ATHLETICS IRELAND

Juvenile Competition Booklet

2018

19 Northwood Court, Santry, Dublin9

CELTIC CROSS COUNTRY

6th January 2018

Greenmount, Antrim

CELTIC GAMES TRACK AND FIELD

4th August 2018

Scotland

SELECTION CRITERIA

Based on 2018 National Juvenile Track and Field Championship results

Competing Countries

Scotland / Wales / Ireland

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Chairpersons Address

On behalf of the Juvenile Committee of Athletics Ireland, I would like to thank parents, club officials and young Athletes for their continuous support of our great sport. To all the volunteers at club, County, Regional and National Level, we owe a sincere word of gratitude for all your work promoting our sport.

This booklet contains information in regards to all aspects of juvenile athletes and thanks to Ciarán Doyle for all his time in putting this booklet together.

I hope that every athlete taking part in any of our events has memorable experiences and creates some lifelong friendship throughout the year.

I would like to thank our sponsors Irish Life Heath for their financial support, which we greatly appreciate.

While it is always a busy calendar on the domestic scene, 2018 is again very busy year on the international scene with the European U18 Championships in Hungary and IAAF U20 Championships in Tampare in July along with the Celtic Games in August in Scotland. In addition, international teams will be selected for the Celtic Cross County in January.

I wish to thank Moira Aston competition manager for all the work done in the office coordination at the logistics for all events and Conor Greally for all his work in making the events happen
.
Thanks to all the members of the Juvenile Committee for their help and most importantly their contribution to the efficient running of the programme during the year.

I would just to like to end by stating our door is always open for feedback on any aspect of juvenile athletics and feel free to contact any member of the committee with issues or concerns at any time.

Best of luck in all events in 2018

Yours in sport
John McGrath
Chairman – Juvenile Committee

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 in Athletics

In Athletics Ireland, our first priority is the welfare of the young people and we are committed to providing an environment that 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.

Policy on Photographers

For Indoor Competition, no photographers (except Sportsfile where required) are allowed at any time within the competition arena (track or field area).

For Outdoor Competition, a limited number of passes are available to press credentialed photographers. These are available on application from the Meet Director or Competition Manager prior to the start of the first event of that day's program.

Jury of Appeal

The Jury of Appeal will comprise of five members with three sitting during an appeal. The Jury of Appeal will be the four provisional representatives currently elected to the Juvenile Committee and one from the Dublin region who will also be a member of the Juvenile Committee. Advice will be obtained from a member of the Technical Committee when and if required.

Attire

Official club singlets must be worn in all national competitions. If club singlet is not available, a plain white vest of tee shirt is acceptable.

National Apparel is to be worn only when representing Ireland at International Competition. No athlete should compete wearing Athletics Ireland shorts at a National Event.

In general, shorts should be single colour, not patterned. While a Nike/Adidas etc. logo is acceptable, multi-coloured or patterned shorts are not.

Where possible shorts should complement the singlet, if in doubt black is always acceptable.

Parents/Guardians should lead by example:

- Adopt a positive attitude to their children's participation
- Respect officials decisions and encourage children to do likewise
- Do not exert undue pressure on your child
- Never admonish your child or any other child for their performance
- Be realistic in their expectations
- Show approval for effort, not just results
- Never embarrass a child or use sarcastic remarks
- Applaud good performances from all children
- Do not criticise children's performances
- Do not seek to unfairly affect a result
- Do not enter the competition area unless specifically invited to by an official in charge
- Never user foul language or provocative gestures to officials
- Do not question an official's decisions or integrity
- Encourage children to respect and accept the judgment of officials
- Promote fair play

Check the program for the Referee of Children Officers name – these are the people to speak to if you have a complaint

Any Breach of this code may lead to your exclusion from future events

Athletics Irelands is fully committed to providing a positive, fair and safe environment for our children and officials. Athletics Ireland acknowledges that without the commitment of our officials who freely and generously give their time, it would not be possible to provide competitive opportunities for your children. Officials have a duty to be impartial, fair and fully informed of competition rules and regulations.

CHANGES POST CONGRESS 2016 (Tullamore)

Motions carried at Congress pertaining to Juvenile Competition Rules will come into effect starting January 2017.

5. THAT: the decision of the AGM 2015 to discontinue the U19 Cross Country Championships be rescinded and that the championships be reinstated into the juvenile competition programme with immediate effect.

7. THAT: the Inter County Cross Country Relays be amended to the Inter Club Cross Country Relays for a trial period of 2 years. Current distances to remain as is, i.e.: 4x500m

8. THAT: a 3k event for girls U16 and U17 be added to the track and field programme, bringing it in line with the same event for boys and with the Schools Athletics programme and this be added to the 2017 programme.

10. THAT: The first four (4) individuals from each region qualify for the National Juvenile Championships except for the 600m where the first three (3) will qualify.

15. THAT: The Boys U17 Hurdles outdoor race be changed to the following specification: Distance – 100m, Approach – 13m, Spacing – 8.5m, Number of Hurdles – 10, Height – 3'0.

17. THAT: The Boys U15 and U17 Indoor Hurdles have the same approach and spacing between hurdles as outdoors.

24. THAT: In the Hammer, athletes are allowed to use their own implements and if they so wish, are allowed exclusive use of such implements. Such implements must comply and conform to the applicable specifications and must be presented to the event organizers for approval.

25. THAT: In the Discus, athletes are allowed to use their own implements and if they so wish, are allowed exclusive use of such implements. Such implements must comply and conform to the applicable specifications and must be presented to the event organizers for approval.

32. THAT: In the case of Combined Age Categories in Inter-Club Cross Country where U18 and Junior athletes compete in the one race, that the U18 category athletes can score on both teams if declared.

Recommendations:

9. THAT: In order to provide greater competitive opportunities in longer distance events, the juvenile committee review the current programme, indoors and outdoors, for all ages' boys and girls.

11. THAT: The opening height for u12 boy's high jump be reduced from 1.15m to 1.05m in both indoor and outdoor track and field competition.

12. THAT: The opening height for u13 boy's high jump be reduced from 1.20m to 1.15m in both indoor and outdoor track and field competition.

60. THAT: Where a designated warm-up area with controlled access is in operation, the Competition organizers have a Coach check-in and accreditation and that registered coaches can have access to warm-up areas.

CHANGES POST CONGRESS 2018 (Carrick-on-Suir)

THAT: the relay race for the U12 and U13 age groups in the National Juvenile Indoor Championships be changed from 4x100m to 4x200m.

Committee 2018 - 2020

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2018 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 2010**
Age 10	**Born 2009**
Age 11	**Born 2008**
Age 12	**Born 2007**
Age 13	**Born 2006**
Age 14	**Born 2005**
Age 15	**Born 2004**
Age 16	**Born 2003**
Age 17	**Born 2002**
Age 18	**Born 2001**
Age 19	**Born 2000**

Indoor, Track & Field Entries

Conor Greally/Sara Rose Shelly – competition@athleticsireland.ie

Cross Country Entries

Conor Greally/Sara Rose Shelly – competition@athleticsireland.ie

Cross Country & Indoor Championships

Date	Event	Venue
6th January 2018	Celtic Cross Country	Greenmount, Antrim
20th January 2018	Indoor Juvenile Combined Events	AIT Arena
11th February 2018	Inter-Club Relay Cross Country	
11th February 2018	All-Ireland B Cross Country	
17th February 2018	Star Awards	Tullamore Court Hotel
11th March 2018	Juvenile Indoor Championships	AIT Arena
18th March 2018	Juvenile Indoor Championships	AIT Arena
25th March 2018	Juvenile Indoor Championships	AIT Arena
25th November 2018	Cross Country Even Ages	TBC
17th December 2018	Cross Country Uneven Ages	TBC

Track & Field Championships

8th April 2018	Spring Throws (non-championship)	TBC
26th/27th May 2018	Combined Events (all ages)	Santry
1st July 2018	Children's Games 9, 10, 11	Tullamore
1st July 2018	Juvenile Inter-Club Relays 9-11	Tullamore
7th July 2018	Juvenile Inter-Club Relays 12-19	Tullamore
7th July 2018	"B" Juvenile Championships 12-16	Tullamore
14th July 2018	Juvenile Championships 12-19 Day 1	Tullamore
15th July 2018	Juvenile Championships 12-19 Day 2	Tullamore
22nd July 2018	Juvenile Championships 12-19 Day 3	Tullamore
4th August 2018	Celtic Games	Scotland

January			
Sat	6	Antrim International XC & Celtic XC	Greenmount
Sat-Sun	6-7	Munster Jun/U23 Ind & Juv Pentathlon	Nenagh
Sun	7	Dublin Masters XC	TBC
Sat	13	AAI Indoor League Round 1	NIA
Sun	14	Munster Sen/Mas Indoors	Nenagh
Sun	14	Athletics Leinster Intermediate & Masters XC	TBC
Sat	20	AAI Combined Events All Ages	AIT
Sun	21	Munster Juv Indoor Relays & Pole Vault Championships	Nenagh
Sat-Sun	20-21	Ulster Indoors	TBC
Sat	27	Ulster Intermediate & Masters XC	Lurgan
Sat	27	AAI Indoor League Round 2	AIT
Sun	28	AAI Junior & U23 Indoor	AIT
February			
Fri	2	Dublin Indoors	NIA
Sat	3	AAI Indoor League Final	NIA
Sun	4	AAI Indoor Games	NIA
Fri	9	Dublin Indoors	NIA
Sat	10	Dublin Indoors	NIA
Sat	10	Athletics Leinster Indoors	AIT
Sat-Sun	10-11	Munster U9-U12 Indoor Championships	Nenagh
Sun	11	Dublin Indoors	NIA
Sun	11	AAI Intermediate, Masters, Juvenile B & Juvenile XC Relays	TBC
Wed	14	AIT Grand Prix	AIT
Sat-Sun	17-18	AAI Senior Indoors	NIA
Sat	24	Ulster Senior XC	
Sat-Sun	24-25	Connacht Indoor Championships All Ages	AIT
Sat-Sun	24-25	Athletics Leinster Indoors	NIA
Sat-Sun	24-25	Munster U13 - U19 Indoor Championships	Nenagh
March			
Thu-Sun	1-4	IAAF World Indoor	Birmingham
Sat	3	Athletics Leinster Indoors	NIA
Sat	3	Inter Varsity XC	TBC
Sun	4	AAI Masters Indoor	AIT
Sat-Sun	10-11	European Throwing Cup	Leira, Portugal
Sat	10	Irish Schools XC	Munster
Sun	11	AAI Juvenile Day 1	AIT
Sun	18	AAI Juvenile Day 2	AIT
Sat	24	IAAF World Half Marathon	Valencia, Spain
Sat	24	SIAB XC	England
Sun	25	AAI Juvenile Day 3	AIT
Mon-Sat	19-24	European Masters Indoor	Madrid
April			
Sun	1	Easter Sunday	
Mon	2	Athletics Leinster 10 Mile Road Championships	Raheny
Sun	8	AAI Spring Throws	
Sun	15	AAI 10K	Phoenix Park
Sun	22	AAI Road Relays	Raheny
Sun	22	Munster Juvenile CE	
Sat	28	AAI Congress	Carrick-on-Shannon
May			
Sat	5	IAAF Race Walking Team	China
Mon	7	Athletics Leinster Novice & Masters Road Race	Gowran
Sun	20	Athletics Leinster T&F - Relays	
Sat-Sun	26-27	European Clubs Senior	TBD
Sat-Sun	26-27	AAI CE All Ages Days 1 & 2	Santry

Sun	27	AAI Games	Santry
June			
Sat	2	Irish Schools T&F	Tullamore
Sat-Sun	2-3	Dublin T&F	
Sat-Sun	2-3	Munster 9-13	
Sun	3	Leinster Senior and Masters T&F	Tullamore
Sun	3	Ulster U12-U13 Championships	
Sun	3	European Cup 10000m	TBD
Mon	4	Athletics Leinster Team Event	
Wed	6	Dublin T&F	
Fri	8	Dublin T&F	
Sat	9	Ulster U17-U20 & Senior T&F	
Sat	9	Connacht T&F	
Sun	9-10	Athletics Leinster T&F	
Sun	10	Munster Senior T&F	
Fri	15	Dublin T&F	
Sat	16	Connacht T&F	
Sat-Sun	16-17	Munster 14-19 T&F	
Sat-Sun	16-17	Athletics Leinster T&F	
Sat	17	Ulster U14 - U17 T&F	
Wed	20	Dublin T&F	
Sat-Sun	23-24	Mannheim Junior Meet	Mannheim, Germany
Sat	23	Tailteann Games	
Sun	24	AAI League Round 1	
Sat	30	AAI Junior & U23 Championships	Tullamore
July			
Sun	1	AAI Children's Games & U12/U13 Field Events	
Thu-Sun	5-8	European U18 Championships	Gyor, Hungary
Sat	7	AAI Juvenile B & Relays	Tullamore
Sun	8	AAI League Round 2	
Tue-Sun	10-15	IAAF World U20	Tampere, Finland
Sat	14	AAI Juvenile Day 1	Tullamore
Sun	15	AAI Juvenile Day 2	Tullamore
Sat	21	SIAB T&F	Wales
Sat	21	Munster B T&F	
Sun	22	AAI Juvenile Day 3	Tullamore
Sat-Sun	28-29	AAI Senior	
August			
Sat	4	Celtic T&F	Scotland
Tue-Sun	7-12	European Championships	Berlin
Sun	12	AAI Half Marathon	Dublin
Sat	18	AAI Masters	Tullamore
Sunday	19	AAI League Final	Tullamore
September			
Wed-Sun	5-16	World Masters Outdoor	Malaga
Sat	15	European Clubs U20	TBD
October			
Mon-Fri	01-12	World Youth Olympics	Buenos Aires
Sun	7	Dublin Novice XC	
Sat	13	Connacht XC	
Sun	21	Dublin Even Age XC	
Sun	21	Munster Juv Even Age & Novice XC	
Sun	21	AAI Autumn Cross	
Sat	27	Athletics Leinster Uneven & Novice XC	
Sat	27	Ulster Even Age XC	

Sun	28	AAI National Marathon	Dublin
November			
Sun	4	Connacht XC	
Sun	4	Dublin Senior & Junior XC	
Sat	10	Schools CE International	
Sun	11	Connacht XC	
Sun	11	Munster Sen, Jun & Even Age XC	
Sun	11	Leinster Even Age, Junior & Senior XC	
Sun	11	Ulster Uneven Ages XC	
Sat	17	British & Irish Masters XC	Swansea
Sun	18	Munster Master XC & Juv XC Relays	
Sun	25	AAI Senior, Junior & Juvenile Uneven XC	
December			
Sun	2	Dublin Intermediate XC	
Sun	2	Munster Intermediate & Juv B XC	
Sun	9	European Cross Country	Tilburg, Holland
Sun	16	AAI Novice & Juvenile Uneven XC	

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

1. **IAAF Rules apply**
2. Individual Track & Field Championships for Boys and Girls ages 12-19.
3. Club Singlets and shorts must be worn.
4. **The first four (4) from each region *qualify* for the National Championships except in the 600m where 3 qualify**.
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. 17, 18, 19 age groups for relays, all athletes may move up one age group.
10. All entries must come through the Regional Secretary.
11. A copy of all Regional results plus a copy of all entries must go to Head office and to the Track & Field Secretary.
12. **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
    - All athletes must collect a competition number
    - All athletes must collect number one (1) hour prior to their event ***minimum***
    - All athletes, track and field CHECK IN at the check in area
    - Call room will be in operation for track events
    - Field events will be called 15 minutes prior to start time
13. **STRICT WARM UP AREA AND CALL ROOM RULES WILL APPLY.**
14. **ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP.**
15. Athletes **U14** upwards must use starting blocks. Only starting blocks provided by the organising committee may be used. **Starting blocks are optional for U12 and U13**
16. **IAAF False Start Rules apply. U16 upwards - first false start leads to disqualification.**
17. **U12, 13, 14, 15. One false start and all are on warning of next false start leading to disqualification.**
18. **Combined Events all age categories, one false start and all are on warning of next false start leading to disqualification.**
19. **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)**
    c) **An athlete fails to provide a bona fida effort to compete in an event**
20. **An athlete must inform the Chief Judge when leaving the competition area.**
21. Athlete must leave the arena when their event is complete.
22. Winning athletes must report for medal presentation 20 minutes after their event where possible **or when called from the Public Address System**.
23. Coaches and parents are ***not allowed*** on the track at any time.
24. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
25. Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g.: earphones, notebooks, tablets, iPods, smart phones etc.) in the competition area. NOTE: The competition area starts at the assembly/call room.
26. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
27. Warm up marks for field events should be completed where possible before the time schedule.
28. Where a heat is listed and if insufficient competitors check in a FINAL will be held at ***heat time***.
29. ***600, 800m and 1500m***
    If 12 or less check in, at the discretion of the track referee, a FINAL will be held at heat time
    1500m heats and finals can be scheduled for the same day of competition
30. 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
31. **Regional Competition Secretaries must be available for queries on days of competition.**
32. Please have respect for the stadium and its environs and adhere to all rules of the arena.
33. Please do not leave your personal belongings unattended.

Table of Hurdle and Shot Specifications

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 k	**15**	2.72 k
4 k	**16**	3 k
5 k	**17**	3 k
5 k	**18**	3 k
6 k	**19**	4 k

Venue: **Athlone IT**
Date: **20th January 2018**
Time: **10 a.m.**
Entry Fee: **10 Euro**
Check in: **Opens 9.00 a.m.**
Closing date: **15th January 2018**

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 Put,	800m
Boys	14	Hurdles,	High Jump,	Long Jump,	Shot Put,	800m
Girls	15	Hurdles	High Jump	Long Jump	Shot Put	800m
Boys	15	Hurdles	High Jump	Long Jump	Shot Put	800m
Girls	16	Hurdles,	High Jump,	Long Jump,	Shot Put,	800m
Boys	16	Hurdles,	High Jump,	Long Jump,	Shot Put,	800m
Youth Girls (17 & 18)		Hurdles	High Jump	Long Jump	Shot Put	800m
Youth Boys (17 & 18)		Hurdles	High Jump	Long Jump	Shot Put	1000m

					Approach	**Interval**	**Finish**
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
Youth Girls	Hurdles	76.2cm	2'6"	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
Youth Boys	Hurdles	91.4cm	3'0"	5	13.72	9.14	9.72

Starting Heights High Jump

Girls	14	1.15m	Girls	15	1.20m	Girls 16	1.25m
Boys	14	1.30m	Boys	15	1.30m	Boys 16	1.40m

All U14-U16 athletes will be allowed to jump an opening height, thereafter the next height will be the Championship Opening height for that age group. The first three heights will increase in 5cm increment and then in 3cm increments.

Entries to be made online at http://www.athleticsireland.ie

Order of Events may change throughout the day
Check in commences at 9.00 am closes at 9.45 am

TIMETABLE

- **Timetable subject to change, please be alert.**

TRACK EVENTS

10.00	Girls 14	60m H 2'3"
	Boys 14	60m H 2'6"
	Girls 15	60m H 2'6"
	Girls 16	60m H 2'6"
	Boys 15	60m H 2'9"
	Boys 16	60m H 2'9"
	Youth Girls 17-18	60m H 2'6"
	Youth Boys 17-18	60m H 3'0"

Juvenile / Youth Girls 17-18, 800m 20 minutes after the completion last event
Juvenile/Youth Boys 17-18 20 minutes after the completion last event

FIELD EVENTS

10.00	Girls 16	Long Jump Pit 1
10.00	Boys 16	Long Jump Pit 2
	Girls 15	Long Jump
	Boys 15	Long Jump
	Girls 14	Long Jump
	Boys 14	Long Jump
	Youth Girls 17-18	Long Jump
	Youth Boys 17-18	Long Jump
10.00	Girls 15	High Jump
	Boys 15	High Jump
	Girls 14	High Jump
	Boys 16	High Jump
	Girls 16	High Jump
	Boys 14	High Jump
	Youth Girls 17-18	High Jump
	Youth Boys 17-18	High Jump
10.15	Girls 14	Shot Put 2k
	Boys 14	Shot Put 2.72k
	Girls 15	Shot Put 2.72k
	Boys 15	Shot Put 3k
	Girls 16	Shot Put 3k
	Boys 16	Shot Put 4k
	Youth Girls 17-18	Shot Put 3k
	Youth Boys 17-18	Shot Put 5k

Venue: **Athlone IT**
Dates: **11th, 18th, 25th March 2018**
Check In: **Commences 9.00am. Please check individual days for start**
Entry Fee: **5 Euro per event, 10 euro per relay team**
Late Entry: **Championships are qualification events, no late entries**
Closing Date: **6th March 2018**
Entries: **Via Regional Competition Secretary ONLY**

All athletes must be registered.

EVENTS

GIRLS 12	**GIRLS 13**	**GIRLS 14**
60m Sprint	60m Sprint	60m Sprint
	60m Hurdles	60m Hurdles
600m	600m	800m
		1000m Walk
Relay 4 x 100m	Relay 4 x 100m	Relay 4 x 200m
High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump
Shot Put	Shot Put	Shot Put

GIRLS 15	**GIRLS 16**	**GIRLS 17**
60m Sprint	60m Sprint	60m Sprint
60m Hurdles	60m Hurdles	60m Hurdles
	200m	200m
800m	800m	800m
	1500m	1500m
1000m Walk	1500m Walk	1500m Walk
Relay 4 x 200m	Relay 4 x 200m	Relay 4 x 200m
High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump
Shot Put	Shot Put	Shot Put
Pole Vault	Pole Vault	Pole Vault

GIRLS 18	**GIRLS 19**
60m Sprint	60m Sprint
60m Hurdles	60m Hurdles
200m	200m
400m	400m
800m	800m
1500m	1500m
1500m Walk	1500m Walk
Relay 4 x 200m	Relay 4 x 200m
High Jump	High Jump
Long Jump	Long Jump
Shot Put	Shot Put
Triple Jump	Triple Jump
Pole Vault	Pole Vault

BOYS 12
60m Sprint

600m

Relay 4 x 100m
High Jump
Long Jump
Shot Put

BOYS 13
60m Sprint
60m Hurdles
600m

Relay 4 x 100m
High Jump
Long Jump
Shot Put

BOYS 14
60m Sprint
60m Hurdles
800m
1000m Walk
Relay 4 x 200m
High Jump
Long Jump
Shot Put

BOYS 15
60m Sprint
60m Hurdles

800m

1000m Walk
Relay 4 x 200m
High Jump
Long Jump
Shot Put
Pole Vault

BOYS 16
60m Sprint
60m Hurdles
200m
800m
1500m
1500m Walk
Relay 4 x 200m
High Jump
Long Jump
Shot Put
Pole Vault

BOYS 17
60m Sprint
60m Hurdles
200m
800m
1500m
1500m Walk
Relay 4 x 200m
High Jump
Long Jump
Shot Put
Pole Vault

BOYS 18
60m Sprint
60m Hurdles
200m
400m
800m
1500m
1500m Walk
Relay 4 x 200m
High Jump
Long Jump
Shot Put
Triple Jump
Pole Vault

BOYS 19
60m Sprint
60m Hurdles
200m
400m
800m
1500m
1500m Walk
Relay 4 x 200m
High Jump
Long Jump
Shot Put
Triple Jump
Pole Vault

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.

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.

Inter-Club Relays

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 12.30 p.m.

1.30 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

Field Events

10:00 AM	Shot Putt	U19 Boys (6k)
10:45 AM	Shot Putt	U19 Girls (4k)
11:30 PM	Shot Putt	U18 Boys (5k)
12:45 PM	Shot Putt	U18 Girls (3k)
1:30 PM	Shot Putt	U17 Boys (5k)
2:15 PM	Shot Putt	U17 Girls (3k)

10:30 AM	Pole Vault	U15 Girls (warm-up starts at 9:30 AM)
1:00 AM	Pole Vault	U16 + U17 Girls (warm-up starts at 12:30 PM)
3:30 PM	Pole Vault	U18 + U19 Girls (warm-up starts at 2:30 PM)

10:00 AM	High Jump 1	U17 Boys
10:00 AM	High Jump 2	U17 Girls
11:30 AM	High Jump 1	U18 Girls
11:30 AM	High Jump 2	U19 Girls
1:00 PM	High Jump 1	U18 Boys
1:00 PM	High Jump 2	U19 Boys
2:30 PM	High Jump 1	U16 Boys
2:30 PM	High Jump 2	U16 Girls

10:00 AM	Long Jump 1	U16 Girls
11:15 AM	Long Jump 1	U16 Boys
12:30 PM	Long Jump 1	U15 Girls
2:00 PM	Long Jump 1	U15 Boys
3:15 PM	Long Jump 1	U14 Girls

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 closes 9.30 a.m (400m/1500m)

10.00 a.m

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

10.50 a.m

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

400m/1500m FINALS WILL BE HELD AT HEAT TIME IF HEATS ARE NOT REQUIRED

Check in closes 10.30 p.m. (Walks)

11.45 a.m.

Boys	16	1500m Walk
Boys	17	1500m Walk
Boys	18	1500m Walk
Boys	19	1500m Walk
Boys	14	1000m Walk
Boys	15	1000m Walk

NOTE: THERE WILL BE A 20 MINUTE BREAK ON THE TRACK AFTER THE BOYS WALK

Girls	14	1000m Walk
Girls	15	1000m Walk
Girls	16	1500m Walk
Girls	17	1500m Walk
Girls	18	1500m Walk
Girls	19	1500m Walk

2.00 p.m. Finals 400m

Check in closes 1.30 p.m. (60m)

2.30 p.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

FINALS 1500m, 60M SPRINTS

Check in Closes 9.30 a.m. first field events

Long Jump

10.00 a.m.	Girls	(Pit 1)	19
11.00 a.m.	Boys	(Pit 1)	19
12.00 p.m.	Girls	(Pit 1)	18
1.00 p.m.	Boys	(Pit 1)	18
2:00 p.m.	Girls	(Pit 1)	17
3:00 p.m.	Boys	(Pit 1)	17

Pole Vault (warm up at 10:00/12:30)

11.00 a.m.	Boys 15-16
1:30 p.m.	Boys 17-19

Shot Putt

10.00 a.m.	Boys	13 (2k)
11.00 a.m.	Girls	13 (2k)
12.00 p.m.	Boys	15 (3k)
1.00 p.m.	Girls	15 (2.72k)
2.00 p.m.	Girls	16 (3k)

High Jump

10.00 a.m.	Girls	(Mat 1) 13
	Boys	**(Mat 2) 14**
11.30 a.m.	Girls	(Mat 1) 14
	Boys	**(Mat 2) 13**
1.00 p.m.	Girls	(Mat 1) 12
	Boys	(Mat 2) 12
3.00 p.m.	Boys	(Mat 1) 15
4:30 p.m.	Girls	(Mat 1) 15

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 closes 9.15 a.m (200m)

10.00 a.m

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

Check in closes 10.00 a.m (600m/800m)

11.15 p.m.

Girls & Boys	12	600m
Girls & Boys	13	600m
Girls & Boys	14	800m
Girls & Boys	15	800m
Girls & Boys	16	800m
Girls & Boys	17	800m
Girls & Boys	18	800m
Girls & Boys	19	800m

200m/600m/800m FINALS WILL BE HELD AT HEAT TIME IF HEATS ARE NOT REQUIRED

NOTE: THERE WILL BE A 20 MINUTE BREAK ON THE TRACK AFTER THE 800m HEATS

1.45 p.m.
200m Finals

Check in closes 1.15 (Hurdles)

2.15 p.m.

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

FINALS 600m, 800m, HURDLES

Check in Closes 9.30 a.m. first field event

Long Jump

10.00 a.m.	Girls	(Pit 1)	12
11.30 p.m.	Boys	(Pit 1)	12
1.30 p.m.	Girls	(Pit 1)	13
1.00 p.m.	Boys	(Pit 2)	13
2:30 p.m.	Boys	(Pit 2)	14

Triple Jump

10.00 a.m.	Girls	(Pit 2)	18
10.45 a.m.	Boys	(Pit 2)	18
11.30 p.m.	Girls	(Pit 2)	19
12.15 p.m.	Boys	(Pit 2)	19

Shot Putt

10.00	Boys	12	(2k)
11.00	Girls	12	(2k)
12.00	Girls	14	(2k)
1.00	Boys	14	(2.72k)
2.00	Boys	16	(4k)

PLEASE NOTE:

- All relays will be held on the 1st day of competition.
- **No entry on the day of competition**
- 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
- For 4 x 100 relays – the third athlete breaks.
- **Relay teams qualify from region, 3 teams per region per age category**
- 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 will be carried out on team declarations**

Venue: **TBC**
Dates: **8th April 2018**
Time: **10.00 a.m.**
Entry Fee: **5 Euro per event**
Entries: **Online via club entry page**
Closing Date **4th April 2018**

Javelin	U16 Boys (600g)	U16 Girls (500g)
	U17 Boys (700g)	U17 Girls (500g)
	U18 Boys (700g)	U18 Girls (500g)
	U19 Boys (800g)	U19 Girls (600g)

Hammer	U16 Boys (4k)	U16 Girls (3k)
	U17 Boys (5k)	U17 Girls (3k)
	U18 Boys (5k)	U18 Girls (3k)
	U19 Boys (6k)	U19 Girls (4k)

Discus	U16 Boys (1k)	U16 Girls (1k)
	U17 Boys (1.5k)	U17 Girls (1k)
	U18 Boys (1.5k)	U18 Girls (1k)
	U19 Boys (1.75k)	U19 Girls (1k)

NOTE: THIS IS NOT A CHAMPIONSHIP EVENT AND DOES NOT COUNT FOR STAR AWARDS

Combined Events U14-U19	**26th/27th May 2018**
Children's Games + U12/U13 Field	**1st July 2018**
Inter-Club Relays U12 to U19	**7th July 2018**
Track and Field B Championships	**7th July 2018**
Track and Field U12 to U19 Day 1	**14th July 2018**
Track and Field U12 to U19 Day 2	**15th July 2018**
Track and Field U12 to U19 Day 3	**22nd July 2018**
Celtic Games	**4th August 2018**

Time: ***Please check individual days for start times***

Entry Fee: **€5 per event**
€10 per relay

"A" Championships are *qualification events*, no late entries accepted

Closing Date:	**21st May 2018**	**Combined Events**
	22nd June 2018	**Children's Games + U12/U13 Field Events**
	29th June 2018	**Inter-Club Relays U12 to U19**
	29th June 2018	**B Championships**
	6th July 2018	**A Championships**

Entries: **Entries for "A", Children's Games and U9-U11 Relays through Regional Secretaries**
Entries for "B" Championships through Club Secretaries
Entries for U12-U19 Relays through County Secretaries

All entries can be made online

Venue: **Santry**
Dates: **26th/27th May 2018**
Time: **10.00 a.m. (on both days)**
Entry Fee: **10 Euro per event**
Late Entry: **No Late Entry (Strictly no entry on the day)**
Entries **Online via club entry page**
Closing Date **21st May 2018**

Pentathlon ()

Girls & Boys 14	**Girls & Boys 15**	**Girls 16**	**Boys 16**
75mH	80mH	80mH	100mH
High Jump	High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump	Long Jump
Shot Putt	Shot Putt	Shot Putt	Shot Putt
800m	800m	800m	800m

Starting Heights High Jump

Girls	14	1.15m	Girls	15	1.20m	Girls 16	1.25m
Boys	14	1.30m	Boys	15	1.30m	Boys 16	1.40m

All U14-U16 athletes will be allowed to jump an opening height, thereafter the bar will move to the Championship Opening height for that age group. The first three heights will increase in 5cm increments and then in 3cm increments.

Youth Girls (U17+U18) + Junior Women (U19) Heptathlon

Day 1	100m Hurdles	**Day 2**	Long Jump
	High Jump		Javelin
	Shot Putt		800m
	200m		

Youth Boys (U17+U18) + Junior Men (U19) Decathlon

Day 1	100m	**Day 2**	110m Hurdles
	Long Jump		Discus
	Shot Putt		Pole Vault
	High Jump		Javelin
	400m		1500m

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, **all age categories, one false start and all are on warning of next false start leading to disqualification.**
4. An athlete shall be disqualified in any event, in which he has made two false starts.
5. 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.
6. The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.

Venue: **Tullamore, Co. Offaly**
Date: **Sunday 1st July 2018**
Time: **11.00 a.m.**
Check in open 9.30 a.m.
Entry Fee: **€10 per team**
Closing Date: **22nd June 2017 (no late entries)**
Entries: **Online via Regional Competition Secretary**

U9 Girls & Boys	U10 Girls & Boys	U11 Girls & Boys
Born 2009	**Born 2008**	**Born 2007**
60m	60m	60m
300m	500m	600m
Long Jump	Long Jump	Long Jump
Turbo Javelin (300gr)	Turbo Javelin (300 gr)	Turbo Javelin (300 gr)

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 2010)**
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. U11 Long Jump competition is from the board. 3 Jumps only per athlete.
8. Turbo Javelin throw as per javelin throw (tip must hit ground)
   One throw per athlete per round with the throw measured to where tip first touches ground.
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 (**In the event of ***one*** team member being unable to attend they may be replaced by a reserve member**)
13. Club singlets must be worn – no tracksuits.
14. The Committee reserve the right to alter the timetable.
15. Relays are not part of the scoring for team competition.
16. All athletes MUST check in at the Check-in desk after collecting their numbers.**Collecting your number does not mean you are checked in.**
17. **A Call Area will be in operation. Athletes must report to the Call Area when announced over the PA.**
18. **Clubs with more than one team per age group MUST declare the members of each team at check-in. Failure to do this will mean the teams will be scored as entered.**

U9-U11 Inter-Club Relays

- No entry on the day of competition. Entries come through Regional/Provincial Secretary
- Athletes may step up ONE (1) age group only and may compete in TWO (2) relays on the day **except U9 athletes must be born in year 2010**
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age **except U9 athletes must be born in year 2010**
- 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.

TRACK

11:00	U9 Girls 60m
	U9 Boys 60m
	U10 Girls 60m
	U10 Boys 60m
	U11 Girls 60m
	U11 Boys 60m
12:30	U9 Girls 300m
	U9 Boys 300m
	U10 Girls 500m
	U10 Boys 500m
	U11 Girls 600m
	U11 Boys 600m
14:00	U9 Girls 4x100m
	U9 Boys 4x100m
	U10 Girls 4x100m
	U10 Boys 4x100m
	U11 Girls 4x100m
	U11 Boys 4x100m
	RELAY FINALS

FIELD

10:00	U9 Girls	Long Jump 1
	U9 Boys	Long Jump 2
11:15	U12 Girls	Long Jump 1
	U12 Boys	Long Jump 2
12:30	U10 Girls	Long Jump 1
	U10 Boys	Long Jump 2
14:00	U11 Girls	Long Jump 1
	U11 Boys	Long Jump 2
15:15	U13 Girls	Long Jump 1
	U13 Boys	Long Jump 2
10:00	U10 Girls	Turbo Javelin 1
	U10 Boys	Turbo Javelin 2
11:00	U11 Girls	Turbo Javelin 1
	U11 Boys	Turbo Javelin 2
12:00	U9 Girls	Turbo Javelin 1
	U9 Boys	Turbo Javelin 2
13:00	U12 Girls	Turbo Javelin 1
	U12 Boys	Turbo Javelin 2
10:00	U12 Girls	High Jump
11:30	U12 Boys	High Jump
13:00	U13 Girls	High Jump
14:30	U13 Boys	High Jump
10:00	U13 Girls	Shot Putt
11:00	U13 Boys	Shot Putt
12:00	U12 Girls	Shot Putt
13:00	U12 Boys	Shot Putt

CHECK IN FOR RELAYS CLOSES AT 12.00 PM

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	11.00m
Boys 15	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
Boys 15	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00cm
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

(*) From 2017, The Boys U17 Hurdles outdoor race be changed to the following specification:
Distance – 100m, Approach – 13.00m, Spacing – 8.50m, Number of Hurdles – 10, Height – 3'0 (91.4cm)

Table of Throwing Implements

Boys	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**
Shot	2k	2k	2.72k	3k	4k	5k	5k	6k
Discus			.75k	1k	1k	1.5k	1.5k	1.75k
Javelin		400g	400gr	500gr	600gr	700gr	700gr	800gr
Turbo Javelin	300g							
Hammer			2.5k	3k	4k	5k	5k	6k
Girls	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**
Shot	2k	2k	2k	2.72k	3k	3k	3k	4k
Discus			.75k	.75k	1k	1k	1k	1k
Javelin		400g	400gr	400gr	500gr	500gr	500gr	600g
Turbo Javelin	300g							
Hammer			2.5k	2.5k	3k	3k	3k	4k

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

1 Individual Track & Field Championships for Boys and Girls ages 12-19.
2 The first four (4) from each region qualify for the National Championships.
3 **The first three (3) in the 600m due to safety regulations.**
4 Athletes are confined to their own age group.
5 Ages 12, 13, 14, 15 and 16 are limited to 3 events plus relay.
6 Ages 17, 18 and 19 are limited to 4 events plus relay
7 Club Singlets must be worn.
8 All entries must come through the Regional Secretary.
9 A copy of all Regional results plus a copy of all entries to go Head office and to the Track & Field Secretary.
10 COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.
- All athletes must collect a competition number
- All athletes must collect number I hour prior to their event minimum
- All athletes Track & Field must check in at the REGISTRATION AREA and collect a number and report to call room or field event when called.

11 **ONLY 5mm SPIKES MAY BE USED**
12 Only starting blocks provided by the organising committee may be used.
13 U12 all must do a crouched start. Below U12 age standing or crouch start is optional. The commands for all sprints are "on your marks" and "set
14 Athletes from U14 upwards must use Starting Blocks. Blocks are optional for U12 and U13s.
15 IAAF False Start Rules apply. U16 upwards First false start leads to disqualification.
16 U13.14, 15 - One false start and all are on warning of next false start leading to disqualification.
17 **Combined Events all age categories. 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
25 Turbo Javelin rules and format are as javelin competition. 3 individual throws per athlete. Top 8 to final.
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***
23. **Regional Competition Secretaries must be available for queries on the days of competition.**
24. Please have respect for the stadium and its environs.
25 Please do not leave your personal belongings unattended.
26 Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g.: earphones, notebooks, tablets, iPods, smart phones etc) in the competition area. NOTE: The competition area starts at the assembly/call room.
27 An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where;
- **A final confirmation was given that the athlete would start in an event but then failed to participate.**
- **An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4)**
- **An athlete fails to provide a bona fida effort to compete in an event**

GIRLS 12
60m Sprint

600m
High Jump
Long Jump
Shot Put
Turbo Javelin

GIRLS 13
80m Sprint
60m Hurdles
600m
High Jump
Long Jump
Shot Put
Javelin

GIRLS 14
80m Sprint
75m Hurdles

200m
800m
1500m

2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Shot Put

GIRLS 15
100m Sprint
80m Hurdles
250m Hurdles
200m
800m
1500m

2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Shot Put
Pole Vault

GIRLS 16
100m Sprint
80m Hurdles
250m Hurdles
200m
800m
1500m
3000m
2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Shot Put
Pole Vault
Triple Jump

GIRLS 17
100m Sprint
100m Hurdles
300m Hurdles
200m
400m
800m
1500m
3000m
2000m S/Chase (2'6")
3000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump

GIRLS 18
100m Sprint
100m Hurdles
400m Hurdles
200m
400m
800m
1500m
3000m
2000m S/Chase (2'6")
3000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump

GIRLS 19
100m Sprint
100m Hurdles
400m Hurdles
200m
400m
800m
1500m
3000m
3000m S/Chase (2'6")
3000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump

BOYS 12
60m Sprint

600m
High Jump
Long Jump
Shot Put
Turbo Javelin

BOYS 13
80m Sprint
60m Hurdles
600m
High Jump
Long Jump
Javelin
Shot Put

BOYS 14
80m Sprint
75m Hurdles

200m
800m
1500m

2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump

Shot Put

BOYS 15
100m Sprint
80m Hurdles
250m Hurdles
200m
800m
1500m

2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
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 Put
Triple Jump

BOYS 17
100m Sprint
100m Hurdles
300m Hurdles
200m
400m
800m
1500m
2000m S/Chase (3'.0")
3000m
3000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump

BOYS 18
100m Sprint
110m Hurdles
400m Hurdles
200m
400m
800m
1500m
3000m S/Chase (3'0)
3000m
5000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump

BOYS 19
100m Sprint
110m Hurdles
400m Hurdles
200m
400m
800m
1500m
3000m S/Chase (3'0")
3000m
5000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump

Venue: **Tullamore**
Date: **Saturday 7th July 2018**
Time: **10.00 a.m.**
Entry Fee: **5 Euro per event**
Closing Date: **29th June 2018 (Strictly no entries on the day)**
Entries: **Online via Club Secretaries**

All athletes must be registered.

EVENTS:

Girls 12	**Girls 13**	**Girls 14**	**Girls 15**	**Girls 16**
60m	80m	80m	100m	100m
600m	600m	800m	800m	800m
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump	High Jump	High Jump
Shot Put	Shot Put	Shot Put	Shot Put	Shot Put
Boys 12	**Boys 13**	**Boys 14**	**Boys 15**	**Boys 16**
60m	80m	80m	100m	100m
600m	600m	800m	800m	800m
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump	High Jump	High Jump
Shot Put	Shot Put	Shot Put	Shot Put	Shot Put

Regulations: Normal regulations for Track and Field apply plus

1. **Any athlete who has competed in their Regional Championships and NOT qualified for the National Juvenile championships in any event is eligible to complete in this event.**
2. Entries must be placed online through club secretaries by closing date.
3. Athletes may enter **2 events only** and compete in their own age.
4. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**

Venue: **Tullamore**
Date: **7th July 2018**
Time: **12.00 p.m.**
Entry Fee: **10 Euro per team**
No late entries
Online Entries through County Secretary
Closing Date: **29h June 2018**

Check-in Opens 10.00 a.m.

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

1 Athletes born in **2003 (U16)** may not compete in **4 x 400m** relays
2 Minimum break of 45 minutes for 4x100m relays and 90 minutes for 4x400m relays
3 Athletes may move up one age group. At least two members of a competing relay team, participating in the event on that day must be of the correct age.
4 For 17, 18, 19 age groups for relays - all athletes may move up one age group.
5 All athletes can only compete **in a maximum of 3 relay teams** on the day
6 Subs must be present for medal presentation.
7 Three (3) teams per county per age group, **Teams qualify from the County**.
8 **Entries must be made online via the County Secretary**
9 All team names, registration numbers and DOB must be on entry sheets at closing date.
10 Declaration sheets must be filled in on day of competition.
11 Spot checks may take place.
12 **NOTE: Teams should be checked in 60 minutes prior to the start of each session as the competition Session start times can be moved forward by up to 45 minutes.**

TRACK

10:00	60m Heats	U12 Girls
		U12 Boys
	80m Heats	U13 Girls
		U13 Boys
		U14 Girls
		U14 Boys
	100m Heats	U15 Girls
		U15 Boys
		U16 Girls
		U16 Boys

FIELD

10:00	Shot Putt	U15 + U16 Girls
		U15 + U16 Boys
		U14 Girls
		U14 Boys
		U13 Girls
		U13 Boys
		U12 Girls
		U12 Boys

FINALS TO BE HELD IN SAME ORDER

12:00	4x400m	U18 Girls
	4x400m	U18 Boys
	4x100m	U13 Girls
	4x100m	U13 Boys
	4x100m	U15 Girls
	4x100m	U15 Boys
	4x100m	U17 Girls
	4x100m	U17 Boys
	4x100m	U19 Girls
	4x100m	U19 Boys

10:15	Long Jump 1	U12 Girls
		U13 Girls
		U14 Girls
		U15+ U16 Girls
10:15	Long Jump 2	U12 Boys
		U13 Boys
		U14 Boys
		U15 + U16 Boys

FINALS TO BE HELD IN SAME ORDER

14:30	600m Heats	U12 Girls
		U12 Boys
		U13 Girls
		U13 Boys
	800m Heats	U14 Girls
		U14 Boys
		U15 Girls
		U15 Boys
		U16 Girls
		U16 Boys

10:00	High Jump	U13 Girls
		U13 Boys
		U12 Girls
		U12 Boys
		U15 + U16 Girls
		U15 + U16 Boys
		U14 Girls
		U14 Boys

ALL 600m/800m RACES ARE HEAT DECLARED WINNERS (NO FINALS)

15:30	4x400m	U17 + U19 Girls
	4x400m	U17 + U19 Boys
	4x100m	U12 Girls
	4x100m	U12 Boys
	4x100m	U14 Girls
	4x100m	U14 Boys
	4x100m	U16 Girls
	4x100m	U16 Boys
	4x100m	U18 Girls
	4x100m	U18 Boys

FINALS TO BE HELD IN SAME ORDER

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.

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 p.m. 600m/800m

1.00 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

Check in closes 1.30 p.m. Steeplechase

3.00 p.m.

Girls	17	2000 S/C (2'6")	Final
Girls	18	2000 S/C	Final
Girls	19	3000 S/C	Final
Boys	17	2000 S/C (3'0")	Final
Boys	18/19	3000 S/C	Final

4.30 p.m.
600m/800m FINALS

10.00 a.m.

Boys	16	Discus
Girls	15	Hammer (2.5k)
Girls	16	High Jump
Girls	18	Long Jump (Pit 1)
Boys	19	Long Jump (Pit 2)
Boys	17	Shot Putt
Boys	15	Javelin

11.00 a.m.

Girls	16	Discus
Boys	14	Hammer
Boys	13	Javelin
Girls	19	Long Jump (Pit 1)
Boys	18	Long Jump (Pit 2)
Girls	17	Shot Putt

11.30 p.m.

Boys	16	High Jump

12.00 p.m.

Girls	14	Hammer
Boys	18	Javelin
Girls	17	Long Jump (Pit 1)
Boys	17	Long Jump (Pit 2)
Girls	18	Shot Putt

1.00 p.m.

Girls	17	Discus
Girls	15	High Jump

1.30 p.m.

Girls	14	Javelin
Boys	15	Hammer
Girls	16	Long Jump (Pit 1)
Boys	16	Long Jump (Pit 2)
Boys	14	Shot Putt

2.00 p.m.

Boys	17	Discus

2.30 p.m.

Girls	14	High Jump
Boys	14	Javelin
Boys	15	Shot Putt

3.30 p.m.

Boys	**19**	**Shot Putt**

Check in Opens 8.30am
The Committee reserve the right to alter the timetable.

Check in closes 9.15 a.m. Girls Walks

10.00 a.m.

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

Check in closes 10.30 a.m. 400m

11.15 a.m.

Girls 17, 18 & 19	400m	Heats
Boys 17, 18 & 19	400m	Heats

Check in closes 11.15 a.m. Boys Walks

12:00 p.m.

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

Check in closes 12:15 p.m. Sprints

1.30 p.m.
400m FINALS

1.45 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

Check in closes 3.00 p.m. 3000m

3.45 p.m.

Boys	16, 17, 18, 19	3000m
Girls	16, 17, 18, 19	3000m

5.00 pm. SPRINT FINALS

10.00 a.m.

Girls	15	Discus
Girls	16	Hammer
Boys	17	High Jump
Girls	14	Shot Putt
Boys	14	Long Jump (Pit 1)
Boys	18	Shot Putt
Girls	13	Javelin

11.00 a.m.

Girls	19	Discus
Boys	16	Hammer
Boys	17	Javelin
Girls	14	Long Jump (Pit 1)
Girls	16	Triple Jump
Girls	15-16	Pole Vault

11.30 p.m.

Boys	19	High Jump

12.00 p.m.

Girls	18	Discus
Girls	17	Hammer
Boys	19	Javelin
Girls	15	Shot Putt
Boys	16	Triple Jump
Girls	15	Long Jump (Pit 1)

13.00 p.m.

Boys	14	High Jump

13.30 p.m.

Girls	14	Discus
Boys	18	Hammer
Boys	15	Long Jump (Pit 1)
Girls	16	Javelin
Girls	17-19	Pole Vault
Girls	16	Shot Putt
Girls	17	Triple Jump

14.30 p.m.

Boys	15	High Jump
Boys	17	Triple Jump
Boys	16	Shot Putt

15.30 p.m.

Girls	19	Shot Putt

Check in opens 8.30
The Committee reserve the right to alter the timetable.

Check in closes 9.15a.m 200m

10.00 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 10.30 a.m. 1500m

11:30 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

200m/1500m FINALS WILL BE HELD AT HEAT TIME IF HEATS ARE NOT REQUIRED

Check in closes 1.00 p.m. Hurdles

1.30 p.m.
200m FINALS

2.30 p.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	400m 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 IN SAME ORDER

4.00 p.m.
1500m FINALS

10.00 a.m.

Boys	18	Discus
Girls	19	Hammer
Girls	19	High Jump
Girls	18	Javelin
Boys	19	Triple Jump

11.00 a.m.

Boys	15	Discus
Boys	19	Hammer
Boys	18	Triple Jump
Girls	17	Javelin
Boys	15-16	Pole Vault

11.30 a.m.

Boys	18	High Jump

12.00 p.m.

Boys	14	Discus
Boys	17	Hammer
Girls	18	Triple Jump
Girls	19	Javelin

1.00 p.m.

Girls	17	High Jump

13.30 p.m.

Boys	19	Discus
Girls	18	Hammer
Girls	19	Triple Jump
Boys	16	Javelin
Boys	17-19	Pole Vault

14.30 p.m.

Girls	18	High Jump
Girls	15	Javelin
Boys	15	Triple Jump

Juvenile Cross Country Championships

- **11th February 2018** — **Juvenile Inter County Relays** — **Venue: TBC**
- **11th February 2018** — **Juvenile B Cross Country** — **Venue: TBC**
- **25th November 2018** — **"A" Championships Even Ages** — **Venue: TBC**
- **16th December 2018** — **"A" Championships Uneven Ages** — **Venue: TBC**

Medals:	**"A" Championships**	**First 12 individuals** **First 3 Regional, County, Club teams**
	'B' Championships	**First 12 individuals** **First 3 County and Club teams**
Fees:	**Club**	**€15**
	County	**€20**
	Province/Region	**€25**
	Individual	**€5**
	Relay Teams	**€10**

A Cross Country Distances

Girls	Distances	Boys	Distances
11	1500m	11	1500m
12	2000m	12	2000m
13	2500m	13	2500m
14	3000m	14	3000m
15	3500m	15	3500m
16	4000m	16	4000m
17	4000m	17	5000m
18	4000m	18	6000m
19	4000m	19	6000m

B Cross Country Distances

Girls	Distances	Boys	Distances
11	1000m	11	1000m
13	1500m	13	1500m
15	2500m	15	2500m
17	3000m	17	3000m

Juvenile Cross Country Championships

- Regions must forward a copy of the regional club results to Head Office
- Start time 11.30 a.m.
- IAAF Rules apply
- Athletes may move up one age group
- Spot Checks will be undertaken
- **First four (4) club teams** in the 11-19 age group all must have competed in the Provincial/Regional Cross Country Championships
- Three (3) teams from each Munster, Ulster, Connaught, 4 from Leinster and 1 Team from the Region of Dublin qualify for County Teams.
- In the 17-18 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 through Regional Secretaries

- **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
- 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. No earphones should be worn at any time in call area or competition.**
- **Fees:**

Club	**15 Euro**
County	**20 Euro**
Province/Regional	**25 Euro**
Individual	**5 Euro**

- **Juvenile 'B' Championships are open to athletes who *HAVE NOT WON* an Individual, Regional, County or Club Cross Country medal at the National Championships.**
- Entries through club secretary for 'B' Championships

- All athletes must be registered. (2017 Ages apply)
- Entries for Inter-Club 4x500m Relays through club secretaries
- Club singlets must be worn.
- No Entries on the day exit
- All teams must be pre-entered online
- First three teams receive medals; a sub must be declared and present on the day to receive medal.

Cross Country Inter Club 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

Field Standard for National Championships

HIGH JUMP

Girls

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

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

Starting Heights High Jump Combined Events

Girls	14	1.15m	Girls	15	1.20m	Girls 16	1.25m
Boys	14	1.30m	Boys	15	1.30m	Boys 16	1.40m

All U14-U16 athletes will be allowed to jump an opening height, thereafter it will go to the Championship Opening height for that age group. The first three heights will increase in 5cm increment and then in 3cm increments.

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 15 start at 1.50 cm up by 15cm
Girls 16 start at 1.50 cm up by 15cm
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 Cross Country 6th January 2018 (Greenmount, Antrim)

Selection Criteria

First four (4) from under 16 Boys and Girls 2017 National Juvenile Cross Country Championships

Notification via Juvenile Secretary

Celtic Games Track & Field 4th August 2018 (Scotland)

Selection Criteria

1. Based on results of 2018 AAI National Track & Field Championships
2. Selection by Juvenile Athletic Committee
3. Notification via Juvenile Secretary
4. Acceptance of selection is subject to clean bill of health signed by coach

Celtic Games - 2018 Events

Girls under 18	Boys under 18	Girls under 16	Boys under 16
100m H	110m H	80m H	100m H
400m H	400m H		
100m	100m	100m	
200m	200m		200m
400m	400m		
800m	800m	800m	
1500m	1500m		1500m
3000m	3000m		
2000m S/C	3000m S/C		
4 x 100m Relay	4 x 100m Relay	*4 x 100m Mixed Relay 2 Boys + 2 Girls	
4 x 400m Relay	4 x 400m Relay		
High Jump	High Jump		High Jump
Long Jump	Long Jump	Long Jump	
Triple Jump	Triple Jump		
Pole Vault	Pole Vault		
Shot	Shot	Shot – 3k	
Discus	Discus		Discus – 1.25 k
Hammer	Hammer		
Javelin	Javelin	Javelin – 500g	

***Athletes for Mixed Relay MUST compete in individual team events**

Juvenile Star Awards 2016

Tullamore Court Hotel (February 2017)

List of Award Winners

Antrim	Anna McAuley	City of Lisburn
Carlow	Molly Scott	St Laurence O Toole's
Cavan	Jade Williams	Shercock
Clare	Darragh Miniter	St. Mary's A.C.
Cork	Ciara Sheehy	Liscarroll
Derry	Fintan Stewart	City Of Derry Spartans
Donegal	David Smith	Letterkenny
Down	Aaron Sexton	North Down A.C
Dublin	Louis O'Loughlin	Donore Harriers A.C
Galway	Nicole King	Galway City Harriers
Kerry	Rachel Bowler	Tralee Harriers
Kildare	Andrew Carroll	Celbridge
Kilkenny	Rachel Kelly	Kilkenny City Harriers
Laois	Ruby Millet	St Abbans
Leitrim	Eoin Gaffey	Mohill
Limerick	Niamh Foley	St.Mary's A.C
Longford	Cian McPhillips	Longford
Louth	Kate O'Connor	Dundalk St Gerards
Mayo	Aisling Kelly	Claremorris
Meath	Elizabeth Morland	Cushinstown
Monaghan	Niamh Malone	Monaghan Phoenix
Offaly	Christopher Whittle	Tullamore Harriers
Roscommon	Maeve Dervin	Roscommon
Sligo	Christopher O'Donnell	North Sligo AC
Tipperary	Joseph McEvoy	Nenagh Olympic
Tyrone	Sean Corry	Omagh Harriers
Waterford	Katie Murphy	Ferrybank A.C
Westmeath	Darragh Gaffney	North Westmeath
Wexford	Peter O'Connor	Enniscorthy
Wicklow	Emma O'Brien	Inbhear Dee

SPECIAL AWARDS 2016

Eamon Gilbert Award:	Sommer Lecky	Finn Valley
Bill Battersby Award:	Elizabeth Morland	Cushinstown
Keara O'Hart Award:	Aaron Sexton	North Down
Matt Mc Grath Award:	Michaela Walsh	Swinford
Robin Sykes Award:	Molly Scott	St Lawrence O'Tooles
Roisin O Callaghan Award:	Orla O'Connor	Waterford
International:	Gina Apke-Moses	Blackrock (Louth)
Special Recognition:	Kate O'Connor	Dundalk St Gerards
Breda Synott Celtic Games:	Aaron Sexton	North Down

Overall Athlete of the Year 2016

Gina Apke-Moses (Blackrock AC (Louth))

Star Award Selection Criteria

- Quality of Performance or Performances in AAI National Juvenile Championships
- Overall Star Award Winner announced on the night
- Athletes notified individually
- Selection by Juvenile Athletic Committee
- Tickets available from Juvenile Secretary (address available at front of booklet)

ATHLETICS IRELAND JUVENILE INDOOR CHAMPIONSHIP RECORDS

Girls under 12

60m	8.30	Niamh Foley	St. Mary's (Limerick)	2013
600m	1.45.38	Sophie Quinn	Ratoath	2016
High Jump	1.36	Jessica Lyne	Leevale	2016
Long Jump	4.47	Sophie Meridith	St. Mary's (Limerick)	2012
Shot Putt (2k)	10.20	Megan Lenihan	North Cork	2014
4x100m	56.43	Dooneen		2013

Boys under 12

60m	8.24	Nkemjika Onwumereh	Metro St Brigids	2015
600m	1.40.37	Thomas Bolton	Metro St Brigids	2017
High Jump	1.40	Jack Murphy	Leevale A.C.	2009
Long Jump	4.57	Stephen Black	Cranford	2013
	4.57	Joseph Dolan	Na Fianna	2000
Shot Putt (2k)	10.37	Thomas McGowan	Tir Chonaill	2010
4x100m	54.78	Dooneen		2017

Girls under 13

60m	8.02	Niamh Foley	St. Mary's (Limerick)	2014
60m	8.02	Sabia Doyle	Menapians	2015
600m	1.38.23	Corrine Kenny	St Lawrence O'Tooles	2014
60m Hurdles	9.58	Niamh Foley	St. Mary's (Limerick)	2014
High Jump	1.51	Holly Meridith	St. Mary's (Limerick)	2014
Long Jump	5.18	Sophie Meridith	St. Mary's (Limerick)	2013
Shot Putt (2k)	12.79	Megan Lenihan	North Cork	2015
4x100m	53.81	Galway City Harriers		2015

Boys under 13

60m	7.84	Shane Gevero	Cabinteely	2016
600m	1.37.69	Padraic Spillane	St Lawrence O'Tooles	2017
60m Hurdles	9.43	Sean Rowley	Bree	2017
High Jump	1.65	Kyle Ettoh	Leevale	2017
Long Jump	5.11	Kyle Ettoh	Leevale	2017
Shot Putt (2k)	14.51	James Kelly	Finn Valley	2012
4x100m	53.16	Galway City Hrs		2011

Girls under 14

60m Hurdles	9.00	Molly Scott	St Lawrence O'Tooles	2012
60m	7.85	Katie Monteith	City of Lisburn	2016
800m	2.16.12	Corrine Kenny	St Lawrence O'Tooles	2015
Walk 1000m	4.58.56	Bridget Gahan	Hacketstown	2000
High Jump	1.63	Caitriona Farrell	Craughwell	2005
Long Jump	5.39	Sophie Meridith	St. Mary's (Limerick)	2014
Shot Putt (2k)	14.64	Aoibhin McMahon	Blackrick (Louth)	2016
4x200m	1.49.45	St Lawrence O'Tooles		2014
Combined Events	3201	Sophie Meridith	St. Mary's (Limerick)	2014

Boys under 14

60m Hurdles	8.87	Harry Nevin	Leevale	2017
60m	7.47	Shane Gevero	Cabinteely	2017
800m	2.11.45	Liam Markham	St. Mary's (Clare)	2005
Walk 1000m	4.46.8 H	Christopher Dalton	Hacketstown	2000
High Jump	1.68	Mark Rogers	St. Peter's A.C.	2009
Long Jump	5.83	Danny Kelly	Belgooly	2017
Shot Putt (2.72k)	15.38	James Kelly	Finn Valley A.C.	2013
4x200m	1.47.07	Portmarnock		2015
Combined Events	2892	Harry Nevin	Leevale	2017

Girls under 15

60m Hurdles	8.98	Niamh Foley	St Mary's (Limerick)	2016
60m	7.60	Ann O'Shea	Ferrybank A.C.	2009
800m	2.14.24	Ailbhe Doherty	Ennis Track Club	2017
Walk 1000m	4.29.04	Kate Veale	West Waterford	2008
High Jump	1.66	Ciara Kennelly	Kilarney Valley	2016
Long Jump	5.49	Ciara Giles Doran	Ferrybank A.C.	2009
Pole Vault	2.5	Anna Ryan	Moycarkey Coolcroo	2016
Shot Putt (2.72k)	14.18	Casey Mulvey	Inny Vale	2017
4x200	1.46.82	St Lawrence O'Toole's		2015
Combined Events	3405	Sophie Meridith	St. Mary's (Limerick)	2015

Boys under 15

60m Hurdles	8.5H	Daniel Ryan	Moycarkey Coolcroo	2013
60m	7.26	Michael Farrelly	Portmanock	2016
800m	2.03.85	Shane Fitzsimons	Mullingar hrs.	2009
Walk 1000m	4.20.29	Gearoid McMahon	Shannon	2014
High Jump	1.86	Jason Harvey	Lagan Valley	2005
Long Jump	6.14	Daniel Ryan	Moycarkey Coolcroo	2013
Pole Vault	2.71	Dillon Ryan	Moycarkey Coolcroo	2017
Shot Putt (3k)	15.38	Darragh Miniter	St Mary's (Clare)	2015
4x200m	1.40.92	St Lawrence O'Tooles		2014
Combined Events	3261	Daniel Ryan	Moycarkey Coolcroo	2013

Girls under 16

60m Hurdles	8.6H	Molly Scott	St Lawrence O'Tooles	2014
60m	7.67	Rhasidat Adeleke	Tallaght	2017
200m	24.46	Rhasidat Adeleke	Tallaght	2017
800m	2.14.68	Laura Crowe	Clounalour	2002
1500m	4.46.49	Amy Hamill	Glaslough Harriers	2013
Walk 1500m	6.46.54	Emily McHugh	Naas	2017
High Jump	1.73	Aisling Croke	Doneen A.C.	2010
Long Jump	5.74	Sarah Mc Carthy	Fingallians	2010
Pole Vault	2.80	Katie Ritchie	Ballymena & Antrim	2015
Pole Vault	2.80	Emma Coffey	Carrig-na-bFhear	2016
Shot Putt (3k)	14.21	Chloe Casey	Craughwell	2017
4x200m	1.43.93	Ferrybank		2009
Combined Events	3551	Elizabeth Morland	Cushinstown	2013

Boys under 16

60m Hurdles	8.14	Daniel Ryan	Moycarkey Coolcroo	2014
60m	7.09	Joseph Ojemumi	Tallaght	2012
60m	7.09	David Murphy	Gowran	2015
200m	22.88	David Murphy	Gowran	2015
800m	1.58.03	Aaron McGlynn	Finn Valley	2015
1500m	4.09.61	Cian McBride	North Sligo	2012
Walk 1500m	6.33.39	Gearoid McMahon	Shannon	2015
High Jump	1.93	Jason Harvey	Ballymena Antrim	2006
Long Jump	6.58	Daniel Ryan	Moycarkey Coolcroo	2014
Pole Vault	3.25	Adam O'Dwyer	Moycarkey Coolcroo	2017
Shot Putt (4k)	17.60	James Kelly	Finn Valley	2015
4x200m	1.35.21	Leevale		2017
Combined Events	3687	Daniel Ryan	Moycarkey Coolcroo	2014

Girls under 17

60m Hurdles	8.50	Megan Maars	City of Lisburn	2013
60m	7.51	Ciara Neville	Emerald	2015
200m	24.01	Ciara Neville	Emerald	2015

800m	2.12.50	Elizabeth McWilliams	Ballymena & Antrim	2003
1500m	4.40.14	Nadia Power	Templeogue	2014
Walk 1500m	6.18.54	Kate Veale	West Waterford	2010
High Jump	1.76	Elizabeth Morland	Cushinstown	2014
Long Jump	5.76	Ciara Kearns	Celbridge	2000
Pole Vault	3.25	Emma Coffey	Carraig-Na-Bhfear	2017
Shot Putt (3k)	15.08	Micheala Walsh	Swinford	2014
4x200m	1.43.08	Carrick-on-Suir		2016
Combined Events	3877	Kate O'Connor	Dundalk St Gerards	2016

Boys under 17

60m Hurdles	8.14	Daniel Ryan	Moycarkey Coolcroo	2015
60m	7.07	Odhran Byrne-Gildea	North Sligo	2013
60m	7.07	Aaron Sexton	North Down	2016
200m	21.97	Aaron Sexton	North Down	2016
800m	1.55.03	Mark Milner	Tullamore Harriers	2016
1500m	4.03.24	Ruairi Finnegan	Letterkenny	2010
Walk 1500m	6.07.00	Gearoid McMahon	Shannon	2016
High Jump	1.98	Ryan Carthy Walshe	Adamstown	2015
Long Jump	6.78	Daniel Ryan	Moycarkey Coolcroo	2015
Pole Vault	3.70	Shane Martin	Ballymena & Antrim	2015
Shot Putt (5k)	16.09	James Kelly	Finn Valley	2016
4x200m	1.33.16	Leevale		2014
Combined Events	3578	Daniel Ryan (Youth)	Moycarkey Coolcroo	2015

Girls under 18

60m Hurdles	8.33	Molly Scott	St Lawrence O'Tooles	2016
60m	7.42	Molly Scott	St Lawrence O'Tooles	2016
200m	24.18	Aisling Forkan	Swinford	2015
400m	55.54	Davica Patterson	Beechmount Harriers	2017
800m	2.13.83	Alanna Lally	Galway City Hrs	2013
1500m	4.38.65	Nadia Power	Templeogue	2015
Walk 1500m	6.07.67	Kate Veale	West Waterford	2011
High Jump	1.75	Grainne Moggan	Bros Pearse	2007
High Jump	1.75	Sommer Lecky	Finn Valley	2017
High Jump	1.75	Katherine O'Connor	Dundalk St Gerards	2017
Long Jump	6.10	Kelly Proper	Ferrybank	2005
Triple Jump	11.86	Caoimhe King	Westport A.C.	2009
Pole Vault	3.30	Ellen McCartney	City of Lisburn	2016
Shot Putt (3k)	15.58	Micheala Walsh	Swinford	2015
4x200m	1.43.11	Ferrybank		2005
Combined Events	3364	Lara O'Byrne	Donore Harriers	2017

Boys under 18

60m Hurdles	8.04	Andrew Creamer	Annalee	2012
60m	6.93	Zak Irwin	Sligo	2013
200m	21.77	David McDonald	Menapians	2016
400m	49.59	John Fitzsimons	Kildare	2015
800m	1.55.38	Garry Campbell	Dunleer	2014
1500m	3.53.37	Shane Fitzsimons	Mullingar Harriers	2012
1500m Walk	6.11.90	Gearoid McMahon	Shannon	2017
High Jump	2.10	Donagh Mahon	Gowran	2014
Long Jump	6.83	Eoin O'Carroll	Tralee Harriers	2012
Triple Jump	13.96	Darren Prout	Carrick-on-Suir	2014
Pole Vault	4.00	Shane Martin	Ballymena & Antrim	2016
Shot Putt (5k)	18.11	John Kelly	Finn Valley	2013
4x200m	1.30.57	Tallaght		2014
Combined Events	3383	Simon Doyle	St Lawrence O'Tooles	2010

Girls under 19

60m Hurdles	8.44	Elizabeth Morland	Cushinstown	2016
60m	7.61	Cliodhna Manning	Kilkenny City Harriers	2013
60m	7.61	Eilish Fitzpartick	Gneeveguilla	2009
200m	24.61	Sophie Becker	St Josephs	2015
400m	55.28	Jenna Bromell	Emerald	2015
800m	2.09.74	Ciara Everard	Kilkenny City Harriers	2008
1500m	4.41.29	Carla Sweeney	WSAF AC	2016
Walk 1500m	6.12.49	Kate Veale	West Waterford	2012
High Jump	1.77	Catriona Farrell	Craughwell	2010
Long Jump	5.85	Elizabeth Morland	Cushinstown	2016
Triple Jump	12.29	Caoimhe King	Westport	2010
Pole Vault	3.10	Sarah Derham	Lusk	2017
Shot Putt (4k)	14.78	Michaela Walsh	Swinford	2016
4x200m	1.43.69	Dundrum South Dublin		2016
Combined Events	2725	Katie O'Donoghue	Craughwell	2012

Boys under 19

60m Hurdles	8.16	Daniel Ryan	Moycarkey Coolcroo	2017
60m	6.7 H	Marcus Lawlor	St Lawrence O'Tooles	2013
200m	21.29	Marcus Lawlor	St Lawrence O'Tooles	2013
400m	48.96	Paul Murphy	Ferrybank	2014
800m	1.53.88	David Campbell	Maynooth	2000
1500m	3.53.90	Shane Fitzsimons	Mullingar Harriers	2013
Walk	5.46.26	Colin Griffin	Ballinamore	2000
High Jump	2.10	Barry Pender	St. Abbans	2008
High Jump	2.10	Ryan Carthy Walshe	Adamstown	2017
Long Jump	7.09	Eoin Hannon	Tullamore Hrs	2007
Triple Jump	14.27	Jordan Hoang	Tullamore Hrs	2016
Pole Vault	4.25	Shane Martin	Ballymena and Antrim	2017
Shot Putt (6k)	17.80	John Kelly	Finn Valley	2014
4x200m	1.31.08	Tallaght		2015
Combined Events	3362	Simon Doyle	St Lawrence O'Tooles	2011

ATHLETICS IRELAND JUVENILE OUTDOOR CHAMPIONSHIP RECORDS

Girls under 12				
60m	8.29 (+0.3)	Niamh Foley	St Mary's AC (Limerick)	2013
600m	1.40.74	Aimee Wallace	Mullingar Harriers	2017
Turbo Javelin	31.90	Amy Whelan	Liscarroll	2015
High Jump	1.42	Tara Fogarty	Carrick on Suir	2004
Long Jump	4.82	Sophie Meredith	St Mary's AC (Limerick)	2012
Shot (2 kg)	11.39	Megan Leinhan	North Cork	2014
4x100m	55.77		Blackrock AC (Dublin)	2014
Girls under 13				
80m	10.15 (+0.7)	Sabia Doyle	Menapians	2015
600m	1.35.15	Corrine Kenny	St Lawrence O'Toole's AC	2014
60m Hurdles	9.52 (-0.5)	Laura Frawley	St Mary's AC (Limerick)	2016
Javelin (400g)	35.82	Megan Lenihan	North Cork	2015
Shot (2kg)	14.07	Aoibhinn McMahon	Blackrock (Louth)	2015
Long Jump	5.25 (+1.6)	Sophie Meredith	St Mary's AC (Limerick)	2013
High Jump	1.55	Ava Rochford	Ennis Track Club	2017
4x100m	52.63		Galway City Harriers	2015
Girls under 14				
80m	10.02 (+0.5)	Niamh Foley	St Mary's (Limerick)	2015
200m	24.97 (-0.8)	Anne O'Shea	Ferrybank	2008
800m	2.15.84	Jenna Bromell	Emerald A.C.	2010
1500m	4.47.64	Maeve O'Neill	Doheny AC	2017
2000m Walk	10.09.89	Alicia Boylan	Oriel A.C.	2009
75m Hurdles	11.25 (+1.6)	Seren O'Toole	Galway City Harriers	2015
Hammer (2.5kg)	46.59	Jade Williams	Shercock	2014
Javelin (400g)	41.73	Amy Whelan	Liscarroll	2017
Shot (2 kg)	15.16	Aoibhin McMahon	Blackrock (Louth)	2016
Discus (0.75 kg)	39.36	Megan Lenihan	North Cork	2016
Long Jump	5.26	Joanna Mills	Ballymena & Antrim AC	2006
High Jump	1.62	Leona Byrne	St Lawrence O'Toole's AC	2000
4x100m Relay	51.41		St Lawrence O'Toole's AC	2014
Combined Events	2956	Vickie Cusack	Liscarroll	2013
Girls under 15				
100m	12.10 (+0.8)	Patience Jumbo-Gula	Dundalk St Gerards	2015
200m	25.18 (-0.1)	Niamh Foley	St Mary's A.C. (Limerick)	2016
800m	2.15.63	Aimee Hayde	Newport	2017
1500m	4.35.62	Aimee Hayde	Newport	2017
2000m Walk	9.37.0	Kate Veale	West Waterford A.C.	2008
80m Hurdles	11.54	Kate McGowan	Tir Chonaill	2011
250m Hurdles	34.90	Miriam Daly	Carrick-on-Suir	2015
Hammer (2.5kg)	53.21	Jade Williams	Shercock	2015
Javelin (400g)	42.41	Aoibhin McMahon	Blackrock (Louth)	2017
Shot (2.72 kg)	13.93	Ciara Sheehy	Liscarroll	2016
Discus (0.75kg)	42.52	Megan Lenihan	North Cork AC	2017
High Jump	1.67	Cathriona Farrell	Craughwell	2006
Long Jump	5.85	Sophie Meredith	St Mary's A.C. (Limerick)	2015
Pole Vault	2.65	Aisling Cassidy	Bandon	2015
4x100m Relay	49.98		Ferrybank	2003
Combined Events	3426	Sophie Meredith	St Mary's A.C. (Limerick)	2015
Girls under 16				
100m	11.98 (+0.0)	Rhasidat Adeleke	Tallaght	2017
200m	24.93 (+1.4)	Niamh Whelan	Ferrybank A.C.	2005
800m	2.14.72	Ciara Cronin	Ferrybank A.C.	2006
1500m	4.36.29	Siofra Cleirigh Buttner	Dundrum South Dublin	2010
3000m	10.25.57	Roisin Treacy	Ashford AC	2017

2000m Walk	8.38.73	Kate Veale	West Waterford A.C.	2009
80m Hurdles	11.47 (+2.0)	Elizabeth Morland	Cushinstown	2013
250m Hurdles	34.25	Ciara Giles Doran	Ferrybank A.C.	2010
Discus (1 kg)	39.71	Kayleigh Cronin	Spa Muckross	2011
Javelin (500g)	41.78	Kate O'Connor	Dundalk St Gerards	2015
Shot Putt (3k)	13.62	Ciara Sheehy	Liscarroll	2017
Shot Putt (3.25k)	12.30			2006
Hammer (3k)	54.33	Jade Williams	Shercock	2016
Hammer (3.25k)	56.34	Rachel Akers	East Clare	2000
Triple Jump	10.55 (-2.1)	Jana Jona	Tullamore Harriers	2016
High Jump	1.72	Sommer Lecky	Finn Valley	2015
Long Jump	5.86	Elizabeth Morland	Cushinstown	2013
Pole Vault	3.15	Emma Coffey	Carraig-Na-Bhfear A.C.	2016
4x100m Relay	49.40		Galway City Hrs	2003
Combined Events	3512	Kate O'Connor	Dundalk St Gerards	2015

Girls under 17

100m	12.03 (+1.8)	Johanna Mills	Ballymena & Antrim	2009
200m	24.73 (+0.5)	Lauren Ryan	Dooneen	2015
400m	56.13	Davicia Patterson	Beechmount Harriers	2016
800m	2.12.11	Amy Hamill	Glaslough Harriers	2014
1500m	4.37.48	Sharon Monaghan	Fr. Murphy's AC	2001
3000m	10.41.8	Amy O'Brien	Inbhear Dee	2016
3000m Walk	13.16.19	Kate Veale	West Waterford A.C.	2010
2000m S/C	7.23.15	Alison Armstrong	Celtic DCH	2013
100m Hurdles	13.98 (+1.3)	Anna McAuley	City of Lisburn	2017
300m Hurdles	41.84	Ciara Giles Doran	Ferrybank A.C.	2011
Discus (1 kg)	40.48	Kayleigh Cronin	Spa Muckross	2012
Hammer (3k)	60.83	Michaela Walsh	Swinford	2014
Hammer (3.25 k)	55.73	Rachel Akers	Unattached	2001
Shot Putt (3 kg)	15.13	Michaela Walsh	Swinford	2014
Shot Putt (3.25 kg)	12.67	Laura McSweeney	Bandon	2011
Javelin (500g)	44.23	Orlaith O'Brien	Ferrybank	2015
Javelin (600g)	35.87	Olivia McDonald	St Peter's AC	2006
Long Jump	5.99	Johanna Mills	Ballymena & Antrim	2009
Pole Vault	3.30	Emma Coffey	Carraig-Na-Bhfear A.C.	2017
Triple Jump	11.79	Maria Carey	Newport	2014
High Jump	1.74	Sommer Lecky	Finn Valley	2016
4x100m Relay	49.37		Carrick-on-Suir A.C.	2016
4x100m Relay	49.0H		Emerald A.C.	2010
4 x 400m Relay	4.01.79		St Lawrence O'Toole's AC	2017

Girls under 18

100m	12.09 (-2.2)	Sarah Murray	Fingallians AC	2010
200m	24.81 (-2.71)	Roseanna McGuickian	City of Lisburn	2014
400m	55.51	Ciara Deely	Kilkenny City Harriers	2017
800m	2.12.43	Laura Scriven	St Lawrence O'Toole's AC	2005
1500m	4.31.21	Suzanne Huet	Dundrum South Dublin	2007
3000m	9.32.04	C. Ffrench O'Carroll	DSD	2007
3000m Walk	12.18.86	Kate Veale	West Waterford	2011
2000m S/C	6.58.38	Laura Nicholson	Bandon	2017
100m Hurdles	13.76 (+0.2)	Elizabeth Morland	Cushinstown	2015
400m Hurdles	61.22	Kelly-Ann Doyle	Carrick-on-Suir	2014
Hammer (3k)	57.20	Lauren O'Keeffe	Donore Harriers	2016
Hammer (4 k)	51.07	Rachel Akers	Marian	2002
Shot (3 kg)	16.43	Michaela Walsh	Swinford	2015
Shot Putt (4k)	12.85	Laura Cogan	Newbridge	2006

Discus	42.39	Niamh Fogerty	North Westmeath	2016
Javelin (500g)	46.57	Grace Casey	Eire Og Corra Choill A.C.	2016
Javelin (600g)	39.56	Lisa Fryer	Lagan Valley	2001
Long Jump	6.00 (-1.0)	Sarah McCarthy	Mid-Sutton AC	2012
Pole Vault	3.20	Nikita Savage	Youghal A.C.	2009
Pole Vault	3.20	Clodagh Walsh	Abbey Striders	2017
Triple Jump	11.86	Caoimhe King	Westport	2009
High Jump	1.74	Kate O'Connor	Dundalk St Gerards	2017
4x100m Relay	48.76		Ferrybank AC	2006
4 x 400m	4.05.27		Dundrum South Dublin	2017

Girls under 19

100m	12.14 (+0.1)	Aoife Lynch	Donore Harriers	2017
200m	24.60 (+0.4)	Phil Healy	Bandon AC	2012
400m	55.28	Joanne Cuddihy	Kilkenny City Hrs	2002
800m	2.07.7 H	Aislinn Crossey	Newry AC	2013
1500m	4.32.54	Azmera Gebrezgi	Celtic	2004
3000m	9.50.00	Breffni Twohig	D.S.D.	2005
3000m Walk	14.05.42	Maeve Curley	Craughwell A.C.	2010
3000m S/C	11.35.64	Alison Armstrong	Celtic DCH	2015
100m Hurdles	14.42 (+0.3)	Mairead Murphy	Ferrybank A.C.	2007
400m Hurdles	61.59	Jessie Barr	Ferrybank A.C.	2007
Shot (4 kg)	13.30	Claire Fitzgerald	Tralee Harriers	2009
Discus (1 kg)	45.17	Niamh Fogerty	North Westmeath	2017
Hammer (4 kg)	55.33	Rachel Akers	Marian	2003
Javelin (600g)	43.85	Grace Casey	Eire Og Corra Choill A.C.	2017
Long Jump	6.14	Kelly Proper	Ferrybank	2006
Triple Jump	11.76 (-2.5)	Saragh Buggy	St Abban's AC	2012
High Jump	1.73	Sorcha Murphy	Ferrybank	2012
High Jump	1.73	Sharon Heveran	Westport AC	2003
Pole Vault	3.40	Nikita Savage	Youghal A.C.	2010
4x100m Relay	48.79		Ferrybank	2017
4x400m Relay	3.59.43		Dundrum South Dublin	2016

Boys under 12

60m	8.14 (-1.1)	John Ikpotokin	St Michael's AC	2016
600m	1.37.75	Thomas Bolton	Metro St Brigids AC	2017
Turbo Javelin	34.01	Samuel Bailey	Doheny AC	2017
Shot (2kg)	11.68	James Kelly	Finn Valley	2011
High Jump	1.53	Kyle Ettoh	Leevale	2016
Long Jump	4.81	Conor Brennan	St. L. O'Toole's A.C.	2010
4x100m	54.39		Dooneen	2015

Boys under 13

80m	9.88	Shane Gevero	Cabinteely	2016
600m	1.35.67	Finn O'Neill	City of Derry Spartans	2017
60m Hurdles	9.41 (-0.3)	David Mc Donald	Menapians	2011
60m Hurdles	9.2 H	Garbhan McKenna	Glaslough Hrs	2008
Javelin (400g)	42.96	Karlis Kaugare	Dunleer	2017
Shot (2.72 kg)	14.73	James Kelly	Finn Valley	2012
Long Jump	5.35	David Mc Donald	Menapians	2011
High Jump	1.56	Sean Kavanagh	Midelton	2016
High Jump	1.56	Joseph Gillespie	Finn Valley	2016
High Jump	1.56	Evan Hallinan	Craughwell	2017
High Jump	1.56	Kyle Ettoh	Leevale	2017
4x100m	52.06		Galway City Harriers	2011

Boys under 14

80m	9.49 (+1.4)	Matthew Buckley	Rataoth	2015

80m	9.4 H	Leighton Wilson	Ballymena/Antrim	2003
200m	24.35 (+1.7)	Shay McIntosh	Ballymena/Antrim	2006
800m	2.07.26	Shane Fitzsimons	Mullingar Harriers	2008
1500m	4.22.87	Mustafa Nasir	Tallaght AC	2011
75m Hurdles	11.04 (+0.0)	Harry Nevin	Leevale	2017
2000m Walk	10.27.90	Liam McDonagh	Moycarkey Coolcroo	2014
Discus (0.75 kg)	49.02	Jack Hallahan	Midleton AC	2013
Hammer (2.5kg)	47.74	Robert Higgins	Na Fianna	2015
Javelin (400g)	44.86	Tadgh O'Muircheartaigh	Dunboyne	2016
Shot (2.72 kg)	15.52	James Kelly	Finn Valley	2013
Long Jump	5.81	Harry Nevin	Leevale	2017
High Jump	1.73	Jason Harvey	Campbell College	2004
4x100m Relay	49.92		Cabinteely	2017
Combined Events	2837	Daniel Ryan	Moycarkey Coolcroo	2012

Boys under 15

100m	11.42 (+1.7)	Michael Farrelly	Portmarnock	2016
200m	23.27 (-0.9)	Tony Odubote	Ennis Track Club	2014
800m	1.59.12	Aaron McGlynn	Finn Valley A.C.	2014
1500m	4.16.47	James Maguire	Dundrum South Dublin	2014
2000m Walk	9.30.56	Evan Lynch	Clonmel	2009
80m Hurdles	11.31 (+0.9)	Daniel Ryan	Moycarkey Coolcroo	2013
250m Hurdles	33.81	Kolade Abiodun	Donore Harriers	2014
Hammer (3kg)	58.30	Robert Higgins	Na Fianna	2016
Shot (3kg)	14.96	Josh Delaney	Nenagh Olympic	2017
Discus (1kg)	44.28	Jack Hallahan	Midleton	2014
Javelin (500g)	56.78	Tadgh O'Muircheartaigh	Dunboyne	2017
Long Jump	6.18	Timothy Harrington	Courcies	2005
Long Jump	6.18	David McDonald	Menapians	2013
High Jump	1.82	Joseph McEvoy	Nenagh Olympic	2015
Pole Vault	3.40	Adam O'Dwyer	Moycarkey Coolcroo	2016
Triple Jump	12.12	Timothy Harrington	Courcies	2005
4x100m Relay	46.54		Leevale	2016
Combined Events	3601	Daniel Ryan	Moycarkey Coolcroo	2013

Boys under 16

100m	11.13 (+0.4)	Michael Farrelly	Portmarnock	2017
200m	22.67 (-0.7)	David Murphy	Gowran	2015
800m	1.56.07	Karl Griffen	Tir Chonaill	2010
1500m	4.00.76	Shane Quinn	Ferrybank	2007
3000m	9.04.92	Christy Conlon	Beechmount Harriers	2014
3000m Walk	13.51.93	Oisin Lane	Mullingar Harriers	2017
100m Hurdles	13.30	Daniel Ryan	Moycarkey Coolcroo	2014
250m Hurdles	31.74	Iarlaith Goulding	St Colmans South Mayo	2017
Hammer (4kg)	72.24	Adam King	Iveragh A.C.	2012
Javelin (600g)	63.04	Conor Cusack	Lake District	2017
Shot Putt (4kg)	16.94	John Kelly	Finn Valley	2011
Discus (1 kg)	51.13	Darragh Hanlon	Tullamore Harriers	2007
Pole Vault	4.00	Thomas Houlihan	West Waterford A.C.	2007
Long Jump	6.62 (-0.8)	David Ryan	Moycarkey Coolcroo	2015
High Jump	1.94	Robbie Maars	City of Lisburn	2014
Triple Jump	13.45	Eoin O'Carroll	Tralee Harriers	2010
4x100m Relay	44.60		Leevale	2017
Combined Events	3697	David Ryan	Moycarkey Coolcroo	2015

Boys under 17

100m	11.03 (-0.5)	Aaron Sexton	North Down	2016
100m	11.0 H	John Laffey	Clonliffe Harriers	2001
200m	21.65 (+1.3)	Aaron Sexton	North Down	2016
400m	49.66	Joseph Dowling	Dundrum South Dublin	2009

800m	1.52.73	Karl Griffin	Tir Chonaill	2011
1500m	4.00.41	Shane Fitzsimons	Mullingar Hrs	2011
3000m	8.59.02	Kevin Mulcaire	Ennis TC	2013
3000m Walk	13.40.24	Gearoid McMahon	Shannon	2016
2000m S/C	6.20.51	Dalton Mc Guigan	Finn Valley	2011
110m Hurdles	14.13 (+0.9)	Daniel Ryan	Moycarkey Coolcroo	2015
300m Hurdles	38.86	Tony O'Connor	Naas	2016
Shot Putt (5 kg)	16.80	John Kelly	Finn Valley	2012
Hammer (5kg)	66.05	Fellan McGuigan	Finn Valley	2012
Discus (1.5kg)	47.47	Andrew Barkley	City of Lisburn	2013
Javelin (700g)	55.82	Liam Connuaghton	Dunleer	2016
Long Jump	6.62	David Cussan	Old Abbey	2012
High Jump	2.08	Ryan Carthy Walshe	Adamstown	2015
Triple Jump	13.73	Jordan Hoang	Tullamore Harriers	2014
Pole Vault	3.91	Thomas Houlihan	West Waterford A.C.	2008
4x100m Relay	43.73		Leevale	2017
4x400m Relay	3.32.02		Dundrum South Dublin	2017
Boys under 18				
100m	10.89 (+0.9)	Christopher Russell	Ferrybank A.C.	2007
200m	22.08 (-1.5)	Patrick O'Connor	Clonliffe Harriers	2010
400m	48.70	Christopher O'Donnell	North Sligo	2015
800m	1.53.18	Harry Purcell	Trim AC	2013
1500m	4.00.65	Mark Christie	Mullingar Harriers	2002
3000m	8.39.65	Shane Hughes	Mullingar Harriers	2015
3000m S/C	9.47.6	Dalton McGuigan	Finn Valley A.C.	2012
5000m Walk	22.57.17	Peter Muldoon	Shercock AC	2004
110m Hurdles	14.18 (-1.5)	Shane Monagle	Tramore	2017
400m Hurdles	53.2 H	Ben Kiely	Ferrybank A.c.	2011
Shot Putt (5kg)	17.90	John Kelly	Finn Valley A.C.	2013
Discus (1.5kg)	57.68	Marco Pons	D.M.P. A.C.	2010
Javelin (700g)	59.68	Liam Connaughton	Dunleer	2017
Hammer (5kg)	71.90	Adam King	Iveragh	2014
Triple Jump	14.11 (+0.0)	Jordan Hoang	Tullamore Harriers	2015
Pole Vault	4.41	Thomas Houlihan	West Waterford	2009
High Jump	2.10	David Cussan	Old Abbey AC	2010
Long Jump	6.93	Eoin Hannon	Tullamore Harriers	2006
4x100m Relay	43.53		Galway City Harriers	2015
4x400m Relay	3.28.41		Dundrum South Dublin	2017
Boys under 19				
100m	10.83 (-2.3)	Paul Whelan	Dublin Striders	2010
200m	21.59 (+0.7)	Christopher O'Donnell	North Sligo	2016
400m	48.02	Mark English	Letterkenny A.C.	2011
800m	1.52.88	Daniel Lawlor	St Lawrence O'Toole's AC	2013
1500m	3.58.12	Niall Tuohy	Ferrybank AC	2007
3000m	8.41.71	Jamie McCarthy	Riverstick Kinsale	2003
3000m S/C	9.40.28	Brian Flanagan	Clonliffe Harriers	2015
5000m Walk	21.36.03	Peter Muldoon	Shercock	2005
110m Hurdles	14.48 (-0.4)	Daniel Ryan	Moycarkey Coolcroo	2017
400m Hurdles	54.45	Evan Mcguire	Galway City Harriers	2013
Shot (6kg)	16.95	John Kelly	Finn Valley	2014
Discus (1.75kg)	55.00	Marco Pons	DMP	2011
Hammer (6kg)	65.75	Owen Russell	St Andrew's AC	2015
Javelin (800g)	58.63	Danny Mullen	Strabane TC	2007
High Jump	2.10	Ryan Carthy Walshe	Adamstown	2017
Long Jump	7.25 (+1.5)	Eoin Hannon	Tullamore Harriers	2007
Pole Vault	4.41	Peter O'Brien	Raheny Shamrocks	2013
Triple Jump	13.84 (+2.0)	Brendan Lynch	Loughrea	2017
4x100m Relay	42.79		Galway City Harriers	2016
4x400m Relay	3.26.15		Leevale AC	2004

ATHLETICS IRELAND JUVENILE B CHAMPIONSHIP RECORDS

U12 Girls

60m	Chloe McCarthy	Leevale AC	8.64	2012
80m	Emma Slattery	Borrisokane AC	11.3 H	2006
600m	Aimee Hayde	Newport	1.48.23	2014
High Jump	Sophie Connon	Youghal AC	1.37	2016
Long Jump	Tracey Bradfield	Cork	4.13	2004
Shot Putt	Katie Murphy	St Peter's AC	7.83	2012
Ball Throw	Jean O'Connor	St Flannan's AC	37.59	2006

U13 Girls

80m	Emma Lehane	Liscarroll	10.96	2017
80m	Lisa Nolan	Ballon Rathoe	10.9 H	2006
600m	Danika Gilshinan	Menapians	1.42.04	2015
High Jump	Saoirse Allen	St Senans	1.42	2016
Long Jump	Lorna O'Shea	Carrick-on-Suir	4.53	2016
Shot Putt	Blessing Alamu	Midleton	9.94	2015

U14 Girls

80m	Sarah Clarke	Blackrock (Louth)	10.87	2015
80m	Cliona Quirke	Brow Rangers AC	10.8 H	2009
100m	Rachel Walsh	Carrick-on-Suir	13.32	2014
100m	Julie O'Sullivan	Gneeveguilla A.C.	12.9 H	2006
800m	Danika Gilshinan	Menapians	2.30.07	2016
High Jump	Claire Collins	West Waterford AC	1.46	2007
Long Jump	Emma Quirk	Greystones & District	4.74	2016
Shot Putt	Clara McGuinness	DMP AC	11.04	2006

U15 Girls

100m	Lia O'Brien	Midelton	13.20 (+0.7)	2016
800m	Amy Rose Farrell	Blackrock (Dublin)	2.24.78	2014
High Jump	Emma Regan	Na Fianna	1.51	2017
Long Jump	Jennifer Nugent	Trim AC	4.60	2017
Shot Putt	Aine O'Sullivan	Cushinstown	10.25	2017

U16 Girls

100m	Niamh Conlon	Kilmihil	13.23 (+0.4)	2017
100m	Andrea Bennett	St Coca's AC	13.0 H	2009
100m	Dearbhail Foley	Kerry	13.0 H	2006
100m	Aileen Gaffney	Inny Vale AC	13.0 H	2004
800m	Aine Garry	Fergus	2.25.11	2016
Long Jump	Lorraine O'Shea	Coolquill AC	5.06	2008
High Jump	Grace Rogers	St Peter's AC	1.60	2008
Shot Putt	Diemante Zvaliauskai	Inny Vale AC	9.79	2008

U12 Boys

60m	Cian Smith	Dunboyne	8.60	2015
80m	Dylan Ryan	Dooneen AC	11.1 H	2006
600m	Donnacha McNamara	Annalee	1.46.69	2015
Long Jump	Eamonn Daly	Celbridge	4.34	2001
High Jump	Niall O'Riordan	Killarney AC	1.30	2006
Shot Putt	Ronan Collins	Gneeveguilla A.C.	8.47	2013
Ball Throw	Mark Sugrue	Bandon AC	47.00	2004

U13 Boys

80m	Jack Waters	Parnell AC	10.39	2012
600m	Neil Culhane	Boyne	1.42.08	2017
Long Jump	Ross Corkery	Belgooly	4.65	2016
High Jump	Killian Bergin	Templemore	1.44	2017
Shot Putt	Nathan Crowe	Tipperary Town AC	10.79	2011

U14 Boys

80m	Conor Mangan	Rosses	10.37	2017
100m	Sultan Awolobi	St Lawrence O'Toole's AC	12.81	2013
100m	Stephen Burke	Canon Burke AC	12.3 H	2004
800m	Adam Ryan	Newport AC	2.20.58	2015
Long Jump	Mark Carroll	Templemore	5.17	2016
High Jump	Fionn Drummond	Rataoth	1.45	2017
Shot Putt	Tadgh Connolly	St Senans	12.63	2017

U15 Boys

100m	Conor Jones	Dunshaughlin AC	12.16	2013
800m	Michael Foley	Lios Tuathail AC	2.12.76	2012
Long Jump	Johnny O'Sullivan	Lios Tuathail AC	5.23	2012
High Jump	Donal English Hayden	Ballon Rathoe AC	1.50	2012
High Jump	Daire Donohoe	Annalee AC	1.50	2016
Shot Putt	Darragh Gaffney	North Westmeath AC	11.90	2013

U16 Boys

100m	Joey Henchy	Bandon AC	12.02 (+0.0)	2012
100m	Chris Fullerton	Canon Burke AC	11.8 H	2006
100m	Mark Flynn	Roundwood & District AC	11.8 H	2002
800m	Sean Tobin	Clonmel AC	2.04.7 H	2009
Long Jump	Lee Pearson	Edenderry	5.56	2017
High Jump	Aaron Whelan	St Abbans AC	1.70	2011
Shot Putt	Timas Pijas	Kilkenny City Harriers AC	13.27	2008

MOTIONS

CONGRESS CHANGES POST 2015 AGM (Dublin)

For Juvenile Cross Country, age category U19 will be discontinued from 2015 season onwards.

CHANGES POST CONGRESS 2014 (Cork)

The following are the motions passed at Congress 2014 in relation to Juvenile competition

57. THAT: The Inter County 4x100m track relay competition be discontinued.

58. THAT: In the existing outdoor Combined Events Championship for Youth Boys, the Octathlon be replaced with the Decathlon in line with IAAF rule 200.2.

59. THAT: the Boys under 15 Shot Put and Hammer weight be changed to 3kg for National Championship competitions.

65. THAT: the Juvenile Committee introduces an Indoor Pole Vault Competition for Girls and Boys U15, U16, U17, U18 & U19.

63. THAT: The name Development Competition/Championships be changed back to 'B' Championships or renamed another more suitable/acceptable name.

67. THAT: the Juvenile Committee amends their current Track and Field Pole Vault competition to include Girls under 15 and 16.

69. THAT: Athletes U13 may use starting blocks; athletes U14 upwards must use starting blocks.

73. THAT: the age for the Girls Triple Jump be reduced from U17 to U16 in Track & Field. *(NOTE: this applied to outdoor only as U17 is not an age category indoors for Triple Jump)*

74. THAT: the Turbo Javelin in the National Juvenile Team Competition be contested in the standard format i.e. one throw per athlete per round as against the current procedure of three consecutive throws.

76. THAT: the under 14 boys & girls Hurdles in both Track & Field and Combined Events (Outdoor) be standardised for Boys and Girls as either 75m or 80m in both competitions *(NOTE: the distance for U14 Hurdles will be 75m)*

76a - That: the boys' under 17 100 metres hurdles/60 metres hurdles be in line with IAAF youth rules.

CHANGES POST CONGRESS 2012 (Cavan)

40. That a National Spring Throwing Competition be introduced by Athletics Ireland for the Discus, Javelin and Hammer at Juvenile, Junior, U23 and Senior level.

55. That Athletics Ireland rename Juvenile B Track & Field Championships to Development Events.

56. That Athletics Ireland Rename Juvenile B Cross Country Championships to Development Events.

58. That the National Juvenile B Championships Cross Country & Track & Field should commence at the same age as the A Championships.

That the National Development Track & Field Championships should commence at the same age as the A Championships. Athletes must compete in their own age category.

59. That Athletics Ireland present medals to the first 12 athletes in the All-Ireland Development Cross Country Championship and in the Inter Club Awards that six medals be presented to the winning club teams.

63. That teams qualifying for the Athletics Ireland Children's Games be permitted to replace a team member with a reserve for the purpose of competition.

64. That the Ball Throw in juvenile competition be replaced with the Turbo Javelin effective from 2013.

66. That the 300m under 17 and 18 girls Track & Field be increased to 400m with immediate effect to bring in line with IAAF distances for that age.

67. That the 300m under 18 girls Indoor be increased to 400m with immediate effect to bring in line with IAAF distances.

68. That the 300m hurdles under 18 Girls Track & Field events be increased to 400m hurdles with immediate effect to bring in line with IAAF distances

69. That the under 18 Boys & Girls and the under 19 Girls relay be increased to 4x 400m with immediate effect to bring in line with IAAF distances for that age.

70. That the existing combined events championships for boys and girls under 17, under 18 and under 19 be deleted and replaced as follows:

1. Youth & Junior Boys' combined events championships be held with immediate effect as follows:
Octathlon (outdoors) and Pentathlon (indoors) as per IAAF Rules, 141, 200 and 222.

2. Youth & Junior Girls' combined events championships be held with immediate effect as follows:
Heptathlon (outdoors) and Pentathlon (indoors) as per IAAF Rules, 141, 200 & 222

That the boys and girls under 19 be deleted and included in the Junior Category Decathlon (outdoors) and Heptathlon (indoors)

72. That girls under 16, 17 and 18 weights be realigned to reflect IAAF changes in youth weights with immediate effect.

Shot 3kg
Hammer 3kg
Javelin 500gr

73. That Girls Hammer under 14 and 15, Boys Hammer under 14 short wire to be discontinued with immediate effect.

75. That Cross Country distances for Girls under 17, 18 & 19 be reduced to 4000m to bring in line with Junior distances.

76. That Cross Country distance for Boys under19 be reduced to 6000m to bring in line with Junior distances.

CHANGES POST CONGRESS 2010

That: "distances and barriers heights for Steeplechase be brought in line with World distances to allow athletes the opportunity to qualify for EYOF or World Youths.

Girls & Boys under 17: 2000m
Girls & Boys under 20: 3000m
Height for Boys / Men: 0.914m (3'.0")
Height for Girls/Women: 0.762m (2' 6")

That: "no changes can be made to the National Juvenile age groups and championship events except through congress

That: “Ball throw be included in National under 12 outdoor Track & Field

That: the AAI Interclub Juvenile Relays be held in late June or early July

That: Juvenile “B” Track and Field competition be introduced for Under 15

That “ the boy’s Octathlon for 16 & 17 age groups consist of the following events to comply with IAAF rules: – 100m, Long Jump, Shot, 400m, 110m Hurdles, High Jump, Javelin & 1000m.
(Clarified age categories U17 & U18)

That: National Juvenile Combined Events should be individual ages for U14 to U19 Indoor

That: “Cross-country distances should be increased with boys and girls running the same up to U15

	U11	U12	U13	U14	U15	U16	U17	U18	U19
Girls	1500	2000	2500	3000	3500	4000	4500	5000	5000
Boys	1500	2000	2500	3000	3500	4000	5000	6000	7000

CHANGES POST CONGRESS 2008

That the height of the steeplechase barriers for boys under 17 1500m Steeplechase be lowered to 2'6".

That the height of the steeplechase barriers for boys under 18 2000m Steeplechase be lowered to 2'6".

That if passed by Congress, the rule change affecting the height of the barriers in boys steeplechase event come into effect immediately as it would not be an inconvenience to any athlete

That a steeplechase be introduced for the Under 17 Girl 's age group

That the distances for Steeplechase for Girls be as follows:
- Under 17 l 200m
- Under 18 1500m -
- Under 19 2000m

That the outdoor track and field competition for age group under 12 be on an individual basis at National Level and also, where applicable, on a team basis

In the age groups U 17, U 18 and U 19 - that the minimum requirement of two athletes to be of the age group for juvenile track & field relay and team competition teams be dispensed with, so as to bring them into line with the position with regard to the composition of juvenile cross- country teams where no such minimum requirement applies

That all entries to National Juvenile Championships be accepted from Regional/Provincial Secretary only, or by a person nominated by him/her in a temporary capacity only

That the National Juvenile Rule of Competition which states "No entry or change of entry on the day" should be strictly adhered to, without exception

CHANGES POST CONGRESS 2006

That: All motions concerning Juvenile Athletics shall be referred to the Juvenile Committee pursuant to Article 8.3.5.

That: 4 x 50m relays be replaced by 4x 100m relays for under 9, 10 and 11 boys and girls track & field

4. Inside Back Cover

ATHLETICS IRELAND JUVENILE STAR AWARDS

TULLAMORE COURT HOTEL

17th February 2018 (TBC)

7.30 P.M.

STAR AWARD WINNERS FROM EACH COUNTY
+
Breda Synott Awards for Celtic Games performances
Eamon Gilbert Award (High Jump)
Bill Battersby Award (Long Jump)
Keara O'Hart Award (Sprints)
Matt McGrath Award (Throws)
Robin Sykes Award (Outstanding Achievement)
Roisin O Callaghan Award (Walks)
International Award
Overall Athlete of the Year