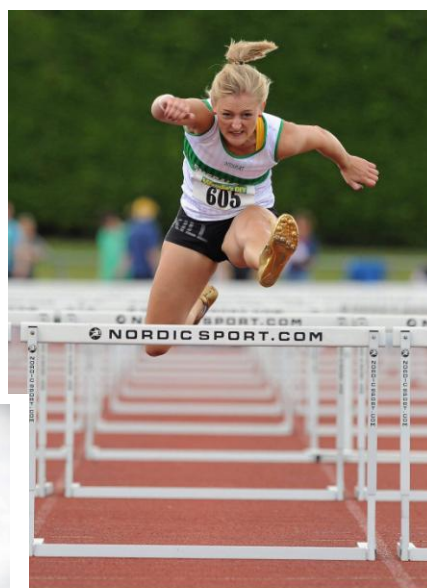
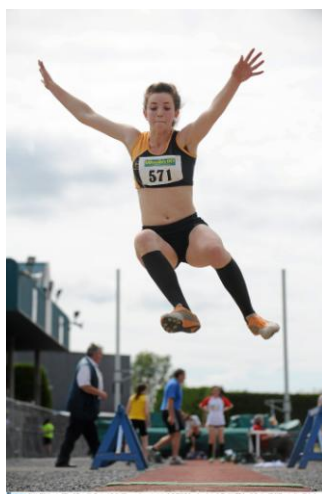




Juvenile Competition Booklet 2013



www.athleticsireland.ie





Chairpersons Address

As chairperson of the Juvenile Committee of Athletics Ireland I wish to thank everyone for their continued work for the promotion of Juvenile Athletics in Ireland.

I would also like to take this opportunity to thank most sincerely all the parents/guardians, Club coaches, County, Regional and National Officials for all their voluntary work and encouragement of our youth in our sport, which is very much appreciated.

This booklet is a wealth of information in regards to all aspects of juvenile athletics and much credit goes to Anne McHugh for her time and effort in putting this very comprehensive booklet together. It will be of great benefit to athletes, coaches and parents during 2013.

2013 is a very important year on the International front for juvenile athletics with the World Youth Championships, the European Youth Olympics and Celtic Games track and field in Wales in August and I look forward to many of our athletes performing in these events.

On the domestic scene there is a very large programme of events and it promises to be another very busy and enjoyable year for all involved in juvenile athletics.

I wish to thank all members of the Juvenile Committee for their continued work and help in the promotion of athletics.

Finally I wish all the competitors the very best of luck in 2013.

Jim Ryan
Chairman
Juvenile Committee

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

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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2013 Age Categories

1. Age categories calculated from 31st 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 2005
Age 10	Born 2004
Age 11	Born 2003
Age 12	Born 2002
Age 13	Born 2001
Age 14	Born 2000
Age 15	Born 1999
Age 16	Born 1998
Age 17	Born 1997
Age 18	Born 1996
Age 19	Born 1995

Juvenile Programme 2013

Cross Country & Indoor Championships

Date	Event	Venue
January 20 th	Celtic Cross Country	Wales
January 26 th	Indoor Juvenile Combined Events	Athlone IT
February 3 rd	Development Cross Country	Ghansha Park
February 16 th	Star Awards	Tullamore Court Hotel,
February 24 th	Inter County Cross Country Relays	Tullamore
March 23/24 th	Juvenile Indoor Championships	Athlone IT
April 6 th	Juvenile Indoor Relay Championships	Athlone IT
November 24 th	Cross Country Even Ages	TBD
December 8 th	Cross Country Uneven Ages	TBD

Track & Field Championships

June 29 th	Team Competition 9, 10, 11	Finn Valley Donegal
July 6/7 th	Juvenile Championships 12- 19	Tullamore
July 20 th	Juvenile Championships 12- 19	Tullamore
July 21 st	Inter Club & Inter County Relays	Tullamore
August 3 rd	Celtic Games	Wales
August 10 th	Combined Events	Tullamore
August 11 th	Development Events	Tullamore

Indoor, Track & Field Entries

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

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

NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIP.

1. IAAF Rules apply
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.
9. 17,18,19 age groups for relays, all athletes may move up one age group.
10. All entries must come through the Regional Secretary.
11. A copy of all Regional results plus a copy of all entries must go to Head office and to the Track & Field Secretary.
12. **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
 - All athletes, track and field CHECK IN at the check in area
 - Call room will be in operation for track events
 - Field events will be called 15 minutes prior to start time
13. **ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP.**
14. Athletes U13 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used.
15. **IAAF False Start Rules apply. U16 upwards First false start leads to disqualification.**
16. **U13,14,15. One false start and all are on warning of next false start leading to disqualification.**
17. **Combined Events all age categories, One false start and all are on warning of next false start leading to disqualification.**
18. **An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where;**
 - a) A final confirmation was given that the athlete would start in an event but then failed to participate.
 - b) An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4)
19. **An athlete must inform the Chief Judge when leaving the competition area.**
20. Athlete must leave the arena when their event is complete.
21. Winning athletes must report for medal presentation 20 minutes after their event where possible.
22. Coaches and parents are not allowed on the track at any time.
23. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
24. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
25. Warm up marks for field events should be completed where possible before the time schedule.
26. Where a heat is listed if insufficient competitors check in a FINAL will be held at heat time.
27. **600, 800m and 1500m**
If 12 or less check in (at the discretion of the committee) a FINAL will be held at heat time
28. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships, ***entries through the Regional Secretaries by closing date to*** Athletic Association of Ireland, Unit 19, Northwood Court, Northwood Business Campus, Santry, Dublin 9
29. **Regional Competition Secretaries must be available for queries on days of competition.**
30. Please have respect for the stadium and its environs.
31. Please do not leave your personal belongings unattended.

Table of Hurdle Specification

INDOOR

Girls 13	60m	68.6cm	2' 3"	5	11.00m	7.25m	20.00m
Girls 14	60m	68.6cm	2' 3"	5	11.50m	7.50m	18.50m
Girls 15	60m	76.2cm	2' 6"	5	12.00m	8.00m	16.00m
Girls 16	60m	76.2cm	2' 6"	5	12.00m	8.00m	16.00m
Girls 17	60m	76.2cm	2' 6"	5	13.00m	8.50m	13.00m
Girls 18	60m	76.2cm	2' 6"	5	13.00m	8.50m	13.00m
Girls 19	60m	84.0cm	2' 9"	5	13.00m	8.50m	13.00m
Boys 13	60m	68.6cm	2' 3"	5	11.00m	7.25m	20.00m
Boys 14	60m	76.2cm	2' 6"	5	11.50m	7.50m	18.50m
Boys 15	60m	84.0cm	2' 9"	5	12.00m	8.00m	16.00m
Boys 16	60m	84.0cm	2' 9"	5	13.00m	8.50m	13.00m
Boys 17	60m	91.4cm	3' 0"	5	13.00m	8.50m	13.00m
Boys 18	60m	91.4cm	3' 0"	5	13.72m	9.14m	9.72m
Boys 19	60m	99.0cm	3' 3"	5	13.72m	9.14m	9.72m

SHOT WEIGHTS

Boys	AGES	Girls
2 k	12	2 k
2 k	13	2 k
2.72 k	14	2 k
3.25 k	15	2.72 k
4 k	16	3 k
5 k	17	3 k
5 k	18	3 k
6 k	19	4 k

Indoor Combined Events

Venue: Athlone IT
Date: Sat 26th January 2013
Time: 10 a.m.
Entry Fee: 10 Euro (no late entries)
Check in: Opens 9.00 a.m.
Closing date: 21st January 2013 (Strictly no entry on the day)

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 Put,	800m
Boys	14	Hurdles,	High Jump,	Long Jump,	Shot Put,	800m
Girls	15	Hurdles	High Jump	Long Jump	Shot Put	800m
Boys	15	Hurdles	High Jump	Long Jump	Shot Put	800m
Girls	16	Hurdles,	High Jump,	Long Jump,	Shot Put,	800m
Boys	16	Hurdles,	High Jump,	Long Jump,	Shot Put,	800m
Youth Girls (17 & 18)		Hurdles	High Jump	Long Jump	Shot Put	800m
Youth Boys (17 & 18)		Hurdles	High Jump	Long Jump	Shot Put	800m

				Approach	Interval	Finish
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
Youth Girls	Hurdles	76.2cm	2'6" 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
Youth Boys	Hurdles	91.4cm	3'0" 5	13.72	9.14	9.72

Starting Heights High Jump

Girls	14	1.00m	Girls	15	1.05m	Girls	16	1.15m
Boys	14	1.15m	Boys	15	1.15m	Boys	16	1.15m

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

Indoor Combined Events - 26th January 2013

Order of Events may change throughout the day

Check in commences at 9.00 am closes at 9.45 am

TIMETABLE

- Timetable subject to change, please be alert.

TRACK EVENTS

10.00	Girls 14	60m H 2'3"
	Boys 14	60m H 2'6"
	Girls 15	60m H 2'6"
	Girls 16	60m H 2'6"
	Boys 15	60m H 2'9"
	Boys 16	60m H 2'9"
11.30	Youth Girls 17-18	60m H 2'6"
11.45	Junior Senior Women	60m H 2'9"
12.00	Master Women 35-49	60m H 2'9"
12.05	Youth Boys 17-18	60m H 3'0"
12.15	Master Men 35-49	60m H 3'3"
12.15	Junior Men	60m H 3'3"
12.30	Senior Men	60m H 3'6"
12.45	Master Women 50+	60m
12.50	Master Men 50+	60m
15.30	Master Women 50+	800m
16.00	Master Women 35-49	800m
15.45	Master Men 50+	1000m
16.30	Junior, Senior Women	800m
16.40	Master Men 35-49	1000m
17.30	Junior Men	1000m
17.45	Senior Men	1000m

Juvenile / Youth Girls 17-18, 800m 20 minutes after the completion last event

Juvenile/Youth Boys 17-18 20 minutes after the completion last event

FIELD EVENTS

10.00	Girls 16	Long Jump Pit 1
10.00	Boys 16	Long Jump Pit 2
	Girls 15	Long Jump
	Boys 15	Long Jump
	Girls 14	Long Jump
	Boys 14	Long Jump
	Youth Girls 17-18	Long Jump
	Youth Boys 17-18	Long Jump
10.00	Girls 15	High Jump
	Boys 15	High Jump
	Girls 14	High Jump
	Boys 16	High Jump
	Girls 16	High Jump
	Boys 14	High Jump
	Youth Girls 17-18	High Jump
	Youth Boys 17-18	High Jump
10.15	Girls 14	Shot Put 2k
	Boys 14	Shot Put 2.72k
	Girls 15	Shot Put 2.72k
	Boys 15	Shot Put 3.25k
	Girls 16	Shot Put 3.k
	Boys 16	Shot Put 4k
	Youth Girls 17-18	Shot Put 3k
	Youth Boys 17-18	Shot Put 5k
12.30	Junior, Senior Women	High Jump
13.15	Master Women	Long Jump
13.45	Junior Senior Women	Shot Put 4k
13.45	Master Women	Shot Put 3k/ 4k
13.45	Senior / Junior Men	Long Jump
14.15	Master Women 35-49	High Jump
14.20	Master Men	Long Jump
14.50	Master M 50+	Shot Put 6k
14.50	Junior Men	Shot Put 6k
15.00	Junior, Senior Women	Long Jump
15.15	Master M 35-49	High Jump
15.20	Senior M	Shot Put 7.26k
15.20	Master M 35-49	Shot Put 7.26k
16.30	Senior Junior Men	High Jump

Juvenile Indoor Championships – Athlone IT

23rd /24th March and 6th April 2013

Venue: Athlone IT

Dates: 23/24th March and 6th April 2013

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: 11th March / 18th March

Entries : Online

All athletes must be registered.

EVENTS

GIRLS 12

60m Sprint

600m

Relay 4 x 100m

High Jump

Long Jump

Shot Put

GIRLS 13

60m Sprint

60m Hurdles

600m

Relay 4 x 100m

High Jump

Long Jump

Shot Put

GIRLS 14

60m Sprint

60m Hurdles

800m

1000m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

GIRLS 15

60m Sprint

60m Hurdles

800m

1000m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

GIRLS 16

60m Sprint

60m Hurdles

200m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

GIRLS 17

60m Sprint

60m Hurdles

200m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

GIRLS 18

60m Sprint

60m Hurdles

200m

400m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Triple Jump

GIRLS 19

60m Sprint

60m Hurdles

200m

400m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Triple Jump

Juvenile Indoor Championships

BOYS 12

60m Sprint

600m

Relay 4 x 100m

High Jump

Long Jump

Shot Put

BOYS 13

60m Sprint

60m Hurdles

600m

Relay 4 x 100m

High Jump

Long Jump

Shot Put

BOYS 14

60m Sprint

60m Hurdles

800m

1000m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

BOYS 15

60m Sprint

60m Hurdles

800m

1000m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

BOYS 16

60m Sprint

60m Hurdles

200m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

BOYS 17

60m Sprint

60m Hurdles

200m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

BOYS 18

60m Sprint

60m Hurdles

200m

400m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Triple Jump

BOYS 19

60m Sprint

60m Hurdles

200m

400m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

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 – Athlone IT

Timetable Saturday 23rd March 2013

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 closes 9.30 a.m. (Walks)

10.00 a.m

Girls	14	1000m Walks
Girls	15	1000m Walks
Girls	16	1500m Walks
Girls	17	1500m Walks
Girls	18	1500m Walks
Girls	19	1500m Walks

Check in closes 10.15 a.m. (60m)

11.00 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

Check in closes 12.30 a.m. (600)

1.30 p.m.

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

FINALS 60M SPRINTS REVERSE ORDER

Check in closes 2.00 p.m. (400m)

3.30 p.m

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

Check in closes 3.00pm (1500m)

4.15 p.m

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

Finals 400m

Check in closes 3.30p.m.

5.15 p.m.

Boys	14	1000m Walks
Boys	15	1000m Walks
Boys	16	1500m Walks
Boys	17	1500m Walks
Boys	18	1500m Walks
Boys	19	1500m Walks

Check in closes 9.30 a.m. First shot

Check in Closes 9.45a.m first field events

10.00	Long Jump	Pit.1	Boys	13
	High Jump	No.1	Boys	12
	Long Jump	Pit 2	Girls	13

11.00	Long Jump	Pit.1	Boys	19
	High Jump	No.1	Girls	14
	High Jump	No.2	Girls	12
	Long Jump	Pit 2	Girls	16

12.00	Long Jump	Pit.1	Girls	15
	Long Jump	Pit 2	Boys	18
	High Jump	No.1	Boys	15
	High Jump	No.2	Girls	16

1.30	Long Jump	Pit 1	Boys	17
	High Jump	No.1	Boys	14
	High Jump	No.2	Boys	16

(after sprint finals)

	Triple Jump	Pit 2	Girls	18
--	-------------	-------	-------	----

2.30	Triple Jump	Pit 2	Girls	19
	High Jump	No.2	Girls	15
	Long Jump	Pit.1	Girls	17

Shot Putt

10.00	Girls	17 (3k)
11.00	Boys	13 (2k)
12.00	Girls	13 (2k)
1.00	Boys	14 (2.72k)
2.00	Boys	17 (2.72k)
3.00	Boys	18 (5k)

Please note U15/U16 shots held on relay day

Juvenile Indoor Championships –Athlone IT

Timetable Sunday 24th March 2013

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 closes 10.00a.m (600m) & (800).

10.30 a.m.

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

Long Jump

10.30	Girls	(Pit 1)	14
	Boys	(Pit 2)	14
11.30	Girls	(Pit 1)	19
	Boys	(Pit 2)	15
1.30	Girls	(Pit.1)	12
	Boys	(Pit 2)	12
2.30	Girls	(Pit 1)	18
3.30	Boys	(Pit 1)	16

Check in hurdles closes 11.00 noon

12.00 p.m

Girls	13	60m Hur (68.6cm)	2'3"
Boys	13	60m Hur (68.6cm)	2'3"
Girls	14	60m Hur (68.6cm)	2'3"
Boys	14	60m Hur (76.2cm)	2'6"
Girls	15	60m Hur (76.2cm)	2'6"
Girls	16	60m Hur (76.2cm)	2'6"
Boys	15	60m Hur (84.0cm)	2'9"
Boys	16	60m Hur (84.0cm)	2'9"
Girls	17	60m Hur (76.2cm)	2'6"
Girls	18	60m Hur (76.2cm)	2'6"
Girls	19	60m Hur (84.0cm)	2'9"
Boys	17	60m Hur (91.4cm)	3'0"
Boys	18	60m Hur (91.4cm)	3'0"
Boys	19	60m Hur (99.0cm)	3'3"

Triple Jump

2.30	Boys	(Pit 2)	18
3.30	Boys	(Pit 2)	19

Shot Putt

10.00	Girls	18 (3k)
11.00	Girls	12 (2k)
12.00	Boys	12 (2k)
1.00	Girls	19 (4k)
2.00	Girls	14 (2k)
3.00	Boys	19 (6k)

Please note U15/U16 shots held on relay day

FINALS HURDLES

2.15 a.m.

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

Check in closes 2.30 p.m.

3.15 p.m.

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

4.00 p.m.

800m Finals

4.30 p.m.

200m Finals

High Jump

10.30	Girls	No.1	17
	Boys	No.2	17
11.45	Girls	No.1	13
	Boys	No.2	13
1.00	Girls	No.1	18
2.00	Girls	No.2	19
		(after hurdle finals)	
	Boys	No.1	18
3.00	Boys	No.2	19

Juvenile Indoor Championships–Athlone IT

Timetable Saturday 6st April 2013

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

Field Events Shots	10.30	Girls	U16	(3 kg)
		Boys	U16	(4 kg)
		Girls	U15	(2.72 kg)
		Boys	U15	(3.25 kg)

PLEASE NOTE:

- All Relays will be held on the 3rd 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
- 17,18,19 age groups all athletes may move up one age group
- If a sub is present on the day and declared, medal will be presented
- 4 x 100 relay third athlete breaks.
- **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 2013

Date	Event		Venue
June 29 th	Team Competition	Ages 9, 10, 11	Finn Valley Donegal
July 6/7 th	Championships	Ages 12- 19	Tullamore
July 20 th	Championships	Ages 12- 19	Tullamore
July 21 st	Inter Club Relays & Inter County Relays	Ages 12 - 19 Ages 13 - 19	Tullamore
August 3 rd	Celtic International		Deeside Wales
August 10 th	Combined Events	Ages 14-19	Tullamore
August 11 th	Development Events	Ages 12,13,14,16	Tullamore

Juvenile Competition Programme – 29th June 2013

Team Competition U9, U10 & U11

Venue: Finn Valley, Stranorlar, Co. Donegal
Dates: 29th June 2013
Time: 10.30 a.m.
Check in open 9.00 a.m.
Entry Fee: €8 per team
Closing Date: 14th June 2013 (no Late entries)
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 2005	U10 Girls & Boys Born 2004	U11 Girls & Boys Born 2003
60m	60m	60m
300m	500m	600m
Long Jump	Long Jump	Long Jump
Turbo Javelin (300gr)	Turbo Javelin (300 gr)	Turbo Javelin (300 gr)

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 2005**)
4. Each teams combined distances or combined times are added for team scoring.
5. Medals for 1st, 2nd, 3rd 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. Turbo Javelin is similar to javelin technique (tip touches ground first)
3 throws only per athlete
Throw measured to where tip touches ground.
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 (**In the event of one team member being unable to attend they may be replaced by a reserve member**)
13. Entries through Regional Secretary
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 – 29th June 2013

Team Competition Timetable

Check in Opens 9.30 a.m.

The Committee reserve the right to alter the timetable.

10.30 a.m.

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

10.30 a.m.

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

10.30 a.m

1.00 p.m.

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

Girls	10	Turbo Javelin
Boys	10	Turbo Javelin
Girls	9	Turbo Javelin
Boys	9	Turbo Javelin
Girls	11	Turbo Javelin
Boys	11	Turbo Javelin

Order of Events may change on the day if necessary

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 2005**
- 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 2005**
- 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.

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

Juvenile Competition Programme - Track & Field
Week 1 July 6/7th and Week 20/21st July

Venue: Tullamore

Dates: 6/7th July 2013

Venue: Tullamore

Dates: 20th July 2013

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: 24th June 2013 Week 1
8th July 2013 Week 2

Entries: *All Entries through Regional Secretaries*

Juvenile Competition Programme – 6/7^h July and 20/21st July

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 check in area and collect number and report to field event when 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
- 26 Turbo Javelin rules and format are as javelin competition.
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*
23. **Regional Competition Secretaries must be available for queries on the 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

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

Table of Throwing Implements

Boys	12	13	14	15	16	17	18	19
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
Turbo Javelin	300g							
Hammer			2.5k	3.25k	4k	5k	5k	6 k
Girls	12	13	14	15	16	17	18	19
Shot	2k	2k	2k	2.72k	3k	3k	3k	4k
Discus			.75k	.75k	1k	1k	1k	1k
Javelin		400g	400gr	400gr	500gr	500gr	500gr	600g
Turbo Javelin	300g							
Hammer			2.5k	2.5k	3k	3k	3k	4k

Juvenile Track & Field Championships U12 – U19

6th/7th/20th/21st July 2013

EVENTS AVAILABLE – Girls

GIRLS 12

60m Sprint

600m
High Jump
Long Jump
Shot Put
Turbo Javelin

GIRLS 13

80m Sprint
60m Hurdles
600m
High Jump
Long Jump
Shot Put
Javelin

GIRLS 14

80m Sprint
75m Hurdles

200m
800m
1500m
2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Shot Put

GIRLS 15

100m Sprint
80m Hurdles
250m Hurdles
200m
800m
1500m
2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Shot Put

GIRLS 16

100m Sprint
80m Hurdles
250m Hurdles
200m
800m
1500m
2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Shot Put
Pole Vault

GIRLS 17

100m Sprint
100m Hurdles
300m Hurdles
200m
400m
800m
1500m

2000m S/Chase (2'6")
3000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump

GIRLS 18

100m Sprint
100m Hurdles
400m Hurdles
200m
400m
800m
1500m
3000m
2000m S/Chase (2'6")
3000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump

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 Put
Triple Jump

Juvenile Track & Field Championships U12 – U19

6th/7th/20th/21st July 2013

EVENTS AVAILABLE – Boys

BOYS 12

60m Sprint

600m
High Jump
Long Jump
Shot Put
Turbo Javelin

BOYS 13

80m Sprint
60m Hurdles
600m
High Jump
Long Jump
Javelin
Shot Put

BOYS 14

80m Sprint
75m Hurdles

200m
800m
1500m

2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump

Shot Put

BOYS 15

100m Sprint
80m Hurdles
250m Hurdles
200m
800m
1500m

2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
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 Put
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 Put
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 Put
Triple Jump

BOYS 19

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 Put
Triple Jump

Juvenile Track & Field Championships U12 – U19

Day 1 – Saturday 6th July 2013

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	2000 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)
Boys	14	Hammer (2.5k)
Girls	15	Hammer (2.5k)

11.30 a.m.

Girls	16, 17, 18 & 19
-------	-----------------

10.00 a.m.

Boys & Girls	17 (Pit 1 & 2)	Long Jump
Girls	16	High Jump
Girls	18	Shot
Boys & Girls	12	Turbo Javelin

11.00 a.m.

Boys & Girls	14 (Pit 1 & 2)	Long Jump
Boys	16	High Jump
Boys	12	Shot
Girls	17	Discus
Boys	19	Javelin

12.00 p.m.

Girls	15 (Pit 2)	Long Jump
Boys	13	High Jump
Girls	12	Shot
Boys	15	Discus
Girls	16	Javelin
Boys	12 (Pit 1)	Long Jump

1.00 p.m.

Girls	12	High Jump
Girls	19	Shot
Boys	19	Discus
Boys	18	Javelin
Girls	18 (Pit 1)	Triple Jump
Boys	15 (Pit 2)	Long Jump

2.00pm

Girls	19	Discus
Boys	15	Javelin
Girls	15	High Jump
Boys	18 (Pit 1)	Triple Jump
Girls	17	Shot Put

3.00 p.m.

Boys	18	Shot Put
Boys	17	High Jump
Boys	16	Javelin
Boys	13 (Pit 2)	Long Jump

Juvenile Track & Field Championships U12 – U19

Day 2 – Sunday 7th July 2013

Check in Opens 9.00am

The Committee reserve the right to alter the timetable.

Check in Closes 9.45 a.m Hurdles

10.30 a.m.

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	400m 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	400m	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.

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 (3kg)
Boys	16	Hammer (4kg)
Girls	19	Hammer (4kg)
Boys	17	Hammer (5kg)
Boys	18	Hammer (5kg)

11.30 a.m.

Boys 15,16,17,18 & 19

10.00 a.m.

Girls	16 (Pit 2)	Long Jump
Girls	14	High Jump
Boys	14	Shot
Girls	15	Discus
Girls	13	Javelin
Boys	15 (Pit 1)	Triple Jump

11.00 a.m.

Boys	12	High Jump
Boys	13	Shot
Girls	18	Discus
Boys	14	Javelin
Boys	19 (Pit 1)	Triple Jump
Boys	16 (Pit 2)	Long Jump

12.00 p.m.

Girls	12 (Pit 2)	Long Jump
Girls	13	Shot
Boys	14	High Jump
Boys	13	Javelin
Girls	14	Discus

1.00 p.m.

Girls	15	Shot
Girls	14	Javelin
Boys	15	High Jump
Girls	16	Discus
Boys	16 (Pit 1)	Triple Jump

2.00 p.m.

Girls	19 (Pit 2)	Long jump
Boys	19	Shot
Boys	17 (Pit 1)	Triple Jump
Girls	13	High Jump

**Juvenile Track & Field Championships
Inter Club Relays / Inter County Relays
Day 3 – Saturday 20th July 2013**

Venue: Tullamore Harriers Stadium

Date: 20th July 2013

Time: 10.00 a.m.

Entry Fee: 10 Euro per team

No late entries

Entries through County Secretary

Closing Date: 15th July 2013

Check-in Opens 9.00 a.m.

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

- 1 Athletes born in **1998** may not compete in 4x300m relays
- 2 Minimum break of 45 for 100m relays and 90 mins for 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.
- 4 17,18,19 age groups for relays, all athletes may move up one age group.
- 5 All athletes can only compete in a maximum of 3 relays to include Inter County Relay . Sub must be present for medal presentation.
- 6 Three (3) teams per county per age group, **Teams qualify from the County.**
- 7 Entry Forms for 12-19's will be sent to County Secretaries.
- 8 All team names; reg numbers and DOB must be on entry sheets at closing date.
- 9 Declaration sheets must be filled in on day of competition.
- 10 Spot checks may take place.

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 – Tullamore

Day 3 – Saturday 20th July 2013

Venue: Tullamore Harriers Stadium
Date: 21st July 2013
Time: 10.00 a.m.
Entry Fee: 10 Euro per team
No late entries
 Entries Online through County Secretaries
Closing Date: 15th July 2013

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 400m	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 U12 – U19

Day 4 – Sunday 21st July 2013

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 k)
Boys	15	Hammer (3.25k)
Girls	17	Hammer (3 k)
Boys	19	Hammer (6k)

10.00 a.m.

Boys	19 (Pit 2)	Long Jump
Boys	17	Discus
Girls	14	Shot
Girls	18	Javelin
Girls	19	High Jump

11.00 a.m.

Girls	17	High Jump
Boys	15 (Pit 1)	Triple Jump
Girls	18 (Pit 2)	Long Jump
Girls	17	Javelin
Girls	16	Shot
Boys	18	Discus

12.00 noon

Boys	19	High Jump
Boys	17	Shot
Boys	14	Discus
Girls	15	Javelin
Girls	17 (Pit 1)	Triple Jump
Girls	13 (Pit 2)	Long Jump

2.00 p.m.

Boys	15	Shot
Boys	16	Discus
Boys	17	Javelin
Girls	19 (Pit 1)	Triple Jump
Boys	18	High Jump

3.00 p.m.

Girls	19	Javelin
Boys	18 (Pit 2)	Long Jump
Boys	16	Shot
Girls	18	High Jump

Juvenile Track & Field Championships – Tullamore

Combined Events 10th August 2013

Venue: Morton Stadium, Dublin
Dates: 10th August 2013
Time: 10.00 a.m. (on both days)
Entry Fee: 10 Euro per event
Late Entry: No Late Entry (Strictly no entry on the day)
Entries On Line
Closing Date 26th July 2013
All athletes must be registered.

Pentathlon

Girls & Boys 14

80mH

High Jump

Long Jump

Shot Putt

800m

Girls & Boys 15

80mH

High Jump

Long Jump

Shot Putt

800m

Girls 16

80mH

High Jump

Long Jump

Shot Putt

800m

Boys 16

80mH

High Jump

Long Jump

Shot Putt

800m

Heptathlon

Youth Girls

(Born 96, 97)

100mH

200m

High Jump

Long Jump

Javelin

Shot Putt

800m

Day 1

Day 1

Day 1

Day 1

Day 2

Day 2

Day 2

Day 2

Octathlon

Youth Boys

(Born 96, 97)

100m

400m

High Jump

Long Jump

Shot Putt

110H

Javelin

1000m

Starting Heights High Jump

Girls	14	1.00m	Girls	15	1.05m	Girls 16	1.15m
Boys	14	1.15m	Boys	15	1.15m	Boys 16	1.15m

(Please note U19 compete as Juniors)

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.
- 7.

Order of Events will be available at a later date

Juvenile Development Events – Tullamore

10th August 2013

Venue: Tullamore
Date: 10th August 2013
Time: 10.30 a.m.
Entry Fee: 4 Euro per event
Closing Date: 22nd July 2013 (Strictly no entries on the day)
Entries: Online

All athletes must be registered.

EVENTS:

Girls 12	Girls 13	Girls 14	Girls 15	Girls 16
60m	80m	100m	100m	100m
600m	600m	800m	800m	800m
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump	High Jump	High Jump
Shot Put	Shot Put	Shot Put	Shot Put	Shot Put
Boys 12	Boys 13	Boys 14	Boys 15	Boys 16
60m	80m	100m	100m	100m
600m	600m	800m	800m	800m
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump	High Jump	High Jump
Shot Put	Shot Put	Shot Put	Shot Put	Shot Put

Regulations: Normal regulations for Track and Field apply plus

- Any athlete who has competed in the Regional Championships and not qualified for National Juvenile championships in any event is eligible to complete in this Event.
- Entries through club secretaries to National Head Office by closing date.
- Athletes may enter 2 events and compete in their own age.
- ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
- Closing date 22nd July 2013.

Juvenile Development Events – 11th August 2013

Tullamore

Check in Opens 9.00 a.m.

10.30 a.m

Girls	12	60m
Boys	12	60m
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
Girls	12	600m
Boys	12	600m

1.00 p.m.

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

10.30	Girls & Boys	14	Long Jump
	Girls & Boys	12	Long Jump
	Girls & Boys	15	Long Jump
	Girls & Boys	16	Long Jump
	Girls & Boys	13	Long Jump

10.00	Boys	16	Shot Put
	Girls	13	Shot Put
	Boys	13	Shot Put
	Girls	14	Shot Put
	Girls	15	Shot Put
	Boys	15	Shot Put
	Girls	12	Shot Put
	Girls	16	Shot Put
	Boys	12	Shot Put

10.00	Girls	15	High Jump
	Boys	15	High Jump
	Girls	16	High Jump
	Boys	16	High Jump
	Girls	14	High Jump
	Boys	14	High Jump
	Boys	12	High Jump
	Girls	12	High Jump
	Boys	13	High Jump
	Girls	13	High Jump

Order of Events may change to suit age groups

REGULATIONS CROSS COUNTRY

- Regions must forward a copy of the regional club results to Head Office
- 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 through Regional Secretaries

- **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:**

Club	15 Euro
County	20 Euro
Province/Regional	25 Euro
Individual	4 Euro
- **Juvenile Development Events are open to athletes who HAVE NOT WON an Individual, Regional, County or Club Cross Country medal at the National Championships.**
- Entries through club or county secretary for Development Events
- Entries through county secretary for Inter County Relay, county singlets must be worn
- Athletes **may not** compete in Development Events and Inter County Relay on the same day.

Juvenile Cross Country Championships

- **24th November 2013** **“A” Championships
Even Ages**
- **15th December 2013** **“A” Championships
Uneven Ages**
- **2014** **Juvenile Development Cross Country,**
- **2014** **Juvenile Inter County Relays**

Medals:	“A” Championships	First 12 individuals First 3 Regional, County, Club teams
	Development Events	First 12 individuals First 3 County and Club teams
Fees:	Club	€15
	County	€20
	Province/Region	€25
	Individual	€4
	Relay Teams	€10

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	4000m	17	5000m
18	4000m	18	6000m
19	4000m	19	6000m

Development Cross Country Distances

11	1000m	11	1000m
13	1500m	13	1500m
15	2500m	15	2500m
17	3000m	17	3000m

Cross Country Inter County Relays 2013
20th January 2013
Tullamore, Co Offaly

- All athletes must be registered. (2012 Ages apply)
- 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.
- 1 team per county per age group

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

This competition will be held with Inter Clubs Cross Country

Table of Hurdle Specification

Age Group	Distance	Height	No.	Approach	Interval	Finish
Girls 13	60m	68.6cm 2' 3"	5	11.00m	7.25m	20.00m
Girls 14	75m	68.6cm 2' 3"	8	11.50m	7.50m	11.00m
Girls 15	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls 15	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
Girls 16	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls 16	250m	68.6cm 2' 3"	6	35.00m	8.00m	40.00m
Girls 17	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls 17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Girls 18	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls 18	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Girls 19	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Girls 19	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Boys 13	60m	68.6cm 2' 3"	5	11.00m	7.25m	20.00m
Boys 14	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.00m
Boys 15	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
Boys 15	250m	68.6 cm 2"3"	6	35.00m	35.00m	40.00m
Boys 16	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Boys 16	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
Boys 17	100m	91.4cm 3' 0"	10	13.00m	8.50m	10.50m
Boys 17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Boys 18	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
Boys 18	400m	84.0cm 2' 9"	10	45.00m	35.00m	40.00m
Boys 19	110m	99.0cm 3' 3"	10	13.72m	9.14m	14.02m
Boys 19	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m
INDOOR						
Girls 13	60m	68.6cm 2' 3"	5	11.00m	7.25m	20.00m
Girls 14	60m	68.6cm 2' 3"	5	11.50m	7.50m	18.50m
Girls 15	60m	76.2cm 2' 6"	5	12.00m	8.00m	16.00m
Girls 16	60m	76.2cm 2' 6"	5	12.00m	8.00m	16.00m
Girls 17	60m	76.2cm 2' 6"	5	13.00m	8.50m	13.00m
Girls 18	60m	76.2cm 2' 6"	5	13.00m	8.50m	13.00m
Girls 19	60m	84.0cm 2' 9"	5	13.00m	8.50m	13.00m
Boys 13	60m	76.2cm 2' 3"	5	11.00m	7.25m	20.00m
Boys 14	60m	76.2cm 2' 6"	5	11.50m	7.50m	18.50m
Boys 15	60m	84.0cm 2' 9"	5	12.00m	8.00m	16.00m
Boys 16	60m	84.0cm 2' 9"	5	13.00m	8.50m	13.00m
Boys 17	60m	91.4cm 3' 0"	5	13.00m	8.50m	13.00m
Boys 18	60m	91.4cm 3' 0"	5	13.72m	9.14m	9.72m
Boys 19	60m	99.0cm 3' 3"	5	13.72m	9.14m	9.72m

TABLE OF THROWING IMPLEMENTS

Boys	12	13	14	15	16	17	18	19
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
Turbo Javelin	300gr							
Hammer			2.5k	3.25k	4k	5k	5k	6 k
Girls	12	13	14	15	16	17	18	19
Shot	2k	2k	2k	2.72k	3k	3k	3k	4k
Discus			.75k	.75k	1k	1k	1k	1k
Javelin		400g	400gr	400gr	500gr	500gr	500gr	600g
Turbo Javelin	300gr							
Hammer			2.5k	2.5k	3k	3k	3k	4k

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 2013

Cross Country, Wales 20th January 2013

Selection Criteria

First four (4) from under 16 Boys and Girls 2012 National Juvenile Cross Country Championships

Notification via Juvenile Secretary

Track & Field 3rd August 2013 Deeside, Wales

Selection Criteria

1. Based on Results of 2013 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

Celtic Games - 2013 Events

Girls under 18	Boys under 18	Girls under 16	Boys under 16
100m H	110m H	80mm H	100m H
400m H	400m H		
100m	100m		100m
200m	200m	200m	
400m	400m		
800m	800m		800m
1500m	1500m	1500m	
1500m St. Chase	3000m		
4 x 100m Relay	4 x 100m Relay	*4 x 100m Mixed Relay 2 Boys + 2 Girls	
4 x 400m Relay	4 x 400m Relay		
High Jump	High Jump	High Jump	
Long Jump	Long Jump		Long Jump
Triple Jump	Triple Jump		
Pole Vault	Pole Vault		
Shot	Shot		Shot
Discus	Discus	Discus	
Hammer	Hammer		
Javelin	Javelin		Javelin

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