

AAI Summer Games July 25th

IT Carlow, South Sports Campus

Track				Field		
				10:00	Hammer	Men
10:30	400mH	Women		10:30	Long Jump	Women
10:40	400mH	Men				
11:00	1500m	Women		11:00	Hammer	Women
11:10	1500m	Men			Long Jump	Men
					Pole Vault	Men
					Pole Vault	Women
11:30	100mH	Women	S1			
11:40	110mH	Men	S1	11:40	Discus	Men
11:50	200m	Women				
12:05	200m	Men		12:00	Triple Jump	Men
					Triple Jump	Women
				12:20	Discus	Women
12:30	100mH	Women	S2			
12:40	110mH	Men	S2			
13:20	800m	Women				
13:30	800m	Men		13:30	Shot Put	Men
13:45	100m	Women	S1		High Jump	Men
13:55	100m	Men	S1			
				14:10	Shot Put	Women
14:20	5000m	Women				
	5000m	Men		14:40	Javelin	Men
14:50	100m	Women	S2		Javelin	Women
15:00	100m	Men	S2			
15:20	400m	Women				
15:35	400m	Men				

You cannot gain access to the event until you have checked in

Check- in opens 90 minutes Prior to your event

Athlete Information: Summer Games

In order to maintain the health and safety of all in attendance at the upcoming Competitions we require you to adhere to the following advice:

Event Information

Please note one adult only can accompany each athlete into the venue

Covid questionnaire must be completed by everyone attending on the day of the event, this will only open on the morning of the event.

Check in opens 90 minutes prior to your event, check in is located at entrance to track.

There is parking on site, location can be seen on the map below.

The venue is divided up into zones to allow a flow of athletes and others throughout the event. there is one entry point and one exit point into and out of the venue. there is only one viewing area available (down the back straight) and all athletes and their accompanying adult must once their event is complete.

Please bring a pocket size hand sanitiser with you.

Please sanitise your hands on entry to the venue.

A face mask must be worn at all times except during warm up and competition for athletes.

A call room will operate.

Personal throwing implements can be checked in adjacent the call room.

No water or food will be supplied so please bring you own.

No chalk will be available at the competition so if you require it, please bring your own.

Please remove all personal items from the call room and leave at the designated gear drop areas at the 200m start or the 1500m start for track athletes. field event athletes should bring all gear to the field event with them.

Please wipe down any implements and equipment you touch before and after your event. Latest Travel restrictions and requirements on travel into Ireland are subject to change, for up-to-date information go to <https://www.gov.ie/en/campaigns/75d92-covid-19-travel-advice/>

Participation in the AI summer games is subject to these travel restrictions if arriving from abroad in the 14 days prior.

World Athletics Footwear Rule.

Athletes should note that competition will be run in accordance with World athletics rules on footwear. Shoes with a stack height (sole depth) of over 25mm are not permitted in any track events. Competition shoes should be presented at call room check-in. As far as we are aware all spikes are compliant with the rule, but many road running shoes cannot legally be worn on the track. Athletes will not be allowed to run in non-compliant shoes as it could void the results from the whole race. Athletes must be willing to submit their shoes for inspection before and/or after the race. A list of compliant and non-compliant shoes is available here but older models may not be