



# **Juvenile Competition Booklet 2011**

- Rules
- Regulations
- Competition Dates
- Competition Venues
- Age Groups
- Weights
- Hurdle Specifications



## **President's Address**

I congratulate the Juvenile Committee on compiling this excellent Competition Booklet for 2011.

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. It is our duty to continue to nurture and encourage them to stay in this great sport of ours. The future of the 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.

2010 was a hugely successful year for our juvenile athletes. There were many outstanding performances from a wide range of athletes across all the disciplines. The major highlights were provided by Ciara Mageean, 2<sup>nd</sup> in the World Junior Championships over 1500 metres; Kate Veale 4<sup>th</sup> in the 5000 metres walk in the Youth Olympics and Mark English 1<sup>st</sup> in the European Youth Olympic trials. The Celtic track and field held in Athlone IT was a resounding success both competitively and organisationally.

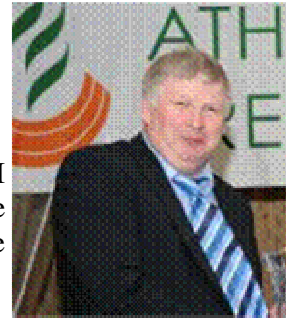
For 2011 there is much to be enthused about including major championships – EYOF/World Youths/European Juniors- to look forward to. I wish all the athletes, at whatever level they are at, continued success in 2011 and into the future.

***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, juvenile athletes are the bedrock of our sport.



My thanks to all the parents, coaches, county and regional officials and anyone who helps 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 for her time and effort in putting this comprehensive booklet together.

2011 is a very important year on the international front with the World Youth Championships in France, European Youth Olympics in Turkey and Celtic Games track and field in Antrim Forum.

On the domestic scene it is a large 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***

## **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.



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## ***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.*

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## 2011 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.

Age 9	Born 2003
Age 10	Born 2002
Age 11	Born 2001
Age 12	Born 2000
Age 13	Born 1999
Age 14	Born 1998
Age 15	Born 1997
Age 16	Born 1996
Age 17	Born 1995
Age 18	Born 1994
Age 19	Born 1993

## Juvenile Programme 2011

### Cross Country & Indoor Championships

Date	Event	Venue
January 29 <sup>th</sup>	Indoor Juvenile Combined Events	Nenagh
February 6 <sup>th</sup>	“B” Cross Country Inter County Relays	ALSSA Dublin
February 6 <sup>th</sup>	Celtic Cross Country	ALSSA Dublin
February 12 <sup>th</sup>	Star Awards	Athlone
March 19/20 <sup>th</sup>	Juvenile Indoor Championships	Magherafelt Co. Antrim
April 2 <sup>nd</sup> /3 <sup>rd</sup>	Juvenile Indoor Championships	Nenagh
November	Cross Country Even Ages	TBD
December	Cross Country Uneven Ages	TBD

### Track & Field Championships

June 25 <sup>th</sup> June	Team Competition 9, 10, 11	Templemore
July 9/10 <sup>th</sup>	Juvenile Championships 12- 19	Tullamore
July 23 <sup>rd</sup>	Juvenile Championships 12- 19	Tullamore
July 24 <sup>th</sup>	Inter Club & Inter County Relays	Tullamore
July 30/31 <sup>st</sup>	Combined Events	Tullamore
July 31 <sup>st</sup>	“B” Championships	Tullamore
August 14 <sup>th</sup>	Celtic Games	Antrim Stadium

#### **Indoor, Track & Field Entries**

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

#### **Cross Country Entries**

*Competition, 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*

## 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 **such** 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. Athletes U13 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used.
14. **IAAF False Start Rules apply. U16 upwards First false start leads to disqualification.**
15. **U13,14,15. One false start and all are on warning of next false start leading to disqualification.**
16. **Combined Events all age categories, One false start and all are on warning of next false start leading to disqualification.**
17. Athlete must leave the arena when their event is complete.
18. Winning athletes must report for medal presentation 20 minutes after their event where possible.
19. Coaches and parents are not allowed on the track at any time.
20. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
21. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
22. Where a heat is listed if insufficient competitors check in a FINAL will be held at heat time.
23. 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.
24. 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
25. 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
26. **Regional Competition Secretaries must be present on days of competition.**
27. Please have respect for the stadium and its environs.
28. Please do not leave your personal belongings unattended.

## Table of Hurdle Specification

### INDOOR

<b>Girls 13</b>	60m	68.6cm	2' 3"	5	11.00m	7.25m	20.00m
<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	20.00m
<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

Boys	AGES	Girls
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

## Indoor Combined Events

**Venue:** Nenagh Stadium  
**Date:** Sat 29<sup>th</sup> January 2011  
**Time:** 10 a.m.  
**Entry Fee:** 10 Euro, late entry double on the day  
**Check in:** Opens 9.00 a.m.  
**Closing date:** 19<sup>th</sup> January 2011

**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	15	Hurdles	High Jump	Long Jump	Shot Putt	800m	
Boys	15	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	17	Hurdles	High Jump	Long Jump	Shot Putt	800m	
Boys	17	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	
Girls	19	Hurdles	High Jump	Long Jump	Shot Putt	800m	
Boys	19	Hurdles	High Jump	Long Jump	Shot Putt	800m	
				<b>Approach</b>	<b>Interval</b>	<b>Finish</b>	
Girls	14	Hurdles	68.6cm	2'3" 5	11.50	7.50	18.50
Boys	14	Hurdles	76.2cm	2'6" 5	11.50	7.50	18.50
Girls	15	Hurdles	76.2cm	2'6" 5	12.00	8.00	16.00
Girls	16	Hurdles	76.2cm	2'6" 5	12.00	8.00	16.00
Girls	17	Hurdles	76.2cm	2'6" 5	13.00	8.50	13.00
Girls	18	Hurdles	76.2cm	2'6" 5	13.00	8.50	13.00
Girls	19	Hurdles	84.0cm	2'9" 5	13.00	8.50	13.00
Boys	15	Hurdles	84.0cm	2'9" 5	12.00	8.00	16.00
Boys	16	Hurdles	84.0cm	2'9" 5	13.00	8.50	13.00
Boys	17	Hurdles	91.4cm	3'0" 5	13.00	8.50	13.00
Boys	18	Hurdles	91.4cm	3'0" 5	13.72	9.14	9.72
Boys	19	Hurdles	99.0cm	3'3" 5	13.72	9.14	9.72

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

# Indoor Combined Events - 29<sup>th</sup> January 2011

*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	19 Hurdles	99.0cm	3'3"
Boys	18 Hurdles	91.4cm	3'0"
Boys	17 Hurdles	91.4cm	3'0"
Boys	16 Hurdles	84.0cm	2'9"
Boys	15 Hurdles	84.0cm	2'9"
Girls	19 Hurdles	76.2cm	2'6"
Girls	18 Hurdles	76.2cm	2'6"
Girls	17 Hurdles	76.2cm	2'6"
Girls	16 Hurdles	76.2cm	2'6"
Girls	15 Hurdles	76.2cm	2'6"
Boys	14 Hurdles	76.2cm	2'6"
Girls	14 Hurdles	68.6cm	2'3"

## **FIELD**

### *10.15 a.m*

Girls	19	Long Jump
Girls	18	Long Jump
Girls	17	Long Jump
Girls	16	Long Jump
Girls	15	Long Jump
Girls	14	Long Jump
Boys	19	Long Jump
Boys	18	Long Jump
Boys	17	Long Jump
Boys	16	Long Jump
Boys	15	Long Jump
Boys	14	Long Jump

### *10.00 a.m*

Girls	14	Shot (2k)
Boys	14	Shot (2.72k)
Girls	15	Shot (2.72k)
Boys	15	Shot (3.25k)
Girls	16	Shot (3.25k)
Girls	17	Shot (3.25k)
Girls	18	Shot (4k)
Girls	19	Shot (4k)
Boys	16	Shot (4k)
Boys	17	Shot (5k)
Boys	18	Shot (5k)
Boys	19	Shot (6k)

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

Girls	16	High Jump
Boys	14	High Jump
Girls	14	High Jump
Boys	15	High Jump
Girls	15	High Jump
Girls	18/19	High Jump
Girls	17	High Jump
Boys	16	High Jump
Boys	17	High Jump
Boys	18	High Jump
Boys	19	High Jump

*Programme subject to change*

# Juvenile Indoor Championships

**Venue:** Magherafelt and Nenagh  
**Dates:** 19/20<sup>th</sup> March and 2/3<sup>rd</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:** Week 1 - 9<sup>th</sup> March Week 2 – 19<sup>th</sup> March  
**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.***

# Juvenile Indoor Championships

## **BOYS 12**

60m Sprint  
600m  
  
Relay 4 x 100m  
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 18**

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

## **BOYS 13**

60m Sprint  
60m Hurdles  
600m  
  
Relay 4 x 100m  
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 19**

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

## **BOYS 14**

60m Sprint  
60m Hurdles  
800m  
1000m 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

*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.*

# Juvenile Indoor Championships – Magherafelt

## Timetable Saturday 19<sup>th</sup> March 2011

**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**

10.30 a.m.	Girls & Boys	12
12.00 a.m	Girls & Boys	13
1.00 p.m..	Girls & Boys	14

**Triple Jump**

14.00pm	Girls & Boys	18,19
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**Check in closes 11.30 a.m**

**12.30 p.m.**

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

**Shot Putt**

10.00 a.m	Girls	18
	Boys	18
	Girls	13
	Boys	13
	Girls	12
	Boys	12

### **FINALS 60M SPRINTS REVERSE ORDER**

**Check in closes 1.00 p.m**

**2.30 p.m**

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

**High Jump**

11.00 a.m.	Girls & Boys	14
	Girls & Boys	12
	Girls & Boys	13

**Check in closes 1.30pm**

**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**

# Juvenile Indoor Championships – Magherafelt

## Timetable Sunday 20<sup>th</sup> March 2011

**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 9.30 a.m. 600m & Hurdles**

**10.30 a.m.**

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

**Long Jump**

10.30 Girls & Boys 15  
11.30 Girls & Boys 16

**Check in closes 10.00 a.m**

**11.00 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"

**Shot Putt**

10.30 a.m	Girls	14
	Boys	14
	Girls	15
	Boys	15
	Girls	16
	Boys	16

**FINALS HURDLES**

**High Jump**

**11.30 a. m**

Girls & Boys 15  
Girls & Boys 16

**Check in closes 12.00 noon**

**2.00 p.m.**

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

# Juvenile Indoor Championships – Nenagh

## Timetable Saturday 2<sup>nd</sup> April 2011

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

**1.30p.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

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

3.00 p.m. 200m Finals

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

3.30 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

# Juvenile Indoor Championships – Timetable Sunday 3<sup>rd</sup> April 2011

## Check in opens 9.00 a.m.

**10.30 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 such 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.

## Juvenile Competition Programme - Track & Field Dates

<b>Date</b>	<b>Event</b>		<b>Venue</b>
June 25 <sup>th</sup>	Team Competition	Ages 9, 10, 11	Templemore
July 9/10 <sup>th</sup>	Championships	Ages 12- 19	Tullamore
July 23 <sup>rd</sup>	Championships	Ages 12- 19	Tullamore
July 24 <sup>th</sup>	Inter Club Relays & Inter County Relays	Ages 12 - 19 Ages 13- 19	Tullamore
July 30 <sup>th</sup> /31 <sup>st</sup>	Combined Events	Ages 14-19	Tullamore
July 31 <sup>st</sup>	'B' Championships	Ages 13,14,16	Tullamore
August 14 <sup>th</sup>	Celtic International		Antrim Stadium

## Juvenile Competition Programme – Team Competition U9, U10 & U11

**Venue:** Templemore  
**Dates:** 25<sup>th</sup> June  
**Time:** 10.30 a.m.  
**Check in open 9.00 a.m.**  
**Entry Fee:** €8 per team  
**Closing Date:** 15<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 2003	U10 Girls & Boys Born 2002	U11 Girls & Boys Born 2001
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 2003) .
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 to where the ball hits the ground.  
3 throws only per athlete
9. 60m, 300m, 500m, 600m are on times no finals.
10. Standing or crouch start is optional. The standing start command for all sprints are "on your marks" and "set"
11. Persistent false starts may lead to disqualification.
12. No entry or change of entry on the day of competition.
13. Entries to Head Office and a copy to National Competition Secretary contact details are included earlier in the publication
14. Club singlets must be worn.
15. The Committee reserve the right to alter the timetable.
16. Relays commence at 2.30 p.m. Relays are not part of the scoring for team competition.

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

# Juvenile Competition Programme – Team Competition Timetable

*Check in Opens 9.30 a.m.*

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

**10.30 a.m.**      *According to previous page*

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

# Juvenile Competition Programme - Inter Club Relays U9, 10, 11 25<sup>th</sup> June 2011

## 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 2003**
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age **except U9 athletes must be born in year 2003**
- 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.**

#### **2.30 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

## Juvenile Competition Programme - Track & Field

**Venue:** Tullamore  
**Dates:** 9/10<sup>th</sup> July  
**Venue:** Tullamore  
**Dates:** 23/24<sup>th</sup> July 2011  
**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:** 30<sup>th</sup> June 2011 Week 1  
13<sup>th</sup> July 2011 Week 2

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

## Juvenile Competition Programme – 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 "U12 all must do a crouched start. Below that age standing or crouch start is optional.  
The commands for all sprints are "on your marks" and "set"
- 15 **Athletes from U13 upwards must use Starting Blocks**
- 16 **IAAF False Start Rules apply. U 16 upwards First false start leads to disqualification.**
- 17 **U13,14,15. One false start and all are on warning of next false start leading to disqualification.**
- 18 **Combined Events all age categories. One false start and all are on warning of next false start leading to disqualification.**
- 19 Athlete must leave the arena when their event is complete.
- 20 Winning athletes must report for medal presentation 20 minutes after their event where possible.
- 21 Coaches and parents are *not allowed* on the track at any time.
- 22 Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
- 23 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
  
- 24 **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
- 25 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.

## Hurdle and Weight Specifications

<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>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Boys</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>								
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

# Juvenile Track & Field Championships U12 – U19

## 9<sup>th</sup>/10<sup>th</sup>/23<sup>rd</sup>/24<sup>th</sup> July 2011

### EVENTS AVAILABLE – Girls

#### **GIRLS 12**

60m Sprint

600m

High Jump

Long Jump

Shot Putt

#### **GIRLS 14**

80m Sprint

75m Hurdles

200m

800m

1500m

2000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Shot Putt

#### **GIRLS 17**

100m Sprint

100m Hurdles

300m Hurdles

200m

300m

800m

1500m

2000m S/Chase (2'6")

3000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Pole Vault

Shot Putt

Triple Jump

#### **GIRLS 13**

80m Sprint

60m Hurdles

600m

High Jump

Long Jump

Shot Putt

Javelin

#### **GIRLS 15**

100m Sprint

80m Hurdles

250m Hurdles

200m

800m

1500m

2000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Shot Putt

#### **GIRLS 18**

100m Sprint

100m Hurdles

300m Hurdles

200m

300m

800m

1500m

3000m

3000m S/Chase (2'6")

3000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Pole Vault

Shot Putt

Triple Jump

#### **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 19**

100m Sprint

100m Hurdles

400m Hurdles

200m

400m

800m

1500m

3000m

3000m S/Chase (2'6")

3000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Pole Vault

Shot Putt

Triple Jump

# Juvenile Track & Field Championships U12 – U19

## 9<sup>th</sup>/10<sup>th</sup>/23<sup>rd</sup>/24<sup>th</sup> July 2011

### EVENTS AVAILABLE – Boys

#### **BOYS 12**

60m Sprint  
  
600m  
High Jump  
Long Jump  
Shot Putt

#### **BOYS 13**

80m 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  
2000m S/Chase (3'.0")  
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  
3000m S/Chase (3'0)  
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 (3'0")  
3000m  
5000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Putt  
Triple Jump

# Juvenile Track & Field Championships U12 – U19

## Day 1 – Saturday 9<sup>th</sup> July 2011

### Check in Opens 8.30am

The Committee reserve the right to alter the timetable.

Check in closes 9.15 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 . Steeplechase

**1.00 p.m.**

Girls	17	2000 S/C (2'6")	Final
Girls	18	3000 S/C	Final
Girls	19	3000 S/C	Final
Boys	17	2000 S/C (3'0")	Final
Boys	18/19	3000 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
-------	-----------------

**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
Boys/Girls	12	Ball Throw

# Juvenile Track & Field Championships U12 – U19

## Day 2 – Sunday 10<sup>th</sup> July 2011

### Check in Opens 9.00am

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

#### Check in Closes 9.45 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 800n 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

#### **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
Boys	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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# Juvenile Track & Field Championships U12 – U19

## Day 3 – Saturday 23<sup>rd</sup> July 2011

### Check in opens 8.45

The Committee reserve the right to alter the timetable.

#### Check in closes 9.15a.m 1500m

#### 10.00 a.m

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 closes 10.30 Walks

#### Walks Girls

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

#### Check in closes 11.30 200m

#### 12.30 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

#### Check in closes 12.30 Walks

#### 2.00 p.m

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

#### 3.00 p.m.

1500m	FINALS
200m	FINALS

#### 10.00 a.m.

Girls	16	Hammer (3.25k)
Boys	15	Hammer (3.25k)
Girls	17	Hammer (3.25k)
Boys	19	Hammer (6k)

#### 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	15	Javelin
Girls	17	Triple Jump

#### 2.00 p.m.

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
Boys	18	Discus
Girls	18	Shot
Girls	18	High Jump

**Juvenile Track & Field Championships**  
**Inter Club Relays / Inter County Relays**  
**Day 4 – Sunday 24<sup>th</sup> July 2011**

**Venue:** Tullamore Harriers Stadium  
**Date:** 24<sup>th</sup> July 2011  
**Time:** 10.00 a.m.  
**Entry Fee:** 10 Euro per team  
**No late entries**  
Entries to: Competition Secretary, Head Office  
**Closing Date:** 14<sup>th</sup> July 2011

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

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

- 1 Athletes born in **1995** 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. At least 2 members of a competing relay team, participating in the event on that day must be of the correct age, no such restriction applies to U17, 18, 19. All athletes can only compete in a maximum of 3 relays to include Inter County Relay . 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.

# Juvenile Track & Field Championships – Relays 24<sup>th</sup> July 2011

**Venue:** Tullamore Harriers Stadium

**Date:** 24<sup>th</sup> July 2011

**Time:** 10.00 a.m.

**Entry Fee:** 10 Euro per team

**No late entries**

Entries to: Competition: 19 Northwood Court, Northwood Business Campus, Santry Dublin 9

**Closing Date:** 14<sup>th</sup> July 2011

*Check-in Opens 8.45 a.m and Closes 9.30 a.m for morning events.*

## Order of Events

### 10.00 a.m.

		Age	Event	
1	Girls	18	4 x 300m	Heats
2	Boys	18	4 x 400m	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

## Juvenile Track & Field Championships – Combined Events 30<sup>th</sup> July 2011

**Venue:** Tullamore Harriers Stadium  
**Dates:** 30<sup>th</sup> July 2011  
**Time:** 10.00 a.m. (on both days)  
**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** 20<sup>th</sup> July 2011  
**All athletes must be registered.**

### EVENTS:

#### **Pentathlon**

**Girls & Boys 14      Girls & Boys 15      Girls & Boys 16**

80m Hurdles	80m Hurdles	80m H Girls, 100m H Boys
High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump
Shot Putt	Shot Putt	Shot Put
800m	800m	800m

#### **Heptathlon**

**Girls 17, 18, 19**

#### **Octathlon**

**Boys 17, 18**

#### **Boys U19**

100m Hurdles	Day 1	100m	200m
200m	Day 1	400m	Shot Putt
High Jump	Day 1	High Jump	High Jump
Shot Putt	Day 1	Long Jump	Long Jump
	Day 2	Shot Putt	100m Hurdles
Javelin	Day 2	110 Hurdles	Pole Vault
Long Jump	Day 2	Javelin	Javelin
800m	Day 2	1000m	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, **all age categories, one false start and all are on warning of next false start leading to disqualification.**
4. An athlete shall be disqualified in any event, in which he has made two false starts.
5. 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.
6. The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.

***Order of Events for Combined Events will be available closer to the event***

# Juvenile 'B' Track & Field Championships – 31<sup>st</sup> July 2011

**Venue:** Tullamore Harriers Stadium  
**Date:** 31<sup>st</sup> July 2011  
**Time:** 10.30 a.m.  
**Entry Fee:** 4 Euro per event  
**Closing Date:** 20<sup>th</sup> July 2011  
**Entries.** *Competitions: Athletic Association of Ireland, Unit 19, Northwood Court  
Northwood Business Campus, Santry, Dublin 9*  
**All athletes must be registered.**

## EVENTS:

<b>Girls 13</b>	<b>Girls 14</b>	<b>Girls U15</b>	<b>Girls 16</b>
80m	100m	100m	100m
600m	800m	800m	800m
Long Jump	Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump	High Jump
Shot Putt	Shot Putt	Shot Putt	Shot Putt
<b>Boys 13</b>	<b>Boys 14</b>	<b>Girls U15</b>	<b>Boys 16</b>
80m	100m	100m	100m
600m	800m	800m	800m
Long Jump	Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump	High Jump
Shot Putt	Shot Putt	Shot Putt	Shot Putt

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

1. Any athlete who has competed in the Regional Championships and not qualified for Juvenile championships 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 20<sup>th</sup> July 2011.

**“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	15	100m
Boys	15	100m
Girls	16	100m
Boys	16	100m

**12.00 a.m.**

Girls	13	600m
Boys	13	600m

**1.00 p.m.**

Girls	14	800m
Boys	14	800m
Girls	15	800m
Boys	15	800m
Boys	16	800m
Girls	16	800m

<b>10.30</b>	Girls & Boys	14	Long Jump
	Girls & Boys	16	Long Jump
	Girls & Boys	13	Long Jump

<b>10.00</b>	Boys	16	Shot Putt
	Girls	13	Shot Putt
	Boys	13	Shot Putt
	Boys	14	Shot Putt
	Girls	15	Shot Putt
	Boys	15	Shot Put
	Girls	14	Shot Putt
	Girls	16	Shot Putt

<b>10.00</b>	Girls	16	High Jump
	Boys	11	high Jump
	Girls	13	High Jump
	Boys	13	High Jump
	Girls	14	High Jump
	Boys	14	High Jump
	Boys	16	High Jump
	Girls	15	High Jump
	Boys	15	High Jump

## REGULATIONS CROSS COUNTRY

- Regions must enclose a copy of the regional club results with the entries
- Start time 11.30
- Athletes may move up one age group
- Spot Checks will be undertaken
- **First four (4) club teams** in the 11-19 age group all must have competed in the Provincial/Regional Cross Country Championships
- Three (3) teams from each Munster, Ulster, Connaught, 4 from Leinster 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 Competitions, *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 including B
- **Club:** 6 athletes to run with 4 to score including B
- **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*** a National Individual, Regional, County or Club Cross Country medal.
- Entries through club or county 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.

## Juvenile Cross Country Championships

- November 2011                    **“A” Championships**
- December 2011                   **“A” Championships**
- January 2012                    **“B” Championships**
- **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	1500m	11	1500m
12	2000m	12	2000m
13	2500m	13	2500m
14	3000m	14	3000m
15	3500m	15	3500m
16	4000m	16	4000m
17	4500m	17	5000m
18	5000m	18	6000m
19	5000m	19	7000m

### B Cross Country Distances

11	1500m	11	1500m
13	2000m	13	2000m
15	3500m	15	3500m
17	4500m	17	5000m
19	5000m	19	7000m

## Cross Country Inter County Relays 2011

- 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; A sub must be declared and present on the day to receive medal.

### 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

## 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"	5	11.00m	7.25m	20.00m
<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>INDOOR</b>						
<b>Boys 13</b>	60m	68.6cm 2' 3"	5	11.00m	7.25m	20.00m
<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>Girls 13</b>	60m	68.6cm 2' 3"	5	11.00m	7.25m	20.00m
<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	20.00m
<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

<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	400gr	500gr	600gr	700gr	700gr	800gr
<b>Hammer</b>			2.5K S.Wire	3.25K	4K	5K	5K	6 K

## 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

**Cross Country, ALSAA Dublin**

**6<sup>th</sup> February 2011**

Selection Criteria

First four (4) from under 16 Boys and Girls 2010 National Juvenile Cross  
Country Championships  
Notification via Juvenile Secretary

**Track & Field**

**14<sup>th</sup> August 2011**

Selection Criteria

1. Based on Results of 2011 National Track & Field Championships
2. Athletes away on International duty representing Ireland are taken into consideration
3. Selection Juvenile Athletic Committee
4. Notification via Juvenile Secretary
5. Acceptance of selection is subject to clean bill of health signed by coach
6. Age Categories U16: Born 1996, U18: Born 1994, 1995

# Celtic Games 2011

## NEW FORMAT

U18 Boys & Girls	Event
	100m
	200m
Girls	300m
Boys	400m
Girls	80m H
Boys	100mH
Girls	300mH
Boys	400mH
	800m
	1500m
	3000m
Girls	1500m Steeple Chase
Boys	2000m Steeple Chase
	4x 100m Relay
Girls	4 x 300m Relay
Boys	4 x 400m Relay
	High Jump
	Pole Vault
	Long Jump
	Triple Jump
	Shot
	Discus
	Hammer
	Javelin

## U16 – 2 year Rota {A- B}

Year A		Year B		Year A		Year B	
2009		2010		2011		2012	
Male	Female	Male	Female	Male	Female	Male	Female
100m	200m	200m	100m	100m	200m	200m	100m
800m	1500m	1500m	800m	800m	1500m	1500m	800m
80mh	75mh	80mh	75mh	80mh	75mh	80mh	75mh
Long Jump	High Jump	High Jump	Long Jump	Long Jump	High Jump	High Jump	Long Jump
Shot	Discus	Discus	Shot	Shot	Discus	Discus	Shot
Javelin			Javelin	Javelin			Javelin

## Under 16 Mixed 4 x 100m Relay 2 {Males+ 2 Females}

**\*Athletes for Mixed Relay MUST compete in individual team events**

# Juvenile Star Awards 12<sup>th</sup> February 2011 Hotel Athlone

## List of Awards 2010

Antrim:	<b>RA.C.hel Healy</b>	Ballymena & Antrim A.C.
Carlow:	<b>Simon Doyle</b>	St. Laurence O'Toole A.C.
Cavan:	<b>James Treanor</b>	Shercock A.C.
Clare:	<b>Alice Akers</b>	Marian A.C.
Cork:	<b>Sam Healy</b>	Belgooly A.C.
Derry:	<b>Mark Mc Garvey</b>	City of Derry A.C.
Donegal:	<b>John Kelly</b>	Finn Valley A.C.
Down:	<b>Matthew Martin</b>	North Down A.C.
Dublin:	<b>Sarah Mc Carthy</b>	Fingallians A.C.
Fermanagh:	<b>Jason White</b>	Devonish College
Galway:	<b>Alanna Lally</b>	Galway City Harriers
Kerry:	<b>Eoin O Carroll</b>	Tralee Harriers
Kildare:	<b>Claire Mooney</b>	Naas A.C.
Kilkenny:	<b>Eoin Power</b>	St Josephs A.C.
Laois:	<b>Conor Daly</b>	St Abbans A.C.
Leitrim	<b>Ciara O Dowd</b>	Ballinamore A.C.
Limerick:	<b>Sara Lavin</b>	Emerald A.C.
Louth:	<b>Emily Rogers</b>	St Peters A.C.
Mayo:	<b>Sally Rose Maughan</b>	Castlebar A.C.
Meath:	<b>Conal Campian</b>	St Andrews A.C.
Monaghan:	<b>Garbhan Mc Kenna</b>	Glaslough Harriers
Offaly:	<b>Liam Brady</b>	Tullamore Harriers
Roscommon:	<b>Lorcain O Cathain</b>	Roscommon A.C.
Sligo:	<b>Dylan Carty</b>	Sligo A.C.
Tipperary:	<b>Aoife Bartley</b>	Carrick on Suir A.C.
Tyrone:	<b>Ben Mc Gillian</b>	Strabane A.C.
Waterford:	<b>Ciara Giles Doran</b>	Ferrybank A.C.
Westmeath:	<b>Shane Fitzsimons</b>	Mullingar Harriers
Wexford:	<b>Conor Wilson</b>	Menapians A.C.
Wicklow:	<b>Niamh Kearney</b>	Greystones A.C.



## List of Awards 2010

### AWARDS

Eamon Gilbert Award:	<b>Aisling Croke</b>	Dooneen A.C.
Bill Battersby Award:	<b>Sarah Mc Carthy</b>	Fingallians A.C.
Ciara O'Hart Award:	<b>Lorcain O Cathain</b>	Roscommon A.C.
Matt Mc Grath Award:	<b>Marco Pons</b>	DMP A.C.)
Robin Sykes Award:	<b>Dempsey Mc Guigan</b>	Finn Valley A.C.
Roisin O Callaghan Award:	<b>Kate Veale</b>	West Waterford A.C.
International:	<b>Ciara Mageean</b>	City of Lisburn A.C.

### Special Awards Excellent Performances

European Trials and World Youth Olympic Festival:

**Mark English** Letterkenny A.C. & **Kate Veale** West Waterford A.C.

Silver Medal Winning Performance World Championships: **Ciara Mageean**

## Overall Athlete of the Year Ciara Mageean

### 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