anyone involved with juvenile athletics as it gives comprehensive details of all National Competition, Celtic Games and other valuable information.

Our juvenile athletes play a fundamental part in our organisation, and we should continue to nurture and encourage them to stay in this great sport of ours. The future of our organisation depends on them.

The success of Juvenile athletics is due in no small measure to the Juvenile Committee.

I would like to take this opportunity to extend my sincere thanks and appreciation to them and also to all our officials, coaches and administrators for their commitment of time and energy to our sport. Without the hard work of all these people it would not be possible to implement this extensive Juvenile programme.

I wish all our young athletes every success in 2009 and may they continue to enjoy their sport.

***Liam Hennessy***

***President***



### **Chairpersons Address**

As chairperson of the Juvenile Committee of Athletics Ireland I would like to thank everyone for their continued work for the promotion of juvenile athletics in Ireland.

My thanks to all the parents, coaches, county and regional officials and anyone who help promote athletics, as the voluntary work is the lifeblood of our sport and the future of Irish athletics.

This booklet is a wealth of information in regards to juvenile affairs for the coming year and I would like to thank especially Ann McHugh and Georgina Drumm for their time and effort in putting this comprehensive booklet together.

2009 is a very important year on the international front with the EYOF and World Youth championships taking place as well as the Celtic Games Cross Country and the Celtic Games Track and Field. On the domestic scene it is a larger programme of events and it promises to be a very busy year for all in Juvenile athletics.

Thanks to all my fellow committee members for their continued work in promoting athletics.

Finally I wish the competitors the very best of luck for the coming year.

John McGrath  
Chairperson  
Juvenile Athletics

## **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 Athletics Ireland should at all times show respect and understanding for members rights, safety and welfare and conduct themselves in a manner that reflects the principles of the organisation and the guidelines contained in the *Code of Ethics and Good Practice for Children's Sport*.

In Athletics Ireland our first priority is the welfare of the young people and we are committed to providing an environment which will allow participants to perform to the best of their ability, free from bullying and intimidation.

This is an extract from the Policy Statement from the Code of Ethics and acts as a guide for all rules

The Code has been distributed to all clubs and is readily available from Athletics Ireland.





## INDEX

Contact Details	Page 5
AAI Age Categories	Page 6
2008 Juvenile Programme	Page 7
Indoor Regulations	Page 8
Indoor Hurdle & Shot Specifications	Page 9
Indoor Combined Events	Page 10
Indoor Championship 12-19 years	Page 12, 13
Timetable	Page 14-17
2009 Track & Field Programme	Page 18
Track & Field Team Competition Ages 9, 10, 11	Page 19, 20
Track & Field Inter Club Relays Ages 9,10,11	Page 21
Track & Field Regulations	Page 23
Track & Field Hurdle & Shot Specifications	Page 24
Track & Field Championships 12-19 years	Page 25, 26
Timetable	Page 27-29
Track & Field Inter Club Relays 12-19 years	Page 30
Inter County Relays 13,15,17,19 years	Page 31
Track & Field Combined Events B Events	Page 31, 32
Timetable	Page 33, 34
2009 Cross Country Regulations	Page 36
Cross Country Championships	Page 37, 38
Heights, Hurdles, Weight specifications	Page 39-41
Celtic Games	Page 42
Star Awards	Page 43

### ***Indoor & Track & Field Entries =***

*Competitions, Athletic Association of Ireland, Unit 19, Northwood Court Northwood Business Campus, Santry, Dublin 9 and a copy to Comp. Secretary Ms. Anne McHugh 1 Farnacardy Ballinode Co Sligo*

### ***Cross Country Entries =***

*Competitions, Athletic Association of Ireland, Unit 19, Northwood Court Northwood Business Campus, Santry, Dublin 9 and a copy to Comp. Secretary Mr. Tony Ennis, Ballyfallon, Athboy, Co. Meath.*

# Athletic Association of Ireland

## Juvenile Athletic Committee 2009

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# **Athletic Association of Ireland 2009**

## **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 as UNDER the stated age.**

<b>Age 9</b>	<b>Born 2001</b>
<b>Age 10</b>	<b>Born 2000</b>
<b>Age 11</b>	<b>Born 1999</b>
<b>Age 12</b>	<b>Born 1998</b>
<b>Age 13</b>	<b>Born 1997</b>
<b>Age 14</b>	<b>Born 1996</b>
<b>Age 15</b>	<b>Born 1995</b>
<b>Age 16</b>	<b>Born 1994</b>
<b>Age 17</b>	<b>Born 1993</b>
<b>Age 18</b>	<b>Born 1992</b>
<b>Age 19</b>	<b>Born 1991</b>

# Athletic Association of Ireland

## Juvenile Programme 2009

### Cross Country & Indoor Championships

Date	Event	Venue
January 17 <sup>th</sup>	Celtic Cross Country	Wales
January 18 <sup>th</sup>	Indoor Juvenile Combined Events	Nenagh
January 25 <sup>th</sup>	“B” Cross Country Inter County Relays	Lough Key Co Roscommon
March 21 <sup>st</sup>	Star Awards	Arklow
March 28 <sup>th</sup> /29 <sup>th</sup> April 4 <sup>th</sup> /5 <sup>th</sup>	Indoor Championships Indoor Championships	Nenagh Magherafelt Co. Derry
November 22 <sup>nd</sup> December 6 <sup>th</sup>	Cross Country Even Ages Cross Country Uneven Ages	TBD TBD

### Track & Field Championships

June 27 <sup>th</sup> June	Team Competition 9, 10, 11	Templemore
July 11 <sup>th</sup> /12 <sup>th</sup>	Juvenile Championships 12- 19	Tullamore
July 18 <sup>th</sup>	Juvenile Championships 12- 19	Tullamore
July 19 <sup>th</sup>	Inter Club & Inter County Relays	Tullamore
July 25 <sup>th</sup> July 26 <sup>th</sup>	Combined Events “B” Championships	Tullamore Tullamore
August 2 <sup>nd</sup>	Celtic Games	Wales

#### Indoor, Track & Field Entries

*Athletic Association of Ireland, Unit 19, Northwood Court Northwood Business Campus, Santry, Dublin 9 and a copy to Competition Secretary Ms. Anne McHugh 1 Farnacardy Ballinode Co .Sligo*

#### Cross Country Entries

*Athletic Association of Ireland, Unit 19, Northwood Court Northwood Business Campus, Santry, Dublin 9 and a copy to Comp Secretary Mr. Tony Ennis, Ballyfallon, Athboy, Co. Meath.*

# Athletic Association of Ireland 2009

## Indoor Regulations

1. **NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIP.**
2. Individual Track & Field Championships for Boys and Girls ages 12-19.
3. Club Singlets must be worn.
4. The first three (3) from each region qualify for the National Championships.
5. An athlete may compete in three individual events plus the relay.
6. Athletes are confined to their own age group.
7. In the Indoor Relays an athlete may move up one age group.
8. At least 2 members of a competing relay team, participating in that event on that day must be of the correct age, exception 17,18,19 age groups where no limitation applies
9. All entries must come through the Regional Secretary.
10. A copy of all Regional results plus a copy of all entries must go to Head office and to the Track & Field Secretary.
11. **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
  - All athletes must collect a competition number
  - All athletes must collect number 1 hour prior to their event minimum
  - Track athletes CHECK IN at the check in area
  - Call room will be in operation for track events
  - Field athletes check in at their event when event is called
12. **ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP.**
13. Only starting blocks provided by the organising committee may be used.
14. Athletes from U16 upwards must use Starting Blocks and False Start Rules apply.
15. Athlete must leave the arena when their event is complete.
16. Winning athletes must report for medal presentation 20 minutes after their event where possible.
17. Coaches and parents are not allowed on the track at any time.
18. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
19. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
20. Where a heat is listed if insufficient competitors check in a FINAL will be held at heat time.
21. 200m, 300m, 400m and relays.

If there are **2 heats** the **winner** of each heat plus the **2 fastest** will go forward to the Final.  
If there are **more than 2 heats** the **four fastest** will go forward to the FINAL.
22. 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 is **3 Heats** the **first 2 plus** the **2 fastest losers** will go forward to the final.  
**If 8 or less** check in (at the discretion of the committee) a FINAL will be held at heat time
23. 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 date to** Athletic Association of Ireland, Unit 19, Northwood Court, Northwood Business Campus, Santry, Dublin 9
24. **Regional Competition Secretaries must be present on days of competition.**
25. Please have respect for the stadium and its environs.
26. Please do not leave your personal belongings unattended.



# Athletic Association of Ireland

## Table of Hurdle Specification

### INDOOR

<b>Girls 13</b>	60m	68.6cm	2' 3"	5	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"	5	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

### SHOT WEIGHTS

<b>Boys</b>	<b>AGES</b>	<b>Girls</b>
2 k	<b>12</b>	2 k
2 k	<b>13</b>	2 k
2.72 k	<b>14</b>	2 k
3.25 k	<b>15</b>	2.72 k
4 k	<b>16</b>	3.25 k
5 k	<b>17</b>	3.25 k
5 k	<b>18</b>	4 k
6 k	<b>19</b>	4 k

# Athletic Association of Ireland 2009

## Indoor Combined Events

**Venue:** Nenagh Stadium  
**Date:** 18<sup>th</sup> January 2009  
**Time:** 10 a.m.  
**Entry Fee:** 10 Euro, late entry double on the day  
**Check in:** 9.00 a.m.  
**Closing date:** 9<sup>th</sup> January 2009

**All athletes must be registered.**

**Athletes should be technically proficient and competent to compete in each event.**

## 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

***Entries = Competition, Athletic Association of Ireland, Unit 19, Northwood Court  
Northwood Business Campus, Santry, Dublin 9***

**Athletic Association of Ireland**  
**18<sup>th</sup> January 2009**

**Indoor Combined Events**

*Order of Events may change throughout the day*

*Check in commences at 9.00 am closes at 9.45 am*

**TRACK**  
**10.00 a.m**

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"

**FIELD**  
**10.00 a.m**

Girls	18	Long Jump
Girls	14	Long Jump
Girls	16	Long Jump
Boys	18	Long Jump
Boys	14	Long Jump
Boys	16	Long Jump

**10.00 a.m**

Boys	14	Shot
Boys	18	Shot
Boys	16	Shot
Girls	18	Shot
Girls	14	Shot
Girls	16	Shot

Girls	16	High Jump
Boys	14	High Jump
Girls	14	High Jump
Boys	18	High Jump
Girls	18	High Jump
Boys	18	High Jump

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

**Programme subject to change**

# Athletic Association of Ireland 2009 Juvenile Indoor Championships

**Venue:** Nenagh & Magherafelt  
**Dates:** 28<sup>th</sup> /29<sup>th</sup> March and 4<sup>th</sup>/5<sup>th</sup> April  
**Check In :** Commences 9.00am. Please check individual days for start  
**Entry Fee:** 4 Euro per event  
                   €10 per relay

**Late Entry:** Championships are *qualification events* , no late entries

**Closing Date:** 18<sup>th</sup> March 2008 Nenagh/ 26<sup>th</sup> March Magherafelt

**Entries**            *Athletic Association of Ireland, Unit 19, Northwood Court  
                           Northwood Business Campus, Santry, Dublin 9*

**All athletes must be registered.**

## EVENTS

### **GIRLS 12**

60m Sprint  
  
600m  
  
Relay 4 x 100m  
High Jump  
Long Jump  
Shot Putt

### **GIRLS 13**

60m Sprint  
60m Hurdles  
600m  
  
Relay 4 x 100m  
High Jump  
Long Jump  
Shot Putt

### **GIRLS 14**

60m Sprint  
60m Hurdles  
800m  
1000m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Putt

### **GIRLS 15**

60m Sprint  
60m Hurdles  
  
800m  
  
1000m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Putt

### **GIRLS 16**

60m Sprint  
60m Hurdles  
200m  
800m  
1500m  
1500m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Putt

### **GIRLS 17**

60m Sprint  
60m Hurdles  
200m  
800m  
1500m  
1500m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Putt

### **GIRLS 18**

60m Sprint  
60m Hurdles  
200m  
300m  
800m  
1500m  
1500m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Putt  
Triple Jump

### **GIRLS 19**

60m Sprint  
60m Hurdles  
200m  
400m  
800m  
1500m  
1500m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Putt  
Triple Jump

*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.*

# Athletic Association of Ireland 2009

## Juvenile Indoor Championships

### **BOYS 12**

60m Sprint  
600m  
  
Relay 4 x 100m  
High Jump  
Long Jump  
Shot Putt

### **BOYS 13**

60m Sprint  
60m Hurdles  
600m  
  
Relay 4 x 100m  
High Jump  
Long Jump  
Shot Putt

### **BOYS 14**

60m Sprint  
60m Hurdles  
800m  
1000m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Putt

### **BOYS 15**

60m Sprint  
60m Hurdles  
  
800m  
  
1000m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Putt

### **BOYS 16**

60m Sprint  
60m Hurdles  
200m  
800m  
1500m  
1500m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Putt

### **BOYS 17**

60m Sprint  
60m Hurdles  
200m  
800m  
1500m  
1500m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Putt

### **BOYS 18**

60m Sprint  
60m Hurdles  
200m  
400m  
800m  
1500m  
1500m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Putt  
Triple Jump

### **BOYS 19**

60m Sprint  
60m Hurdles  
200m  
400m  
800m  
1500m  
1500m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Putt  
Triple Jump

*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.*

**Athletic Association of Ireland 2009**  
**Juvenile Indoor Timetable**  
**Saturday 28<sup>th</sup> March**

**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.**

**Check in opens 9.00 a.m.**

**Check in closes 9.30 a.m**

**10.00 a.m**

Girls & Boys	12	60m	Heats
Girls & Boys	13	60m	Heats
Girls & Boys	14	60m	Heats
Girls & Boys	15	60m	Heats
Girls & Boys	16	60m	Heats
Girls & Boys	17	60m	Heats
Girls & Boys	18	60m	Heats
Girls & Boys	19	60m	Heats

**Long Jump**

10.00 a.m	Girls & Boys	12
11.00 a.m	Girls & Boys	13

**Triple Jump**

1.30pm	Girls & Boys	18,19
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**Check in closes 11.00 a.m**

**12.30 p.m.**

Girls & Boys	12	600m	Heats
Girls & Boys	13	600m	Heats

**Shot Putt**

10.00 a.m	Girls	18
10.30 a.m	Boys	18
11.15 a.m	Girls	13
12.15 p.m	Boys	13
2.00 p.m.	Girls	12
3.00 p.m.	Boys	12

**FINALS 60M SPRINTS REVERSE ORDER**

**Check in closes 1.30 p.m**

**2.30 p.m**

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

**High Jump 2 Areas**

2.00 p.m.	Girls & Boys	14
	Girls & Boys	12
	Girls & Boys	13

**Check in closes 2.00pm**

**3.00 p.m**

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

**FINALS 300M 400M**

# Athletic Association of Ireland 2009

## Sunday 29<sup>th</sup> March

### Indoor Timetable

**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.**

#### **Check in opens 9.00 a.m. 600m & Hurdles**

##### **10.00 a.m.**

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

#### **Check in closes 9.30 a.m**

##### **10.30 a.m**

Girls	13	60m	Hur	2'3"
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"
Boys	15	60m	Hur	2'9"
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"
Boys	18	60m	Hur	3'0"
Boys	19	60m	Hur	3'3"

#### **FINALS HURDLES**

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

##### **2.00 p.m.**

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

#### **Check in opens 9.00 a.m.**

##### **Long Jump**

10.00	Girls & Boys	14
11.30	Girls & Boys	15
12.30	Girls & Boys	16

##### **Shot Putt**

10.00 a.m	Girls	15
11.00 a.m	Boys	15
12.00 p.m	Girls	16
1.00 p.m	Boys	16
2.00 p.m	Girls	14
3.00 p.m	Boys	14

##### **High Jump**

##### **2.00 p. m 2 areas**

Girls & Boys	16
Girls & Boys	15

**Athletic Association of Ireland**  
**Indoor Timetable**  
**Saturday 4<sup>th</sup> April 2009**

**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.**

**Check in opens 9.00 a.m.**

**Check in closes 9.30 a.m**

**10.30 a.m.**

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

**Long Jump 2 Pits**

10.30 a.m.	Girls & Boys	18
11.30 a.m	Girls & Boys	19
12.30 p.m	Girls & Boys	17

**Check in closes 11.00 a.m**

**12.00 noon**

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

**High Jump 2 areas**

10.30 a.m	Girls & Boys	17
	Girls & Boys	18
	Girls & Boys	19

**Check in closes 12.00 Walks**

**1.00p.m.**

Girls & Boys	14	1000m	Finals
Girls & Boys	15	1000m	Finals
Girls & Boys	16	1500m	Finals
Girls & Boys	17	1500m	Finals
Girls & Boys	18	1500m	Finals
Girls & Boys	19	1500m	Finals

**Shot Putt**

10.00 a.m	Boys	19
11.00 a.m	Boys	17
12.00 p.m	Girls	19
1.00 p.m	Girls	17

**FINALS**

**3.00 p.m. 200m Finals**

Girls & Boys	16	200m
Girls & Boys	17	200m
Girls & Boys	18	200m
Girls & Boys	19	200m

**3.45 p.m. 800m Finals**

Girls & Boys	14	800m
Girls & Boys	15	800m
Girls & Boys	16	800m
Girls & Boys	17	800m
Girls & Boys	18	800m
Girls & Boys	19	800m



# Athletic Association of Ireland

## Indoor Timetable

### Sunday 5<sup>th</sup> April 2009

#### Check in opens 9.00 a.m.

**11.00 a.m.**

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.

**2.00 p.m.**

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:**

- All Relays will be held on the 4<sup>th</sup> day of competition.
- **No entry on the day of competition, entries through Regional/Provincial Secretary**
- Athletes may step up **ONE (1)** age group only and may compete in **TWO (2)** relays on the day
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age ,exception 17,18,19 age groups where no limitation applies
- If a sub is present on the day and declared, medal will be presented
- **Relay teams qualify from region, 3 teams per region**
- If 4 teams or less check in a Final will be held at Heat time.
- **Team names, DOB, registration numbers must be submitted with entry**
- **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM**  
Spot checks may take place.

# Athletic Association of Ireland

## Juvenile Competition Programme 2009

### Track & Field Dates

<b>Date</b>	<b>Event</b>		<b>Venue</b>
June 27 <sup>th</sup>	Team Competition	Ages 9, 10, 11	Templemore
July 11 <sup>th</sup> /12 <sup>th</sup>	Championships	Ages 12- 19	Tullamore
July 18 <sup>th</sup>	Championships	Ages 12- 19	Tullamore
July 19 <sup>th</sup>	Inter Club Relays & Inter County Relays	Ages 12 - 19 Ages 13- 19	Tullamore
July 25 <sup>th</sup>	Combined Events	Ages 14,15,16 17,18,19	Tullamore
July 26 <sup>th</sup>	‘B’ Championships	Ages 13,14,16	Tullamore
August 2 <sup>nd</sup>	Celtic International		Wales

## Athletic Association of Ireland 2009 Team Competition U9, 10 & 11

**Venue:** Templemore  
**Dates:** 27<sup>th</sup> June  
**Time:** 10.30 a.m.  
                     Check in open 9.00 a.m.  
**Entry Fee:** €8 per team  
**Closing Date:** 7<sup>th</sup> June  
**Late Entry:** No Late Entry  
**Entries** *Athletic Association of Ireland, Unit 19, Northwood Court  
Northwood Business Campus, Santry, Dublin 9*

### Choice of events available per team

U9 Girls & Boys Born 2001	U10 Girls & Boys Born 2000	U11 Girls & Boys Born 1999
60m	60m	60m
300m	500m	600m
Long Jump	Long Jump	Long Jump
Ball Throw	Ball Throw	Ball Throw

1. Two (2) athletes per team.
2. Each athlete may compete in two events only, *with the same or two different partners.*
3. Athletes compete in their own age group (U9 must be born 2001) .
4. Each teams combined distances or combined times are added for team scoring.
5. Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> team members in each event.
6. Three (3) teams per event per region, qualifying through Regional/Provincial Secretary.
7. U9,10 Long Jump competition, athletes may jump anywhere from the sand.  
U 11 Long Jump competition is from the board.  
3 Jumps only per athlete.
8. Ball throw is similar to javelin technique  
Longest throw measured.  
3 throws only per athlete
9. 60m, 300m, 500m, 600m are on times no finals.
10. Persistent false starts may lead to disqualification.
11. No entry or change of entry on the day of competition.
12. Entries to Head Office and a copy to National Competition Secretary contact details are included earlier in the publication
13. Club singlets must be worn.
14. The Committee reserve the right to alter the timetable.
15. 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.**

# Athletic Association of Ireland 27<sup>th</sup> June

## Team Competition U9, 10, 11

### Timetable

*Check in Opens 9.30 a.m.*

*The Committee reserve the right to alter the timetable.*

#### ***11.00 a.m.***

Girls	9	60m
Boys	9	60m
Girls	10	60m
Boys	10	60m
Girls	11	60m
Boys	11	60m

#### **11.00 am**

Girls	11	Long Jump
Boys	11	Long Jump
Girls	10	Long Jump
Boys	10	Long Jump
Girls	9	Long Jump
Boys	9	Long Jump

#### ***1.00 p.m.***

Girls	9	300m
Boys	9	300m
Girls	10	500m
Boys	10	500m
Girls	11	600m
Boys	11	600m

#### **11.00 am**

Girls	9	Ball Throw
Boys	9	Ball Throw
Girls	10	Ball Throw
Boys	10	Ball Throw
Girls	11	Ball Throw
Boys	11	Ball Throw

# Athletic Association of Ireland

27<sup>th</sup> June 2009

## Inter Club Relays U9, 10, 11

### PLEASE NOTE:

- No entry on the day of competition, entries through Regional/Provincial Secretary
- Athletes may step up ONE (1) age group only and may compete in TWO (2) relays on the day **except U 9 athletes must be born in year 2001**
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age
- Relay teams qualify from region, 3 teams per region
- Team names, DOB, registration numbers must be submitted with entry
- **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM**
- Spot checks may take place.

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

#### **2.00 p.m.**

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

**Athletic Association of Ireland 2009  
Juvenile Track & Field**

**Venue:** Tullamore  
**Dates:** 11<sup>th</sup>/ 12<sup>th</sup> July  
**Venue:** Tullamore  
**Dates:** 18<sup>th</sup>/19<sup>th</sup> July 2009  
**Time:** Please check individual days for start times

**Entry Fee:** 4 Euro per event  
€10 per relay

**Championships are qualification events, no late entries accepted**

**Closing Date:** 26<sup>th</sup> June 2009 Week 1  
3<sup>th</sup> July 2009 Week 2

**Entries** *Athletic Association of Ireland, Unit 19, Northwood Court  
Northwood Business Campus, Santry, Dublin 9*

# **Athletic Association of Ireland 2009**

## **Track & Field Regulations**

- 1 **NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIP.**
- 2 Individual Track & Field Championships for Boys and Girls ages 12-19.
- 3 The first four (4) from each region qualify for the National Championships.
- 4 **The first three (3) in the 600m due to safety regulations.**
- 5 Athletes are confined to their own age group.
- 6 Ages 12, 13, 14, 15 and 16 are limited to 3 events plus relay.
- 7 Ages 17, 18 and 19 are limited to 4 events plus relay
- 8 Club Singlets must be worn.
- 9 All entries must come through the Regional Secretary.
- 10 A copy of all Regional results plus a copy of all entries to go Head office and to the Track & Field Secretary.
- 11 **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
  - All athletes must collect a competition number
  - All athletes must collect number 1 hour prior to their event minimum
  - Field athletes check in at their event when event is called
  - Track athletes CHECK IN at the check in area (Call area)
- 12 **ONLY 5mm SPIKES MAY BE USED**
- 13 Only starting blocks provided by the organising committee may be used.
- 14 Athletes from U16 upwards must use Starting Blocks and False Start Rules apply.
- 15 Athlete must leave the arena when their event is complete.
- 16 Winning athletes must report for medal presentation 20 minutes after their event where possible.
- 17 Coaches and parents are not allowed on the track at any time.
- 18 Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
- 19 The guidelines for middle distance events are
  - A final will be held if there are 16 or less in the 600m, 800m
  - 20 or less in the 1500m
- 20 **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
- 21 In all field events except the High Jump and Pole Vault 3 attempts, 3 final throws/jumps for the 8 best athletes
22. 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 date to*** Association of Ireland, Unit 19, Northwood Court, Northwood Business Campus, Santry, Dublin 9
23. **Regional Competition Secretaries must be present on days of competition.**
24. Please have respect for the stadium and its environs.
- 25 Please do not leave your personal belongings unattended.

**Athletic Association of Ireland  
Table of Hurdle Specification  
OUTDOOR**

<b>Age Group</b>	<b>Distance</b>	<b>Height</b>	<b>No.</b>	<b>Approach</b>	<b>Interval</b>	<b>Finish</b>
<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

**Table of Throwing Implements  
(SW --- Short Wire)**

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



<p style="text-align: center;"><b>Athletic Association of Ireland</b>  <b>11<sup>th</sup>/ 12<sup>th</sup> , 18<sup>th</sup>/ 19<sup>th</sup> July 2009</b>  <b>Juvenile Track &amp; Field Championships U12 – U19</b></p>
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**EVENTS AVAILABLE – Girls**

**GIRLS 12**

60m Sprint

600m

High Jump

Long Jump

Shot Putt

**GIRLS 13**

80m Sprint

60m Hurdles

600m

High Jump

Long Jump

Shot Putt

Javelin

**GIRLS 14**

80m Sprint

75m Hurdles

200m

800m

1500m

2000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Shot Putt

**GIRLS 15**

100m Sprint

80m Hurdles

250m Hurdles

200m

800m

1500m

2000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Shot Putt

**GIRLS 16**

100m Sprint

80m Hurdles

250m Hurdles

200m

800m

1500m

2000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Shot Putt

Pole Vault

**GIRLS 17**

100m Sprint

100m Hurdles

300m Hurdles

200m

300m

800m

1500m

1200m S/Chase

3000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Pole Vault

Shot Putt

Triple Jump

**GIRLS 18**

100m Sprint

100m Hurdles

300m Hurdles

200m

300m

800m

1500m

3000m

1500m S/Chase

3000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Pole Vault

Shot Putt

Triple Jump

**GIRLS 19**

100m Sprint

100m Hurdles

400m Hurdles

200m

400m

800m

1500m

3000m

2000m S/Chase

3000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Pole Vault

Shot Putt

Triple Jump

**EVENTS AVAILABLE – Boys**

**BOYS 12**

60m Sprint

600m

High Jump

Long Jump

Shot Putt

**BOYS 13**

60m Sprint

60m Hurdles

600m

High Jump

Long Jump

Javelin

Shot Putt

**BOYS 14**

80m Sprint

75m Hurdles

200m

800m

1500m

2000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Shot Putt

**BOYS 15**

100m Sprint

80m Hurdles

250m Hurdles

200m

800m

1500m

2000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Pole Vault

Shot Putt

Triple Jump

**BOYS 16**

100m Sprint

100m Hurdles

250m Hurdles

200m

800m

1500m

3000m

3000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Pole Vault

Shot Putt

Triple Jump

**BOYS 17**

100m Sprint

100m Hurdles

300m Hurdles

200m

400m

800m

1500m

1500m S/Chase

3000m

3000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Pole Vault

Shot Putt

Triple Jump

**BOYS 18**

100m Sprint

110m Hurdles

400m Hurdles

200m

400m

800m

1500m

2000m S/Chase

3000m

5000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Pole Vault

Shot Putt

Triple Jump

**BOYS 19**

100m Sprint

110m Hurdles

400m Hurdles

200m

400m

800m

1500m

2000m S/Chase

3000m

5000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Pole Vault

Shot Putt

Triple Jump

# Athletic Association of Ireland

## Track & Field 12 – 19 years Day 1 – Saturday 11<sup>th</sup> July

### Check in Opens 9.00am

The Committee reserve the right to alter the timetable.

#### Check in closes 9.30 a.m. Hurdles

##### **10.00 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

##### **HURDLE FINALS**

#### Check in closes 12.00 p.m. Steeplechase

##### **1.00 p.m.**

Girls 17	1200 S/C	Final
Girls 18	1500 S/C	Final
Girls 19	2000 S/C	Final
Boys 17	1500 S/C	Final
Boys 18/19	2000 S/C	Final

#### Check in closes 1.30 p.m. Sprints

##### **2.30 p.m.**

Girls & Boys 12	60m	Heats
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

##### **SPRINT FINALS**

##### **10.00 a.m.**

Girls	14	Hammer (2.5k)SW
Boys	14	Hammer (2.5k)SW
Girls	15	Hammer (2.5k)SW

##### **10.00 a.m.**

##### **Pole Vault**

Girls	16,17,18 & 19
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##### **10.00a.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
Boys	16	High Jump
Boys	18	Shot
Girls	15	Discus
Boys	19	Javelin

##### **12.00 p.m.**

Boys & Girls	15	Long Jump
Boys	13	High Jump
Girls	14	Shot
Boys	14	Discus
Girls	16	Javelin
Boys	18	Triple Jump

##### **1.00 p.m.**

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

##### **2.00pm**

Boys	15	Javelin
Girls	15	High Jump
Boys	12	Long Jump
Girls	12	Shot Putt

##### **3.00 p.m.**

Boys	12	Shot Putt
Girls	12	High Jump

# Athletic Association of Ireland 2008

## Track & Field 12 – 19 years

### Day 2 – Sunday 12<sup>th</sup> July

#### Check in Opens 9.30am

The Committee reserve the right to alter the timetable.

#### Check in Closes 10.00 a.m Hurdles

<b>10.30 a.m.</b>			
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

#### **HURDLE FINALS**

#### Check in closes 11.30 a.m 300m/400m

#### **12.30 p.m**

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

#### Check in 800m closes 12.30p.m. 600m/800m

#### **1.30 p.m.**

Girls & Boys	12	600m	Heats
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

#### **3.00 p.m.**

#### **300m, 400m FINALS**

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

#### **3.30 p.m. FINALS**

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

#### **4.30 pm.**

#### **600m, 800m FINALS**

#### **10.00 a.m.**

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

#### **10.00 a.m.**

#### **Pole Vault**

Boys	15,16,17,18 & 19
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#### **10.00 a.m.**

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

#### **11.00 a.m.**

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

#### **12.00 p.m.**

Boys	16	Long Jump
Girls	13	Shot
Boys	14	High Jump
Girls	13	Javelin
Girls	14	Discus
Girls	12	Long Jump

#### **1.00 p.m.**

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

#### **2.00 p.m.**

Boys	13	Long jump
Boys	19	Shot
Boys	17	Triple Jump
Girls	13	High Jump

#### **3.00 p.m.**

Boys	12	High Jump
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# Athletic Association of Ireland

## Track & Field 13 – 19 years

**Day 3 – SATURDAY 18<sup>th</sup> July 2008**

**Check in opens 9.00am**

**The Committee reserve the right to alter the timetable.**

<u>Check in closes 9.30a.m 1500m</u>			<b>10.00 a.m</b>		
			Girls	16	Hammer (3.25k)
			Boys	15	Hammer (3.25k)
<b>10.00 a.m</b>			Girls	17	Hammer (3.25k)
			Boys	19	Hammer (6kg)
			<b>10.00 a.m</b>		
Girls & Boys 14	1500m	Heats	Boys	19	Long Jump
Girls & Boys 15	1500m	Heats	Boys	17	Discus
Girls & Boys 16	1500m	Heats	Girls	17	Shot
Girls & Boys 17	1500m	Heats	Girls	18	Javelin
Girls & Boys 18	1500m	Heats	Girls	19	Long Jump
Girls & Boys 19	1500m	Heats			
<u>Check in closes 10.30 Walks</u>			<b>11.00 a.m.</b>		
<b>Walks Girls</b>			Girls	17	High Jump
Girls 14,15,16	2000m	Walks Finals	Boys	16	Triple Jump
Girls 17,18,19	3000m	Walks Finals	Girls	18	Long Jump
<u>Check in closes 10.30 200m</u>			Girls	15	Shot
<b>11.30 a.m</b>			Boys	15	Discus
Girls & Boys 14	200m	Heats	Boys	17	Javelin
Girls & Boys 15	200m	Heats			
Girls & Boys 16	200m	Heats	<b>12.00 noon</b>		
Girls & Boys 17	200m	Heats	Boys	19	High Jump
Girls & Boys 18	200m	Heats	Boys	16	Shot
Girls & Boys 19	200m	Heats	Girls	16	Discus
			Girls	15	Javelin
			Girls	17	Triple Jump
<u>Check in closes 12.00 noon Walks</u>			<b>2.00 p.m.</b>		
<b>1.00 p.m</b>			Boys	17	Shot
Boys 14, 15	2000m	Walks Finals	Boys	16	Discus
Boys 16, 17	3000m	Walks Finals	Girls	17	Javelin
Boys 18, 19	5000m	Walks Finals	Girls	19	Triple Jump
			Boys	18	High Jump
<b>2.30 p.m.</b>			<b>3.00 p.m.</b>		
<b>1500m</b>	<b>FINALS</b>		Girls	19	Javelin
<b>200m</b>	<b>FINALS</b>		Boys	18	Long Jump
			Boys	18	Discus
			Girls	18	Shot
			Girls	18	High Jump

**Athletic Association of Ireland**  
**Sunday 19<sup>th</sup> July**  
**Inter Club Relays / Inter County Relays**

**Venue:** Tullamore Harriers Stadium  
**Date:** 19<sup>th</sup> July 2009  
**Time:** 10.00 a.m.  
**Entry Fee:** 10 Euro per team  
**No late entries**  
Entries to: Competition Secretary, Head Office  
**Closing Date:** 5<sup>th</sup> July 2009  
**Check-in Opens 9.00 a.m.**

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

- 1 Athletes born in **1993** 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 with the exception of 17,18, 19 age groups no restriction applies, but all athletes can only compete in a maximum of 3. Sub must be present for medal presentation.
- 4 Three (3) teams per county per age group, **Teams qualify from the County.**
- 5 Entry Forms for 12-19's will be sent to County Secretaries.
- 6 All team names; reg numbers and DOB must be on entry sheets at closing date.
- 7 Declaration sheets must be filled in on day of competition.
- 8 Spot checks may take place.

**Regulations: County Relays**

1. Only One (1) team per County per age group
2. An athlete may move up one age group but may only complete in one relay.
3. Up to five per team. If sub is present and declared on the day medal will be presented
4. Teams wear County athletic colours.
5. Teams qualify from the County championships.
6. **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.
- 10.

**Athletic Association of Ireland**  
**Sunday 19<sup>th</sup> July**  
**Inter Club Relays / Inter County Relay**

**Venue:** Tullamore Harriers Stadium

**Date:** 19<sup>th</sup> July 2009

**Time:** 10.00 a.m.

**Entry Fee:** 10 Euro per team

**No late entries**

Entries to: Competition Secretary, Head Office

**Closing Date:** 5<sup>th</sup> July 2009

**Check-in Opens 9.00 a.m.**

**Order of Events**

**10.00 a.m.**

		<b>Age</b>	<b>Event</b>	
1	Girls	18	4 x 300	Heats
2	Boys	18	4 x 400	Heats
3	Girls	13	4 x 100m	Heats
4	Boys	13	4 x 100m	Heats
5	Girls	15	4 x 100m	Heats
6	Boys	15	4 x 100m	Heats
7	Girls	17	4 x 100m	Heats
8	Boys	17	4 x 100m	Heats
9	Girls	19	4 x 100m	Heats
10	Boys	19	4 x 100m	Heats

**Finals in the same order**

**1.00 p.m.**

12	Girls	17	4 x 300m	Heats
12	Boys	17	4 x 400m	Heats
13	Girls	19	4 x 400m	Heats
14	Boys	19	4 x 400m	Heats
15	Girls	12	4 x 100m	Heats
16	Boys	12	4 x 100m	Heats
17	Girls	14	4 x 100m	Heats
18	Boys	14	4 x 100m	Heats
19	Girls	16	4 x 100m	Heats
20	Boys	16	4 x 100m	Heats
21	Girls	18	4 x 100m	Heats
22	Boys	18	4 x 100m	Heats

**Finals in the same order**

**3.30 p.m. County Relays**

23	Girls	13	4 x 100m	Heats
24	Boys	13	4 x 100m	Heats
25	Girls	15	4 x 100m	Heats
26	Boys	15	4 x 100m	Heats
27	Girls	17	4 x 100m	Heats
28	Boys	17	4 x 100m	Heats
29	Girls	19	4 x 100m	Heats
30	Boys	19	4 x 100m	Heats

**Finals in the same order**

# Athletic Association of Ireland 2009

## Juvenile Combined Events

**Venue:** Tullamore Harriers Stadium  
**Dates:** 25<sup>th</sup> July 2009  
**Time:** 10.30 a.m.  
**Entry Fee:** 10 Euro per event  
**Late Entry:** No Late Entry  
**Entries** *Athletic Association of Ireland, Unit 19, Northwood Court  
Northwood Business Campus, Santry, Dublin 9*  
**Closing Date** 14<sup>th</sup> July 2009  
**All athletes must be registered.**

### EVENTS:

#### Pentathlon

**Girls & Boys 14**

**Girls & Boys 15**

**Girls & Boys 16**

#### 75m Hurdles

High Jump

Long Jump

Shot Putt

800m

80m Hurdles

High Jump

Long Jump

Shot Putt

800m

80m H Girls, 100m H Boys

High Jump

Long Jump

Shot Put

800m

#### Heptathlon

**Girls 17, 18, 19**

**Boys 17, 18, 19**

100m Hurdles

200m

High Jump

Shot Putt

Javelin

Long Jump

800m

Day 1

Day 1

Day 1

Day 1

Day 2

Day 2

Day 2

Day 2

200m

High Jump

Long Jump

Shot Putt

100m Hurdles

Javelin

Pole Vault

1000m

**Girls 17, 18, 19 and Boys 17,18 and 19 are separate 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.



## **Athletic Association of Ireland 2009** **Juvenile 'B' Track and Field**

**Venue:** Tullamore Harriers Stadium  
**Date:** 26<sup>th</sup> July 2009  
**Time:** 10.00 a.m.  
**Entry Fee:** 4 Euro per event  
**Closing Date:** 12<sup>th</sup> July 2009  
**Entries.** *Athletic Association of Ireland, Unit 19, Northwood Court  
Northwood Business Campus, Santry, Dublin 9*  
**All athletes must be registered.**

### **EVENTS:**

#### **Girls 13**

80m  
600m  
Long Jump  
High Jump  
Shot Putt

#### **Girls 14**

100m  
800m  
Long Jump  
High Jump  
Shot Putt

#### **Girls 16**

100m  
800m  
Long Jump  
High Jump  
Shot Putt

#### **Boys 13**

80m  
600m  
Long Jump  
High Jump  
Shot Putt

#### **Boys 14**

100m  
800m  
Long Jump  
High Jump  
Shot Putt

#### **Boys 16**

100m  
800m  
Long Jump  
High Jump  
Shot Putt

### **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 12<sup>th</sup> July 2009

**Athletic Association of Ireland 2008**  
**Juvenile Combined Events**  
**25<sup>th</sup> July 2009**

**Order of Events** *The committee reserve the right to alter the order of events*

**Check in Opens at 9.00am**  
**Closes at 9.45 a.m**

**TRACK**  
**10.00 a.m.**

Girls	14	75m Hurdles
Boys	14	75m Hurdles
Girls	15	80m Hurdles
Boys	15	80m Hurdles
Girls	16	80m Hurdles
Boys	16	100m Hurdles
Girls	17	100m Hurdles
Girls	18	100m Hurdles
Girls	19	100m Hurdles
Boys	17	200m
Boys	18	200m
Boys	19	200m
Girls	14	800m
Girls	15	800m
Girls	16	800m
Girls	17	200m
Girls	18/19	200m
Boys	14	800m
Boys	15	800m
Boys	16	800m

**FIELD**  
**10.30 a.m.**

Girls	14	High Jump
Boys	14	Long Jump
Boys	15	Long Jump
Girls	15	High Jump
Boys	16	Long Jump
Girls	14	Shot Putt
Boys	14	Shot Putt
Girls	17	Shot Putt
Girls	16	High Jump
Boys	17	Long Jump
Boys	18/19	Long Jump
Boys	15	Shot Putt
Girls	15	Shot Putt
Boys	16	Shot Putt
Girls	14	Long Jump
Girls	15	Long Jump
Girls	17/18/19	High Jump
Girls	16	Shot Putt
Boys	17	Shot Putt
Girls	18/19	Shot Putt
Boys	18/19	Shot Putt
Girls	16	Long Jump
Boys	14	High Jump
Boys	15	High Jump
Boys	16	High Jump
Boys	17/18/19	High Jump

**Athletic Association of Ireland  
Juvenile Combined Events Day 2  
Plus “B” Track & Field  
26<sup>th</sup> July 2009**

***COMBINED EVENTS DAY 2***

**10.00 a.m.**

**C.E. Boys 17,18,19 Hurdles**

**10.00 a.m**

**C.E. Girls 17 Long Jump**

**C.E. Girls 18/19 Long Jump**

**10.45 a.m**

**C.E. Boys 17/18/19 Pole Vault**

**11.00am**

**C.E. Girls 17 Javelin**

**C.E. Girls 18/19 Javelin**

**C.E. Boys 17/18/19 Javelin**

**C.E. Girls 17/18/19 800m**

**C.E. Boys 17/18/19 1000m**

**NB**

**Combined Event 800/1000m will take place on the completion of all outstanding field events for Combined Events No time allocated**

**“B” Track & Field**

**Check in opens at 9.00am**

**10.30 a.m**

Girls 13 80m  
Boys 13 80m  
Girls 14 100m  
Boys 14 100m  
Girls 16 100m  
Boys 16 100m

**10.30** Girls & Boys 14 Long Jump  
Girls & Boys 16 Long Jump  
Girls & Boys 13 Long Jump

**12.00 a.m.**

Girls 13 600m  
Boys 13 600m

**1.00 p.m.**

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

**10.00** Boys 16 Shot Putt  
Girls 13 Shot Putt  
Boys 13 Shot Putt  
Boys 14 Shot Putt  
Girls 14 Shot Putt  
Girls 16 Shot Putt

**10.00** Girls 16 High Jump  
Boys 13 High Jump  
Girls 13 High Jump  
Girls 14 High Jump  
Boys 14 High Jump  
Boys 16 High Jump

# Athletic Association of Ireland 2009

## REGULATIONS CROSS COUNTRY

- 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 four (4) 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, entries through Provincial Secretary ONLY

All entries to Competition Secretary, *Athletic Association of Ireland, Unit 19, Northwood Court Northwood Business Campus, Santry, Dublin 9* and a copy to National Juvenile Cross Country Secretary. **Mr. Tony Ennis, Ballyfallon, Athboy, Co. Meath.**

- **Province:** 12 athletes to run with 6 to score
- **County:** 10 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 **declared** on the team sheets will score.
- **It is strongly recommended that all athletes wear the correct footwear.**
- **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>
- B Championships is open to athletes who **HAVE NOT WON** an Individual, Regional, County or Club National Cross Country medal.
- Entries through club secretary for B Championships
- Entries through county secretary for Inter County Relay, county singlets must be worn
- Athletes **may not** compete in B Cross Country Championships and Inter County Relay on the same day.

# Athletic Association of Ireland 2009

## Juvenile Cross Country Championships

- November 2009 “A” Championships
- December 2009 “A” Championships
- January 2010 “B” Championships
- Dates and Venues to be decided

<b>Medals:</b>	<b>“A” Championships</b>	<b>First 12 individuals</b> <b>First 3 Regional, County Club teams</b>
	<b>“B” Championships</b>	<b>First 10 individuals</b> <b>First 3 U19 individuals)</b> <b>First 3 County and Club teams</b>
<b>Fees:</b>	<b>Club</b>	<b>€15</b>
	<b>County</b>	<b>€20</b>
	<b>Province/Region</b>	<b>€25</b>
	<b>Individual</b>	<b>€4</b>
	<b>Relay Teams</b>	<b>€10</b>

### A Cross Country Distances

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

### B Cross Country Distances

11	800m	11	800m
13	1000m	13	1200m
15	1500m	15	2000m
17	2000m	17	4000m
19	3000m	19	5000m

## **Athletic Association of Ireland**

### **Cross Country Inter County Relays 2009**

- All athletes must be registered.
- Entries through county secretary for Relay Championships
- County singlet must be worn.
- No Entries on the day
- 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.

### **Cross Country Inter County Relays**

Girls 12	4 x 500m Relays
Boys 12	4 x 500m Relays
Girls 14	4 x 500m Relays
Boys 14	4 x 500m Relays

## Athletic Association of Ireland Table of Hurdle Specification

<b>Age Group</b>	<b>Distance</b>	<b>Height</b>	<b>No.</b>	<b>Approach</b>	<b>Interval</b>	<b>Finish</b>
<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

# Athletic Association of Ireland

## TABLE OF THROWING IMPLEMENTS

<b>Boys</b>	12	13	14	15	16	17	18	19
<b>Shot</b>	2K	2K	2.72K	3.25K	4K	5K	5K	6K
<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 S.Wire	3.25K	4K	5K	5K	6 K
<b>Girls</b>	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 S,Wire	2.5K S.Wire	3.25K	3.25K	4K	4K



## **Athletic Association of Ireland**

### **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

# **Celtic Games 2009**

## **Cross Country**

**18<sup>th</sup> January**

### **Selection Criteria**

First four (4) from under 16 B and G 2009 National Juvenile Cross Country Championships

Notification direct to athlete via Juvenile Secretary

## **Track & Field** **2<sup>nd</sup> August**

### **Selection Criteria**

1. Based on Results of 2009 National Track & Field Championships
2. Athletes away on International duty representing Ireland are taken into consideration
3. Selection Juvenile Athletic Committee
4. Notification direct to athlete via Juvenile Secretary
5. Acceptance of selection is subject to clean bill of health signed by coach
6. Age Categories U16 Born 94, U18 Born 92, 93

## **Juvenile Star Awards**

**21<sup>st</sup> March 2009**

**Arklow Bay Hotel**

### **List of Awards**

County Stars	Each County
Overseas Award	
Robin Sykes Award	At discretion of JAC
International Award	International Performance
Eamon Gilbert Award	High Jump
Bill Battersby Award	Long Jump
Keara O'Hart Award	Sprints
Matt McGrath Award	Throws
Roisin O'Callaghan Award	Walks
Overall Star	

### **Selection Criteria**

- Quality of Performance or Performances in AAI National Juvenile Championships
- Star Award Winner from each County
- Overall Star Award Winner announced on the night
- Athletes notified individually
- Selection Juvenile Athletic Committee
- Tickets available from Juvenile Secretary or Finance Officer address available at front of booklet
- Tickets €35 each