

27th June 2010 - Tullamore

Closing Date for Entries: Friday 18th June 2010

Surname:

First Name:

Club:

Date of Birth: **2010 Reg. No.**

Phone No.

Entry Fee: €12.00per event **Male** **Female** **☞ (please tick) ☜** **Junior** **Under 23**

Late entries will be accepted from **Monday 21st June to Friday 25th June 5.00pm** accompanied by the late entry fee of **€25.00**.

NB: Late Entries on Sunday 27th June from 10am - 11am ONLY for all events.

Late Entry Fee: €25.00

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

ATHLETES MAY ONLY COMPETE IN ONE AGE CATEGORY

MEN		PB	WOMEN		PB
100 m	<input type="checkbox"/>		100 m	<input type="checkbox"/>	
200 m	<input type="checkbox"/>		200 m	<input type="checkbox"/>	
400 m	<input type="checkbox"/>		400 m	<input type="checkbox"/>	
800 m	<input type="checkbox"/>		800 m	<input type="checkbox"/>	
1500m	<input type="checkbox"/>		1500m	<input type="checkbox"/>	
5000m	<input type="checkbox"/>		5000m	<input type="checkbox"/>	
110 m H	<input type="checkbox"/>		100m H	<input type="checkbox"/>	
400 m H	<input type="checkbox"/>		400m H	<input type="checkbox"/>	
3000m S/C	<input type="checkbox"/>		3000m S/C	<input type="checkbox"/>	
5000 m Walk	<input checked="" type="checkbox"/>		3000 m Walk	<input checked="" type="checkbox"/>	
4 x 100 m	<input type="checkbox"/>		4 x 100 m	<input type="checkbox"/>	
4 x 400 m	<input type="checkbox"/>		4 x 400 m	<input type="checkbox"/>	
High Jump	<input type="checkbox"/>		High Jump	<input type="checkbox"/>	
Long Jump	<input type="checkbox"/>		Long Jump	<input type="checkbox"/>	
Triple Jump	<input type="checkbox"/>		Triple Jump	<input type="checkbox"/>	
Pole Vault	<input type="checkbox"/>		Pole Vault	<input type="checkbox"/>	
Shot Putt	<input type="checkbox"/>		Shot Putt	<input type="checkbox"/>	
Discus	<input type="checkbox"/>		Discus	<input type="checkbox"/>	
Javelin	<input type="checkbox"/>		Javelin	<input type="checkbox"/>	
Hammer	<input type="checkbox"/>		Hammer	<input type="checkbox"/>	
35lb Distance	<input type="checkbox"/>				
35lb Height will be held with the Senior Championships					

General Information

- Under 23 athletes** must be under 23 years of age on the 31st December in the year of competition. i. e **Born in 1988, 89 & 90.**
- Junior athletes** have to be 16 in the year of competition, i.e. **born in 1991, 92, 93 & 94**
- Registration numbers and date of birth must be shown on all forms.
- Athletes must check-in at least 60 minutes before their event.
Collecting a number does not necessarily constitute checking-in. Please take care.
- Athletes must wear their official club singlet.
- Lane draws and seeding will be in operation as per IAAF in semi finals and finals.
- A Call room will be in operation.

Junior & Under 23 Track & Field Championships of Ireland

T I M E T A B L E

TRACK					FIELD		
10.40	Walk 3k		Women	F	10.30	Hammer	Men
11.00	Walk 5k		Men	F	10.45	Shot Putt	Women
11.30	400m	Hurdles	Women	F			
11.45	400M	Hurdles	Men	F			
11.55	100m		Women	H	11.00	Pole Vault	Women
12.10	100m		Men	H	11.00	High Jump	Women
12.25	3000m S/C		Men	F	11.00	Long Jump	Men
12.40	800m		Men	H			
12.55	800m		Women	F	12.00	Shot Putt	Men
13.05	100m		Women	F			
13.15	100m		Men	F	12.00	Hammer	Women
13.25	3000m S/C		Women	F	12.30	Long Jump	Women
13.40	400m		Women	H			
13.50	400m		Men	H	13.15	Discus	Men
14.05	1500m		Women	F			
14.15	1500m		Men	F	13.30	High Jump	Men
14.25	100m	Hurdles	Women	H	13.30	Pole Vault	Men
14.40	110m	Hurdles	Men	H	13.30	Javelin	Women
14.55	200m		Women	H			
15.05	200m		Men	H			
15.15	5000m		Women	F	14.00	Triple Jump	Men
15.35	800m		Men	F	14.30	Discus	Women
15.45	5000m		Men	F	14.45	Javelin	Men
16.05	400m		Women	F			
16.15	400m		Men	F			
16.25	100m	Hurdles	Women	F	15.45	35lbs Dist.	Men
16.35	110m	Hurdles	Men	F	15.45	Triple Jump	Women
16.50	200m		Women	F			
17.00	200m		Men	F			
17.10	4x100m	Relay	Women	F			
17.15	4x100m	Relay	Men	F			
17.20	4x400m	Relay	Women	F			
17.30	4x400m	Relay	Men	F			

In the event of heats proving un-necessary, **FINALS** will be held at **Heat TIMES**.
Please note this timetable is subject to change, if necessary the programme will be brought forward.

Athletes who enter for Senior & Junior Competition may be subject for selection for testing under the Anti Doping document. Minors must have Parental/Guardian consent and signature. Forms available on our website.

Doping is Cheating AAI is Committed to Drugs Free Sport