

June 08



President's Address

As President of the Athletic Association of Ireland I congratulate the Juvenile Committee on compiling this Competition Booklet for 2008.

This Booklet will be of great benefit to anyone involved with juvenile athletes as it gives comprehensive details of all National Competition, Celtic Games and other valuable information.

Our juvenile athletes play a very important 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 and 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 the sport of athletics. Without the hard work of all these people it would not be possible to implement this extensive Juvenile programme.

I wish all our young athletes every success in 2008 and may they enjoy their sport.

Yours in Sport

Michael Heery
President



Chairpersons Address

As Chair of the Juvenile Committee, I am delighted to see the 2008 Competition Booklet completed.

This Booklet has had a complete new layout, starting on Page 3 with Code of Ethics & good Practice for Children's Sport.

A complete index of all details and regulations on Page 4 will ensure that clubs and all those interested in Juvenile Athletics will have no doubt of all rules relating to our competition.

My sincere thanks to Ann McHugh, Georgina Drumm and Tony Ennis for their time and work put into the completion of this excellent booklet.

My thanks to all the members of my committee for their commitment to Juvenile Athletics and to all those wonderful voluntary people who year after year help us run our championships, it would be an impossible task without you all.

Finally I wish all our athletes continued enjoyment in our wonderful sport and success in 2008.

Breda Synnott
Hon. Chairperson
Juvenile Committee



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 of 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 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 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
2008 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
Timetable	Page 14-17
2008 Track & Field Programme	Page 18
Track & Field Team Competition Ages 10, 11, 12	Page 19, 20
Track & Field Inter Club Relays Ages 9,10,11,12	Page 21
Track & Field Regulations	Page 23
Track & Field Hurdle & Shot Specifications	Page 24
Track & Field Championships 13-19 years	Page 25, 26
Timetable	Page 27-29
Track & Field Inter Club Relays 13-19 years	Page 30
Track & Field Combined Events B Events	Page 31, 32
Timetable	Page 33, 34
Track & Field Inter County Relays Ages 13.151.7.19	Page 35
2008 Cross Country Regulations	Page 36
Cross Country Championships	Page 37, 38
Heights, Hurdles, Weight specifications	Page 39-41
Celtic Games	Page 42
Star Awards	Page 43

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.

Athletic Association of Ireland

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Athletic Association of Ireland 2008

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 s UNDER the stated age.**

Age 9 Born 2000

Age 10 Born 1999

Age 11 Born 1998

Age 12 Born 1997

Age 13 Born 1996

Age 14 Born 1995

Age 15 Born 1994

Age 16 Born 1993

Age 17 Born 1992

Age 18 Born 1991

Age 19 Born 1990

Athletic Association of Ireland

Juvenile Programme 2008

Cross Country & Indoor Championships

Date	Event	Venue
January	Celtic Cross Country	Scotland
January 12 th	Indoor Juvenile Combined Events	Nenagh
February 3 rd	“B” Cross Country Inter County Relays	Ballybofey Co. Donegal
April 5 th /6 th	Indoor Championships	Nenagh
April 12 th /13 th	Indoor Championships	Nenagh

Track & Field Championships

June 14 th June	Team Competition 10, 11,12	Tullamore
July 5 th /6 th	Juvenile Championships 13- 19	Antrim Forum
July 13 th	Juvenile Championships 13- 19	Tullamore
July 26 th	Relays	Tullamore
August 2 nd	Celtic Games	Scotland
August 9 th	Combined Events	Santry
August 10 th	Juvenile Inter County Relays	Santry
August 10 th	“B” Championships	Santry

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.

Athletic Association of Ireland 2008

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
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 – 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 and False Start Rules apply.
15. Athlete must leave the arena when their event is complete.
16. Winning athletes must report for medal presentation 20 minutes after their event where possible.
17. Coaches and parents are *not allowed* on the track at any time.
18. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
19. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
20. Where a heat is listed if insufficient competitors check in a FINAL will be held at *heat time*.
21. **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.
22. **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
23. 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
24. **Regional Competition Secretaries must be present on days of competition.**
25. Please have respect for the stadium and its environs.
26. Please do not leave your personal belongings unattended.

Athletic Association of Ireland

Table of Hurdle Specification

INDOOR

Girls 13	60m	68.6cm	2' 3"	5	11.00m	7.25m	12.75m
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	12.75m
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

Athletic Association of Ireland 2008

Indoor Combined Events

Venue: Nenagh Stadium
Date: 12th January 2008
Time: 10 a.m.
Entry Fee: 8 Euro, late entry double on the day
Check in: 9.00 a.m.
Closing date:

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

Athletic Association of Ireland
12th January 2008

Indoor Combined Events

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

Athletic Association of Ireland 2008 Juvenile Indoor Championships

Venue: Nenagh Stadium

Dates: 5th /6th 12th/13th 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: 22nd March 2008

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.

<p>Athletic Association of Ireland 2008 5th /6th 12th/13th April Juvenile Indoor Championships</p>

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.

Athletic Association of Ireland 2008
Juvenile Indoor Timetable
Saturday 5th April

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

10.00 a.m	Girls & Boys	12
11.00 p.m	Girls & Boys	13

Triple Jump

1.30pm	Girls & Boys	18,19
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Shot Putt

10.00 a.m	Girls	18
10.30 a.m	Boys	18
11.15 a.m	Girls	13
12.15 p.m	Boys	13
1.45 p.m	Girls	12
2.45 p.m	Boys	12

Check in closes 11.00 a.m

12.00 Mid day

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

FINALS 60M SPRINTS REVERSE ORDER

Check in closes 1.00 p.m

2.00 p.m

Girls	18	300m	Heats
Boys	18	400m	Heats
Girls & Boys	19	400m	Heats

High Jump 2 Areas

1.00 p.m.	Girls & Boys	14
	Girls & Boys	12
	Girls & Boys	13

Check in closes 2.00pm

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 2008
Sunday 6th April
Indoor Timetable

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 1.00 p.m

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
 11.00 a.m Boys 15
 12.00 p.m Girls 16
 1.00 p.m Boys 16
 2.00 p.m Girls 14
 3.00 p.m Boys 14

High Jump

2.00 p. m 2 areas

Girls & Boys 16
 Girls & Boys 15

Athletic Association of Ireland
Indoor Timetable
Saturday 12th April 2008

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
 11.00 a.m Boys 17
 12.00 p.m Girls 19
 1.00 p.m Girls 17

FINALS

3.00 p.m. 200m Finals

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

3.45 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

<p>Athletic Association of Ireland Indoor Timetable Sunday 13th April 2008</p>
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Check in opens 9.00 a.m.

11.00 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
- 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.

Athletic Association of Ireland

Juvenile Competition Programme 2008

Track & Field Dates

Date	Event		Venue
June 14 th	Team Competition	Ages 10, 11,12	Tullamore
July 5 th 6 th	Championships	Ages 13- 19	Antrim Forum
July 13 th	Championships	Ages 13- 19	Tullamore
July 26 th	Inter Club Relays	Ages 13- 19	Tullamore
August 2 nd	Celtic International		Scotland
August 9 th /10 th	Combined Events	Ages 14-19	Santry
August 10 th	B Championships	Ages 13,14,16	Santry
August 10 th	Inter County Relays	Ages 12,14,16,18	Santry

Athletic Association of Ireland 2008 Team Competition U10, 11, 12

Venue: Tullamore
Dates: 14th June
Time: 10.30 a.m.
Check in open 9.00 a.m.
Entry Fee: €8 per team
Closing Date: 4th 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

U10 Girls & Boys Born 99	U 11 Girls & Boys Born 98	U12 Girls & Boys Born 97
60m	60m	80m
300m	500m	600m
Long Jump	Long Jump	Long Jump
Ball throw	Ball Throw	Shot
		High Jump

1. Two (2) athletes per team.
2. Each athlete may compete in two events only, *with the same or two different partners.*
3. U9 may move up and compete U10 (U9 must be born 2000) .
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. U10 Long Jump competition, athletes may jump anywhere from the sand.
U 11 & U12 Long Jump competition is from the board.
3 Jumps only per athlete.
8. Ball throw is similar to javelin technique
Longest throw measured.
3 throws only per athlete
9. Shot Putt Weight 2K
3 throws only per athlete
10. 60m, 80m, 300m, 500m, 600m are on times no finals.
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 3.00 p.m. Relays are not part of the scoring for team competition.
17. High Jump bar raise by 5cm., Starting Height .90cm up to 1.05 then 3 cm thereafter

Collecting your number does not mean you are checked in.

Athletic Association of Ireland 14th June Team Competition U10, 11,12 Timetable

Check in Opens 9.00 a.m.

The Committee reserve the right to alter the timetable.

10.30 a.m.

Girls	10	60m
Boys	10	60m
Girls	11	60m
Boys	11	60m
Girls	12	80m
Boys	12	80m

10.30 a.m.

Girls	12	Shot
Boys	12	Shot

11.30 a.m.

Boys	12	High Jump
Girls	12	High Jump

11.00 am

Girls	12	Long Jump
Boys	12	Long Jump
Girls	11	Long Jump
Boys	11	Long Jump
Girls	10	Long Jump
Boys	10	Long Jump

12.30 p.m.

Girls	10	300m
Boys	10	300m
Girls	11	500m
Boys	11	500m
Girls	12	600m
Boys	12	600m

11.00 am

Girls	11	Ball Throw
Boys	11	Ball Throw
Girls	10	Ball Throw
Boys	10	Ball Throw

Athletic Association of Ireland

14th June 2008

Inter Club Relays 9,10,11,12

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 2000**
- 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 2.00 p.m.

<u>3.00 p.m.</u>	U12	Girls	4 x 100m
	U12	Boys	4 x 100m
	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

**Athletic Association of Ireland 2008
Juvenile Track & Field**

Venue: Antrim Forum
Dates: 5th/ 6th July
Venue: Tullamore
Dates: 13th/26th July 2008
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: 19th June 2008 Week 1
26th June 2008 Week 2
11th July 2008 Relays

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

Athletic Association of Ireland 2008 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 13-19.
- 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 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 Athletes from U16 upwards must use Starting Blocks and False Start Rules apply.
- 15 Athlete must leave the arena when their event is complete.
- 16 Winning athletes must report for medal presentation 20 minutes after their event where possible.
- 17 Coaches and parents are not allowed on the track at any time.
- 18 Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.

- 19 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

- 20 **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**

- 21 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.

Athletic Association of Ireland

Table of Hurdle Specification OUTDOOR

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	11.50m
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

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

Athletic Association of Ireland
5^h/ 6th , 13^h & 26th July 2008
Juvenile Track & Field Championships U13 – U19

EVENTS AVAILABLE

GIRLS 13

80m
60m Hurdles
600m
High Jump
Javelin
Long Jump
Shot Putt

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

BOYS 13

80m
 60m Hurdles
 600m
 High Jump
 Javelin
 Long Jump
 Shot Putt

BOYS 14

80m Sprint
 75m Hurdles

 200m
 800m
 1500m

 2000m Walk
 Discus
 Hammer
 High Jump
 Javelin
 Long Jump

 Shot Putt

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 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 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 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 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

Athletic Association of Ireland

Track & Field 13 – 19 years

Day 1 – Saturday 5th July

Check in Opens 9.00am

The Committee reserve the right to alter the timetable.

Check in closes 9.30 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 12,30 a.m. Walks

1.30 p.m.

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

Check in closes 1.30 p.m. Sprints

2.30 p.m.

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

Check in closes 3.00pm Steeplechase FINALS

4.00 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

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.a.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

12.30 p.m

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

2.00 p.m.

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

3.00pm

Boys	15	Javelin
Girls	15	High Jump

Athletic Association of Ireland 2008
Track & Field 13 – 19 years
Day 2 – Sunday 6th July

Check in Opens 9.30am

The Committee reserve the right to alter the timetable.

Check in Closes 10.00 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	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
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10.00a.m.

Girls	16	Long Jump
Girls	14	High Jump
Boys	14	Shot
Girls	17	Discus
Boys	13	Javelin
Boys	15	Triple Jump

11.30 a.m

Girls	19	High Jump
Boys	13	Shot
Girls	18	Discus
Boys	14	Javelin
Boys	19	Triple Jump

1.00 p.m.

Boys	16	Long Jump
Girls	13	Shot
Boys	14	High Jump
Girls	13	Javelin
Girls	14	Discus

2.30 p.m.

Girls	13	Long Jump
Girls	16	Shot
Girls	14	Javelin
Boys	15	High Jump

3.30 p.m.

Boys	13	Long Jump
Boys	19	Shot
Boys	17	Triple Jump
Girls	13	High Jump

Athletic Association of Ireland

Track & Field 13 – 19 years

Day 3 – Sunday 13th July 2008

Check in opens 9.00am

The Committee reserve the right to alter the timetable.

Check in closes 9.30a.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

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

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

12.00 noon

Boys	19	High Jump
Boys	16	Shot
Girls	16	Discus
Girls	15	Javelin
Girls	17	Triple Jump

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

2.00 p.m.

Boys	17	Shot
Boys	16	Discus
Girls	17	Javelin
Girls	19	Triple Jump
Boys	18	High Jump

2.30 p.m.

1500m FINALS
200m FINALS

3.00 p.m.

Girls	19	Javelin
Boys	18	Long Jump
Boys	18	Discus
Girls	18	Shot
Girls	18	High Jump

Athletic Association of Ireland
Saturday 26th July
Inter Club Relays

Venue: Tullamore Harriers Stadium
Date: 26th July 2008
Time: 10.30 a.m.
Entry Fee: 10 Euro per team
No late entries
Entries to: Competition Secretary, Head Office
Closing Date: 11th July 2008
Check-in Opens 9.00 a.m.

Order of Events
10.30 a.m.

		Age	Event	
1	Girls	18	4 x 300	Heats
2	Boys	18	4 x 400	Heats
7	Girls	13	4 x 100m	Heats
8	Boys	13	4 x 100m	Heats
9	Girls	15	4 x 100m	Heats
10	Boys	15	4 x 100m	Heats
11	Girls	17	4 x 100m	Heats
12	Boys	17	4 x 100m	Heats
13	Girls	19	4 x 100m	Heats
14	Boys	19	4 x 100m	Heats

Finals in the same order

1.30 p.m.

15	Girls	17	4 x 300m	Heats
16	Boys	17	4 x 400m	Heats
17	Girls	19	4 x 400m	Heats
18	Boys	19	4 x 400m	Heats
23	Girls	14	4 x 100m	Heats
24	Boys	14	4 x 100m	Heats
25	Girls	16	4 x 100m	Heats
26	Boys	16	4 x 100m	Heats
27	Girls	18	4 x 100m	Heats
28	Boys	18	4 x 100m	Heats

Finals in the same order

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

- 1 Athletes born in **1993** 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 but can only compete in a maximum of 3.
- 4 At least 2 members of a competing relay team, participating in that event on that day must be of the correct age, if sub is present and declared on the day sub medal will be presented
- 5 Three (3) teams per county per age group, **Teams qualify from the County.**
- 6 Entry Forms for 13-19's 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.

Athletic Association of Ireland 2008 Juvenile Combined Events
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Venue: Morton Stadium Santry Dublin
Dates: 9th August 2008
Time: 10.30 a.m.
Entry Fee: 8 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 24th July
All athletes must be registered.

EVENTS:

Pentathlon

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

Athletic Association of Ireland 2008 Juvenile “B” Track & Field

Venue: Morton Stadium Santry Dublin
Date: 10th August 2008
Time: 10.00 a.m.
Entry Fee: 4 Euro per event
Closing Date: 24th July 2008
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

Athletic Association of Ireland
Juvenile Combined Events
9th /10th August 2008

Order of Events *The committee reserve the right to alter the order of events*

Check in Opens at 9.00am

Closes at 9.45 a.m

TRACK
10.30 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

**Athletic Association of Ireland
 Juvenile Combined Events Day 2
 Plus "B" Track & Field
 10th August 2008**

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 event 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

Inter County Relays will commence at 15.00

Athletic Association of Ireland 2008

Juvenile Inter County Relays

Venue: Morton Stadium Santry Dublin
Date: 10th August 2008
Time: 3.00 p.m.
Entry Fee: 10 Euro per team
Closing Date: 24th July 2008

Entries to Juvenile Competition Secretary AAI and a copy to
National Competition Secretary

No Late Entries.

EVENTS:

Boys & Girls	13	4 x 100m
Boys & Girls	15	4 x 100m
Boys & Girls	17	4 x 100m
Boys & Girls	19	4 x 100m

Regulations:

1. Only One (1) team per County per age group
2. An athlete may move up one age group but may 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.
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.

Athletic Association of Ireland 2008

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 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.

Athletic Association of Ireland 2008

Juvenile Cross Country Championships

- **November 2008** "A" Championships
- **December 2008** "A" Championships
- **January 2009** "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	1500m	17	4000m
19	3000m	19	5000m

Athletic Association of Ireland
Cross Country Inter County Relays 2008

- 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

**Athletic Association of Ireland
Table of Hurdle Specification**

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
INDOOR						
Girls 13	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
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"	6	11.00m	7.25m	12.75m
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

Athletic Association of Ireland

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

Athletic Association of Ireland

Field Standard for National Championships

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 2008

Cross Country Scotland

Date to be confirmed

Selection Criteria

First four (4) from under 16 B and G 2007 National Juvenile Cross Country Championships

Notification direct to athlete via Juvenile Secretary

Track & Field 2nd August Scotland

Selection Criteria

1. Based on Results of 2008 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 93, 94) - U 18 Born (91, 92)

Juvenile Star Awards

9th February 2008

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