

## **Leinster + Munster T+F Squads 2018/19**

Athletics Ireland is delighted to announce details of the 2018/2019 Leinster and Munster Track and Field Squads.

The **Development Squad** takes place each day and is open to **all athletes** aged 12 years and over. The squad will cost €5 per athlete each day. DO NOT REGISTER ONLINE. Please check in at the venue before the start. Events covered on the Development Squad are as follows:

Day 1	Sprints, Middle Distance, Shot, Long Jump
Day 2	Hurdles, Middle Distance, Javelin and High Jump
Day 3	Sprints, Middle Distance, Shot, Long Jump
Day 4	Hurdles, Middle Distance, Javelin and High Jump
Day 5	Sprints, Middle Distance, Shot, Long Jump

The **Performance Squad** is for selected athletes only from the U16 to U19 age groups (2018 age groups). Congratulation to those athletes selected. Leinster Squad athletes are selected from the combined results of Leinster and Dublin competitions. Athletes are selected from the Munster, Leinster + Dublin Indoors, Outdoors and Schools Track and Field competitions. The top 3 Sprints, Hurdles, Long Jump, High Jump and Triple Jump, Walks, Pole Vault, Shot, Discus, Javelin and Hammer.

### **Leinster Squads:**

		<b>Development Squad</b>		<b>Performance Squad</b>
Day 1	November 10 <sup>th</sup> 2018	Morton Stadium, Santry	11am – 1pm	1pm-3pm
Day 2	December 8 <sup>th</sup> 2018	Morton Stadium, Santry	11am – 1pm	1.30-4pm
Day 3	February 19 <sup>th</sup> 2019	National Indoor Arena	10am – 12pm	1pm-3pm
Day 4	March 9 <sup>th</sup> 2019	AIT Arena, Athlone	11am – 1pm	1.30pm-4pm
Day 5	April 20 <sup>th</sup> 2019	Morton Stadium, Santry	11am – 1pm	1.30pm – 4pm

### **Munster Squads:**

		<b>Development Squad</b>		<b>Performance Squad</b>
Day 1	October 27 <sup>th</sup> 2018	Nenagh Indoor Stadium	11am – 1pm	1pm-3pm
Day 2	November 24 <sup>th</sup> 2018	Nenagh Indoor Stadium	11am – 1pm	1pm-3pm
Day 3	December 29 <sup>th</sup> 2018	Nenagh Indoor Stadium	11am – 1pm	1pm-3pm
Day 4	February 2 <sup>nd</sup> 2019	Templemore AC Track	11am – 1pm	1pm-3pm

Day 5 March 23<sup>rd</sup> 2019

Templemore AC Trac 11am – 1pm

1pm-3pm

Coaches are welcome to attend the sessions and engage with squad coaches during and after the sessions.

For further information on the Leinster Squads please contact [colinbyrne@athleticsireland.ie](mailto:colinbyrne@athleticsireland.ie) or (087) 0632326 and for Munster please contact Aisling Hoey on [aislinghoey43@gmail.com](mailto:aislinghoey43@gmail.com)