



President's Address

I congratulate the Juvenile Committee on compiling this excellent Competition Booklet for 2010.

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

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

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

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

2009 was an exceptional year for our juvenile athletes. The team that participated in the European Youth Olympic Festival in Finland produced a stunning series of outstanding performances. Equally the team success at the Celtic track and field augurs well for our long-term prospects at the highest level.

I wish all our young athletes every success in 2010 and may they continue to enjoy their sport.

Liam Hennessy



Chairpersons Address

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

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

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

2010 is a very important year on the international front with the World Youth Olympics in Singapore with qualification in Moscow in May, Celtic Track & Field Games in Athlone, Ireland as the host country.

On the domestic scene it is a larger programme of events and it promises to be a very busy year for all in Juvenile athletics.

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

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

John McGrath
Chairperson
Juvenile Athletics

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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2010 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 2002
Age 10	Born 2001
Age 11	Born 2000
Age 12	Born 1999
Age 13	Born 1998
Age 14	Born 1997
Age 15	Born 1996
Age 16	Born 1995
Age 17	Born 1994
Age 18	Born 1993
Age 19	Born 1992

Juvenile Programme 2010

Cross Country & Indoor Championships

Date	Event	Venue
January 17 th	Celtic Cross Country	Greenmount College
January 30 th	Indoor Juvenile Combined Events	Nenagh
February 21 st	“B” Cross Country Inter County Relays	Lough Key Co Roscommon
March 20 th	Star Awards	Arklow
March 27/28 th April 10/11 th	Indoor Championships Indoor Championships	Nenagh Nenagh
November 21 st December 5 th	Cross Country Even Ages Cross Country Uneven Ages	TBD TBD

Track & Field Championships

June 26 th June	Team Competition 9, 10, 11	Templemore
July 3/4 th	Juvenile Championships 12- 19	Tullamore
July 24 th	Juvenile Championships 12- 19	Tullamore
July 25 th	Inter Club & Inter County Relays	Tullamore
July 31/1 st Aug July	Combined Events “B” Championships	Tullamore Tullamore
August 7 th	Celtic Games	Athlone IT

Indoor, Track & Field Entries

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

Cross Country Entries

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

Indoor Regulations

1. **NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIP.**
2. Individual Track & Field Championships for Boys and Girls ages 12-19.
3. Club Singlets must be worn.
4. The first three (3) from each region qualify for the National Championships.
5. An athlete may compete in three individual events plus the relay.
6. Athletes are confined to their own age group.
7. In the Indoor Relays an athlete may move up one age group.
8. At least 2 members of a competing relay team, participating in that event on that day must be of the correct age, exception 17,18,19 age groups where no limitation applies
9. All entries must come through the Regional Secretary.
10. A copy of all Regional results plus a copy of all entries must go to Head office and to the Track & Field Secretary.
11. **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
 - All athletes must collect a competition number
 - All athletes must collect number 1 hour prior to their event minimum
 - Track athletes CHECK IN at the check in area
 - Call room will be in operation for track events
 - Field athletes check in at their event when event is called
12. **ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP.**
13. Only starting blocks provided by the organising committee may be used.
14. **Athletes from U16 upwards must use Starting Blocks**
15. **U16 upwards False Start Rules apply. One false start leads to disqualification. U12 to U15 one false start allowed and second leads to disqualification**
16. Athlete must leave the arena when their event is complete.
17. Winning athletes must report for medal presentation 20 minutes after their event where possible.
18. Coaches and parents are not allowed on the track at any time.
19. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
20. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
21. Where a heat is listed if insufficient competitors check in a FINAL will be held at heat time.
22. 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.
23. 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
24. 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
25. **Regional Competition Secretaries must be present on days of competition.**
26. Please have respect for the stadium and its environs.
27. 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	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

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	3.25 k
5 k	17	3.25 k
5 k	18	4 k
6 k	19	4 k

Indoor Combined Events

Venue: Nenagh Stadium
Date: 30th January 2010
Time: 10 a.m.
Entry Fee: 10 Euro, late entry double on the day
Check in: 9.00 a.m.
Closing date: 18th January 2010

All athletes must be registered.

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

EVENTS

PENTATHLON:

Girls 14	Hurdles,	High Jump,	Long Jump,	Shot Putt,	800m	
Boys 14	Hurdles,	High Jump,	Long Jump,	Shot Putt,	800m	
Girls 16	Hurdles,	High Jump,	Long Jump,	Shot Putt,	800m	
Boys 16	Hurdles,	High Jump,	Long Jump,	Shot Putt,	800m	
Girls 18	Hurdles,	High Jump,	Long Jump,	Shot Putt,	800m	
Boys 18	Hurdles,	High Jump,	Long Jump,	Shot Putt,	800m	
			Approach	Interval	Finish	
Girls 14 Hurdles	68.6m	2'3"	5	11.50	7.50	18.50
Boys 14 Hurdles	76.2m	2'6"	5	11.50	7.50	18.50
Girls 16 Hurdles	76.2m	2'6"	5	12.00	8.00	16.00
Boys 16 Hurdles	84.0m	2'9"	5	13.00	8.50	13.00
Girls 18 Hurdles	76.2m	2'6"	5	13.00	8.50	13.00
Boys 18 Hurdles	91.4m	3'0"	5	13.72	9.14	9.72

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

Indoor Combined Events - 30th January 2010

Order of Events may change throughout the day

Check in commences at 9.00 am closes at 9.45 am

TRACK
10.00 a.m

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

FIELD
10.00 a.m

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

10.00 a.m

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

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

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

Programme subject to change

Juvenile Indoor Championships

Venue: Nenagh

Dates: 27/28th March and 10/11th 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 - 15th March Week 2 – 29th 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 - Timetable Saturday 27th March 2010

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

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

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 2 Areas

2.00 p.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 - Timetable Sunday 28th March 2010

The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable.

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

10.00 a.m.

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

Check in closes 9.30 a.m

10.30 a.m

Girls	13	60m Hur	2'3"
Boys	13	60m Hur	2'3"
Girls	14	60m Hur	2'3"
Boys	14	60m Hur	2'6"
Girls	15	60m Hur	2'6"
Girls	16	60m Hur	2'6"
Boys	15	60m Hur	2'9"
Boys	16	60m Hur	2'9"
Girls	17	60m Hur	2'6"
Girls	18	60m Hur	2'6"
Girls	19	60m Hur	2'9"
Boys	17	60m Hur	3'0"
Boys	18	60m Hur	3'0"
Boys	19	60m Hur	3'3"

FINALS HURDLES

Check in closes 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

Check in opens 9.00 a.m.

Long Jump

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

Shot Putt

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

High Jump

2.00 p. m 2 areas

Girls & Boys 16
Girls & Boys 15

Juvenile Indoor Championships - Timetable Saturday 10th April 2010

The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable.

Check in opens 9.00 a.m.

Check in closes 9.30 a.m

10.30 a.m.

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

Long Jump 2 Pits

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

Check in closes 11.00 a.m

12.00 noon

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

High Jump 2 areas

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

Check in closes 12.00 Walks

1.00p.m.

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

Shot Putt

10.00 a.m	Boys	19
	Boys	17
	Girls	19
	Girls	17

2.30 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 11th April 2010

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

Juvenile Competition Programme - Track & Field Dates

Date	Event		Venue
June 26 th	Team Competition	Ages 9, 10, 11	Templemore
July 3/4 th	Championships	Ages 12- 19	Tullamore
July 24 th	Championships	Ages 12- 19	Tullamore
July 25 th	Inter Club Relays & Inter County Relays	Ages 12 - 19 Ages 13- 19	Tullamore
July 30 th /1 st Aug	Combined Events	Ages 14,15,16 17,18,19	Tullamore
Aug 1 st	'B' Championships	Ages 13,14,16	Tullamore
August 7 th	Celtic International		Athlone IT

Juvenile Competition Programme - Team Competition U9, U10 & U11

Venue: Templemore
Dates: 27th June
Time: 10.30 a.m.
Check in open 9.00 a.m.
Entry Fee: €8 per team
Closing Date: 14th 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 2002	U10 Girls & Boys Born 2001	U11 Girls & Boys Born 2000
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 2002) .
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. 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 2.00 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

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

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, 1127th June 2010

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 2002**
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age
- Relay teams qualify from region, 3 teams per region
- Team names, DOB, registration numbers must be submitted with entry
- **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM**
- Spot checks may take place.

Check in closes relays 1.00 p.m.

2.00 p.m.

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

Juvenile Competition Programme - Track & Field

Venue: Tullamore

Dates: 3/4th July

Venue: Tullamore

Dates: 24/25th July 2010

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: 21st June 2010 Week 1

12th July 2010 Week 2

Entries: *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 Athlete must leave the arena when their event is complete.
- 19 Winning athletes must report for medal presentation 20 minutes after their event where possible.
- 20 Coaches and parents are *not allowed* on the track at any time.
- 21 Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
- 22 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
- 23 **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
- 24 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.

Juvenile Competition Programme - Table of Hurdle Specification OUTDOOR

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	11.50m
Boys 15 250	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
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

Table of Throwing Implements

(SW --- Short Wire)

	12	13	14	15	16	17	18	19
Boys								
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
Girls								
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

EVENTS AVAILABLE – Girls

GIRLS 12

60m Sprint

600m

High Jump

Long Jump

Shot Putt

GIRLS 13

80m Sprint

60m Hurdles

600m

High Jump

Long Jump

Shot Putt

Javelin

GIRLS 14

80m Sprint

75m Hurdles

200m

800m

1500m

2000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Shot Putt

GIRLS 15

100m Sprint

80m Hurdles

250m Hurdles

200m

800m

1500m

2000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Shot Putt

GIRLS 16

100m Sprint

80m Hurdles

250m Hurdles

200m

800m

1500m

2000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Shot Putt

Pole Vault

GIRLS 17

100m Sprint

100m Hurdles

300m Hurdles

200m

300m

800m

1500m

1200m S/Chase

3000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Pole Vault

Shot Putt

Triple Jump

GIRLS 18

100m Sprint

100m Hurdles

300m Hurdles

200m

300m

800m

1500m

3000m

1500m S/Chase

3000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Pole Vault

Shot Putt

Triple Jump

GIRLS 19

100m Sprint

100m Hurdles

400m Hurdles

200m

400m

800m

1500m

3000m

2000m S/Chase

3000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Pole Vault

Shot Putt

Triple Jump

EVENTS AVAILABLE – Boys

BOYS 12

60m Sprint

600m
High Jump
Long Jump
Shot Putt

BOYS 13

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
1500m S/Chase
3000m
3000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Putt
Triple Jump

BOYS 18

100m Sprint
110m Hurdles
400m Hurdles
200m
400m
800m
1500m
2000m S/Chase
3000m
5000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Putt
Triple Jump

BOYS 19

100m Sprint
110m Hurdles
400m Hurdles
200m
400m
800m
1500m
2000m S/Chase
3000m
5000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Putt
Triple Jump

Juvenile Track & Field Championships U12 – U19 - Day 1 – Saturday 3rd July

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

Check in closes 1.30 p.m. Sprints

2.30 p.m.

Girls & Boys 12	60m	Heats
Girls & Boys 13	80m	Heats
Girls & Boys 14	80m	Heats
Girls & Boys 15	100m	Heats
Girls & Boys 16	100m	Heats
Girls & Boys 17	100m	Heats
Girls & Boys 18	100m	Heats
Girls & Boys 19	100m	Heats

SPRINT FINALS

10.00 a.m.

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

10.00 a.m.

Pole Vault

Girls	16,17,18 & 19
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10.00a.m.

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

11.00 a.m.

Boys & Girls	17	Long Jump
Boys	16	High Jump
Boys	18	Shot
Girls	15	Discus
Boys	19	Javelin

12.00 p.m.

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

1.00 p.m.

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

2.00pm

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

3.00 p.m.

Boys	12	Shot Putt
Girls	12	High Jump

Juvenile Track & Field Championships U12 – U19 - Day 2 – Sunday 4th July

Check in Opens 9.30am

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	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 -24th July 2010

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 10.30 200m

11.30 a.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 12.00 noon Walks

1.00 p.m

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

2.30 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 (6kg)

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

25th July 2010

Venue: Tullamore Harriers Stadium
Date: 25th July 2010
Time: 10.00 a.m.
Entry Fee: 10 Euro per team
No late entries
Entries to: Competition Secretary, Head Office
Closing Date: 12^h July 2010

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 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 25th July 2010

Venue: Tullamore Harriers Stadium

Date: 25th July 2009

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: 12th July 2010

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 300	Heats
2	Boys	18	4 x 400	Heats
3	Girls	13	4 x 100m	Heats
4	Boys	13	4 x 100m	Heats
5	Girls	15	4 x 100m	Heats
6	Boys	15	4 x 100m	Heats
7	Girls	17	4 x 100m	Heats
8	Boys	17	4 x 100m	Heats
9	Girls	19	4 x 100m	Heats
10	Boys	19	4 x 100m	Heats

Finals in the same order

1.00 p.m.

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

Finals in the same order

3.30 p.m. County Relays

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

Finals in the same order

Juvenile Track & Field Championships - Combined Events 30th July 2010

Venue: Tullamore Harriers Stadium
Dates: 30th July 2010
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 19th July 2010
All athletes must be registered.

EVENTS:

Pentathlon

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

75m Hurdles

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

Heptathlon

Girls 17, 18 , 19

Boys 17, 18 , 19

100m Hurdles	Day 1	200m
200m	Day 1	High Jump
High Jump	Day 1	Long Jump
Shot Putt	Day 1	Shot Putt
	Day 2	100m Hurdles
Javelin	Day 2	Javelin
Long Jump	Day 2	Pole Vault
800m	Day 2	1000m

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

Rules:

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

Juvenile 'B' Track & Field Championships - 1st August 2010

Venue: Tullamore Harriers Stadium
Date: 1st August 2010
Time: 10.30 a.m.
Entry Fee: 4 Euro per event
Closing Date: 19th July 2010
Entries: *Athletic Association of Ireland, Unit 19, Northwood Court
Northwood Business Campus, Santry, Dublin 9*
All athletes must be registered.

EVENTS:

Girls 13

80m
600m
Long Jump
High Jump
Shot Putt

Girls 14

100m
800m
Long Jump
High Jump
Shot Putt

Girls 16

100m
800m
Long Jump
High Jump
Shot Putt

Boys 13

80m
600m
Long Jump
High Jump
Shot Putt

Boys 14

100m
800m
Long Jump
High Jump
Shot Putt

Boys 16

100m
800m
Long Jump
High Jump
Shot Putt

Regulations: Normal regulations for Track and Field apply plus

1. Any athlete who has competed in the Regional Championships and not qualified in any event is eligible to complete in this Championship.
2. Entries through club secretaries to National Head Office by closing date.
3. Athletes may move up one age group only.
4. Athletes may enter **2 events**.
5. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
6. Closing date 19th July 2010

Juvenile Track & Field Championships - Juvenile Combined Events

30th July 2010

Order of Events

The committee reserve the right to alter the order of events

Check in Opens at 9.00am

Closes at 9.30 a.m

TRACK 10.00 a.m.

Girls 14 75m Hurdles
Boys 14 75m Hurdles
Girls 15 80m Hurdles
Boys 15 80m Hurdles
Girls 16 80m Hurdles

Boys 16 100m Hurdles
Girls 17 100m Hurdles
Girls 18 100m Hurdles
Girls 19 100m Hurdles

Boys 17 200m
Boys 18 200m
Boys 19 200m

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

Girls 17 200m
Girls 18/19 200m

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

FIELD 10.30 a.m.

Girls 14 High Jump
Boys 14 Long Jump
Boys 15 Long Jump
Girls 15 High Jump
Boys 16 Long Jump

Girls 14 Shot Putt
Boys 14 Shot Putt
Girls 17 Shot Putt
Girls 16 High Jump
Boys 17 Long Jump

Boys 18/19 Long Jump
Boys 15 Shot Putt
Girls 15 Shot Putt

Boys 16 Shot Putt
Girls 14 Long Jump
Girls 15 Long Jump

Girls 17/18/19 High Jump

Girls 16 Shot Putt
Boys 17 Shot Putt
Girls 18/19 Shot Putt
Boys 18/19 Shot Putt

Girls 16 Long Jump
Boys 14 High Jump
Boys 15 High Jump
Boys 16 High Jump

Boys 17/18/19 High Jump

Juvenile Track & Field Championships - Juvenile Combined Events Day 2 Plus "B" Track & Field 1st August 2010

COMBINED EVENTS DAY 2

10.00 a.m.

C.E. Boys 17,18,19 Hurdles

10.00 a.m.

C.E. Girls 17 Long Jump

C.E. Girls 18/19 Long Jump

10.45 a.m.

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

11.00am

C.E. Girls 17 Javelin

C.E. Girls 18/19 Javelin

C.E. Boys 17/18/19 Javelin

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

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

NB

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

"B" Track & Field

Check in opens at 9.00am

10.30 a.m.

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

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

12.00 a.m.

Girls 13 600m
Boys 13 600m

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

1.00 p.m.

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

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

REGULATIONS CROSS COUNTRY

- Regions must enclose a copy of the regional club results with the entries
- Start time 12.00
- Athletes may move up one age group
- Spot Checks will be undertaken
- **First four (4) club teams** in the 13-16 age group all must have competed in the Provincial/Regional Cross Country Championships
- Three (3) teams from each Province, 4 from Leinster Region and 1 Team from the Region of Dublin qualify for County Teams.
- In the 17-19 age groups open entry will apply provided the athlete has competed in the Provincial/Regional Cross Country Championships. Open entries must be with National at closing date for competition, entries through Provincial Secretary ONLY

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

- **Province:** 12 athletes to run with 6 to score
- **County:** 10 athletes to run with 6 to score
- **Club:** 6 athletes to run with 4 to score
- **Girls 19:** 6 athletes to run with 3 to score
- Athletes must be registered
- Pacing of athletes will mean disqualification. Please inform club officials and parents.
- Only athletes declared on the team sheets will score.
- **It is strongly recommended that all athletes wear the correct footwear.**
- **Fees:**

Club	15 Euro
County	20 Euro
Province/Regional	25 Euro
Individual	4 Euro
- B Championships is open to athletes who HAVE NOT WON an Individual, Regional, County or Club National 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 2010** **“A” Championships**
- **December 2010** **“A” Championships**
- **January 2011** **“B” Championships**
- **Dates and Venues to be decided**

Medals:	“A” Championships	First 12 individuals First 3 Regional, County Club teams
	“B” Championships	First 10 individuals First 3 U19 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	800m	11	800m
12	1000m	12	1000m
13	1000m	13	1200m
14	1200m	14	1500m
15	1500m	15	2000m
16	2000m	16	3000m
17	2000m	17	4000m
18	3000m	18	5000m
19	3500m	19	6000m

B Cross Country Distances

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

Cross Country Inter County Relays 2010

- All athletes must be registered.
- Entries through county secretary for Relay Championships
- County singlet must be worn.
- No Entries on the day
- All teams must be pre-entered with team list, date of birth, registration number
- First 3 teams receive medals; subs must be declared and present on the day to receive medals.

Cross Country Inter County Relays

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

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						
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	11.50m
Boys 15	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
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						
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		400gr	400gr	500gr	600gr	700gr	700gr	800gr
Hammer			2.5K S.Wire	3.25K	4K	5K	5K	6 K

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

Cross Country , Greenmont College

January

Selection Criteria

First four (4) from under 16 B and G 2010 National Juvenile Cross Country Championships

Notification direct to athlete via Juvenile Secretary

Track & Field

**Ireland is host country for 2010 Event
Athlone IT**

7th August 2010

Selection Criteria

1. Based on Results of 2010 National Track & Field Championships
2. Athletes away on International duty representing Ireland are taken into consideration
3. Selection Juvenile Athletic Committee
4. Notification direct to athlete via Juvenile Secretary
5. Acceptance of selection is subject to clean bill of health signed by coach
6. Age Categories U16 Born 95, U18 Born 93, 94

Celtic Games 2010

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 20th March 2010

Arklow Bay Hotel

List of Awards

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

Selection Criteria

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