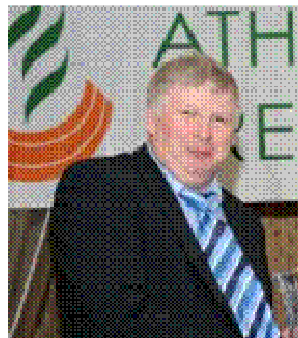




## **Chairpersons Address**



As chairperson of the Juvenile Committee of Athletics Ireland I would like to thank everyone for their continued work for the promotion of juvenile athletics in Ireland, juvenile athletes are the bed rock of our sport.

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

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

After the very successful year of 2011, the progression of our athletes is a tribute to everyone at club level and 2012 is a relatively quiet year on the international front with the main event being the Celtic Games Track and Field in Aberdeen, Scotland on August 11<sup>th</sup>.

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

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

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

***John McGrath***  
***Chairperson***  
***Juvenile Athletics***

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

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

The Athletic Association of Ireland is fully committed to safeguarding the well being of all of its members. Every individual in Athletics Ireland should at all times show respect and understanding for members rights, safety and welfare and conduct themselves in a manner that reflects the principles of the organisation and the guidelines contained in the:

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

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

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

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



## INDEX

Contact Details	Page 5
AAI Age Categories	Page 6
2012 Juvenile Programme	Page 7
Indoor Regulations	Page 8
Indoor Hurdle & Shot Specifications	Page 9
Indoor Combined Events	Page 10
Indoor Championship 12-19 years	Page 12, 13
Heights, Hurdles, Weight specifications	

### ***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.*

## *Committee 2010 –April 2012*

**Chairperson:**

Mr John McGrath  
Dromore East  
Cappaquin  
Co. Waterford  
Ph: 058 68020  
Mobile: 087 9818473  
Email: [johnvmcgrath@hotmail.com](mailto:johnvmcgrath@hotmail.com)

**Financial Officer:**

Mr. Jim Ryan  
Kilbeg  
Claremorris  
Co. Mayo  
Ph: 094-9371213  
Mobile: 087 6733481  
Email: [jimryanw@eircom.net](mailto:jimryanw@eircom.net)

**Indoor Competition Secretary:**

Ms. Anne McHugh  
1 Farnacardy  
Ballinode  
Sligo  
Ph: 071-9119328 (d)  
Mobile: 087-2355103  
Email: [anne.mchugh@gilroygannon.com](mailto:anne.mchugh@gilroygannon.com)

**Cross Country Secretary:**

Mr. Tony Ennis  
Ballyfallon  
Athboy  
Co. Meath  
Ph: 046 9432724

Ms. Esther Fitzpatrick  
“Ashling”  
Daisypark  
Liscarroll  
Mallow  
Co. Cork  
Ph: 022 48302  
Email: [liscarrollathletics@yahoo.co.uk](mailto:liscarrollathletics@yahoo.co.uk)

Mr. Pat Fitzgibbon  
Turloghmore  
Taughmaconnell  
Ballinasloe  
Co. Roscommon  
Mobile: 087-2483352  
Email: [coach@topmail.ie](mailto:coach@topmail.ie)

**Secretary:**

Ms. Georgina Drumm  
Sonas  
Ballymascanlon  
Dundalk  
Co. Louth  
Ph: 042-9371481  
Mobile: 0876893361  
Email: [georgina.drumm@gmail.com](mailto:georgina.drumm@gmail.com)

**Asst Chairperson:**

Ms. Aine Pobjoy  
3 Verbena Grove  
Sutton  
Dublin 13  
Ph: 01 8326636  
Mobile: 087 2209384  
Email: [ainepobjoy@eircom.net](mailto:ainepobjoy@eircom.net)

**Child Officer:**

Mr. Matt Lynch  
5 Hillcrest  
Grange Road  
Kilkenny City  
Ph: 056-7765847  
email: [mattlynch@o2.ie](mailto:mattlynch@o2.ie)

**Committee Member:**

Mr. Tim Fitzpatrick  
“Ashling”  
Daisypark  
Liscarroll  
Mallow  
Co. Cork  
Ph: 022 48302  
Email: [liscarrollathletics@yahoo.co.uk](mailto:liscarrollathletics@yahoo.co.uk)

Evelyn O'Reilly  
Drumahurk  
Butlersbridge  
Co. Cavan  
Ph: 049 4361572  
Mobile: 086 8520649  
Email: [cianor@eircom.net](mailto:cianor@eircom.net)

Mr. Nick Cowman  
Monmore  
Crossbeg  
Co. Wexford  
Ph: 053 9138165  
Mobile: 0868219450  
Email: [nickycowman@gmail.com](mailto:nickycowman@gmail.com)

## 2012 Age Categories

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

Age 9	Born 2004
Age 10	Born 2003
Age 11	Born 2002
Age 12	Born 2001
Age 13	Born 2000
Age 14	Born 1999
Age 15	Born 1998
Age 16	Born 1997
Age 17	Born 1996
Age 18	Born 1995
Age 19	Born 1994

## Juvenile Programme 2012

### Cross Country & Indoor Championships

Date	Event	Venue
January 7 <sup>th</sup>	Celtic Cross Country	Edinburgh , Scotland
January 28 <sup>th</sup>	Indoor Juvenile Combined Events	Nenagh
February 5 <sup>th</sup>	“B” Cross Country Inter County Relays	Boyle, Co. Roscommon
March	Star Awards	Sheraton Hotel, Athlone
March 24/25 <sup>th</sup>	Juvenile Indoor Championships	Nenagh
Mar 31/1 <sup>st</sup> Apr	Juvenile Indoor Championships	Nenagh
November 25 <sup>th</sup>	Cross Country Even Ages	TBD
December 9 <sup>th</sup>	Cross Country Uneven Ages	TBD

### Track & Field Championships

June 23 <sup>rd</sup>	Team Competition 9, 10, 11	Cork IT
July 14/15 <sup>th</sup>	Juvenile Championships 12- 19	Tullamore
July 28 <sup>th</sup>	Juvenile Championships 12- 19	Tullamore
July 29 <sup>th</sup>	Inter Club & Inter County Relays	Tullamore
August 4 <sup>th</sup>	Combined Events	Morten Stadium
August 5 <sup>th</sup>	“B” Championships	Santry TBD
August 11 <sup>th</sup>	Celtic Games	Aberdeen Scotland

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

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

#### **Cross Country Entries**

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

## Indoor Regulations

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

1. Individual Track & Field Championships for Boys and Girls ages 12-19.
2. Club Singlets must be worn.
3. The first three (3) from each region qualify for the National Championships.
4. An athlete may compete in three individual events plus the relay.
5. Athletes are confined to their own age group.
6. In the Indoor Relays an athlete may move up one age group.
7. At least 2 members of a competing relay team, participating in that event on that day must be of the correct age.
8. 17,18,19 age groups for relays, all athletes may move up one age group.
9. All entries must come through the Regional Secretary.
10. A copy of all Regional results plus a copy of all entries must go to Head office and to the Track & Field Secretary.
11. **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
  - All athletes must collect a competition number
  - All athletes must collect number 1 hour prior to their event minimum
  - Track athletes CHECK IN at the check in area
  - Call room will be in operation for track events
  - Field athletes check in at their event when event is called
12. **ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP.**
13. Athletes U13 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used.
14. **IAAF False Start Rules apply. U16 upwards First false start leads to disqualification.**
15. **U13,14,15. One false start and all are on warning of next false start leading to disqualification.**
16. **Combined Events all age categories, One false start and all are on warning of next false start leading to disqualification.**
17. **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)
18. **An athlete must inform the Chief Judge when leaving the competition area.**
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. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
24. Warm up marks for field events should be completed where possible before the time schedule.
25. Where a heat is listed if insufficient competitors check in a FINAL will be held at heat time.
26. **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.
27. **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
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 present 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

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

### SHOT WEIGHTS

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



## Indoor Combined Events

**Venue:** Nenagh Stadium  
**Date:** Sat 28<sup>th</sup> January  
**Time:** 10 a.m.  
**Entry Fee:** 10 Euro, late entry double on the day  
**Check in:** Opens 9.00 a.m.  
**Closing date:** 19<sup>th</sup> January 2012

**All athletes must be registered.**

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

### EVENTS

#### PENTATHLON:

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

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

## Indoor Combined Events - 28<sup>th</sup> January 2012

*Order of Events may change throughout the day*

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

### TRACK

#### 10.00 a.m

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

### FIELD

#### 10.00 a.m

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

#### 10.00 a.m

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

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

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

*Programme subject to change*

# Juvenile Indoor Championships –Nenagh

## 24<sup>th</sup> 25<sup>th</sup> March and 31<sup>st</sup> and 1<sup>st</sup> April 2012

**Venue:** Nenagh

**Dates:** 24/25<sup>th</sup> March and 31<sup>st</sup> March/1<sup>st</sup> April 2012

**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:** 10<sup>th</sup> March / 16<sup>th</sup> March

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

**All athletes must be registered.**

### EVENTS

#### GIRLS 12

60m Sprint

600m

Relay 4 x 100m

High Jump

Long Jump

Shot Putt

#### GIRLS 13

60m Sprint

60m Hurdles

600m

Relay 4 x 100m

High Jump

Long Jump

Shot Putt

#### GIRLS 14

60m Sprint

60m Hurdles

800m

1000m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Putt

#### GIRLS 15

60m Sprint

60m Hurdles

800m

1000m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Putt

#### GIRLS 16

60m Sprint

60m Hurdles

200m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Putt

#### GIRLS 17

60m Sprint

60m Hurdles

200m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Putt

#### GIRLS 18

60m Sprint

60m Hurdles

200m

300m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Putt

Triple Jump

#### GIRLS 19

60m Sprint

60m Hurdles

200m

400m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Putt

Triple Jump

## Juvenile Indoor Championships

### BOYS 12

60m Sprint

600m

Relay 4 x 100m

High Jump

Long Jump

Shot Putt

### BOYS 13

60m Sprint

60m Hurdles

600m

Relay 4 x 100m

High Jump

Long Jump

Shot Putt

### BOYS 14

60m Sprint

60m Hurdles

800m

1000m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Putt

### BOYS 15

60m Sprint

60m Hurdles

800m

1000m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Putt

### BOYS 16

60m Sprint

60m Hurdles

200m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Putt

### BOYS 17

60m Sprint

60m Hurdles

200m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Putt

### BOYS 18

60m Sprint

60m Hurdles

200m

400m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Putt

Triple Jump

### BOYS 19

60m Sprint

60m Hurdles

200m

400m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Putt

Triple Jump

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

# Juvenile Indoor Championships – Nenagh

## Timetable Saturday 24<sup>th</sup> March 2012

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

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

**Check in closes 9.30 a.m**

**10.00 a.m**

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

**Long Jump**

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

**Triple Jump**

14.00pm	Girls & Boys	18,19
---------	--------------	-------

**Shot Putt**

10.00 a.m	Girls	18
	Boys	18
	Girls	15
	Boys	15
	Girls	12
	Boys	12

**Check in closes 11.30 a.m**

**12.30 p.m.**

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

**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**

12.00 a.m.	Girls & Boys	16
	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 –Nenagh

## Timetable Sunday 25<sup>th</sup> March 2012

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

**Check in opens 9.30 a.m. 600m & Hurdles**

**10.30 a.m.**

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

**Long Jump**

10.30 Girls & Boys 15  
11.30 Girls & Boys 16

**Check in closes 10.00 a.m**

**11.00 a.m**

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

**Shot Putt**

10.30 a.m	Girls	14
	Boys	14
	Girls	13
	Boys	13
	Girls	16

**FINALS HURDLES**

**High Jump**

**12.30 a. m**  
Girls & Boys 15  
Girls & Boys 14

**Check in closes 12.00 noon**

**2.00 p.m.**

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

## Juvenile Indoor Championships –Nenagh

### Timetable Saturday 31<sup>st</sup> March 2012

**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**

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

**High Jump (2 areas)**

**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

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

**Check in closes 12.00 Walks**

**1.30p.m.**

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

**Shot Putt**

10.30 a.m	Boys	19
	Boys	17
	Girls	19
	Girls	17
	Boys	16

**2.45 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– Nenagh

### Timetable Sunday 1<sup>st</sup> April 2012

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

**10.30 a.m.**

Girls	13	4 x 100m	Heats
Boys	13	4 x 100m	Heats
Girls	15	4 x 200m	Heats
Boys	15	4 x 200m	Heats
Girls	17	4 x 200m	Heats
Boys	17	4 x 200m	Heats
Girls	19	4 x 200m	Heats
Boys	19	4 x 200m	Heats

#### **FINALS OF ABOVE**

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

**2.00 p.m.**

Girls	12	4 x 100m	Heats
Boys	12	4 x 100m	Heats
Girls	14	4 x 200m	Heats
Boys	14	4 x 200m	Heats
Girls	16	4 x 200m	Heats
Boys	16	4 x 200m	Heats
Girls	18	4 x 200m	Heats
Boys	18	4 x 200m	Heats

#### **FINALS OF ABOVE**

#### **PLEASE NOTE:**

- All Relays will be held on the 4<sup>th</sup> day of competition.
- **No entry on the day of competition, entries through Regional/Provincial Secretary**
- Athletes may step up **ONE (1)** age group only and may compete in **TWO (2)** relays on the day
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age ,
- 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
- **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.