

Athletic Association of Ireland 2010

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.

Athletic Association of Ireland 2010

Juvenile Indoor 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	Girls & Boys	13

Triple Jump

2.00 pm	Girls & Boys	18,19
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Shot Putt

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

Athletic Association of Ireland 2010
Juvenile Indoor 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

Athletic Association of Ireland
Juvenile Indoor 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

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

1.00p.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

Athletic Association of Ireland Juvenile Indoor Timetable Sunday 11th April 2010
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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.