



JUVENILE  
COMPETITION  
BOOKLET  
2024

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## Chairperson's Address:



On behalf of the Juvenile Committee of Athletics Ireland, I welcome you all to the 2024 program of events and look forward to a successful year ahead. We 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. We would really like to encourage you to get involved at any and all levels within the athletics community, we are always in need of volunteers to help run our Championships.

I hope that every athlete and official 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 123.ie for their financial support, which we greatly appreciate.

While it is a busy calendar on the domestic scene, 2024 will be even more congested as we have International events including the Celtic Cross Country in Scotland in January, the U18 European Championships in Slovakia in July and also the visual and heroic spectacle that is the Olympic Games in Paris to look forward to. Selection information for the U18's can be found on the High Performance section on the AAI website.

I wish to thank the AAI Competitions Department, lead most ably by Ger Stewart, for all the work done in the office and on the ground to coordinate the logistics for all our events.

Thanks to all the members of the Juvenile Committee for their help, their contribution and their friendship, it truly is a case of team work.

The Committee is delighted to announce that the Juvenile Star Awards will be returning to an in-person event on Saturday 16<sup>th</sup> March 2024, which I'm sure will be welcomed by all.

I would just 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 2024

Yours in sport

Amanda Hynes

Chair – Juvenile Committee

## Juvenile Committee:

Title	Name	Contact Number	Email Address
Chairperson	Ms Amanda Hynes	085 8883383	hynes245@hotmail.com
Deputy Chairperson	Ms Catriona Duffy	087 2192511	catriona.athleticsleinster@gmail.com
Leinster Rep & Secretary	Mr Martin Heery	086 8564160	mjheery@yahoo.com
Connacht Rep & T&F Indoor Secretary	Ms Anne McHugh	087 2355103	annebmchugh@gmail.com
T&F Outdoor Secretary	Ms Catriona Duffy	087 2192511	catriona.athleticsleinster@gmail.com
Cross-Country Secretary	Mr Mark Connolly	+ 44 780 976 4733	mark.athletics@gmail.com
	Mr David Murphy	086 839 0705	davidmurf@gmail.com
	Ms Niamh Fitzgerald	086 1946322	athleticsniamhfitzgerald@gmail.com
	Mr Pat Whelan	086 0602700	patrickwhelan74@gmail.com
Munster Rep	Mr PJ O'Rourke	087 2788511	patrickjohnorourke@hotmail.com
Ulster Rep	Mr Tom Thompson	087 3412655	tom.dglcomp@gmail.com
Co-Optee	Mr Greg Duggan	087 2838329	gjduggan@eircom.net
Children's Officer	Mr Matt Lynch	086 2322102	mattlynch@o2.ie
AAI National Children's Officer	Mr Kieron Stout	086 2450134	kieronstout@athleticsireland.ie

## Age Categories:

Age categories calculated from 31<sup>st</sup> December in the year of competition.

No athlete may obtain a birthday in the year of competition and compete in that age. Please note all ages in this booklet should be read as UNDER the stated age

Category	Birth Year
Under 9	2016
Under 10	2015
Under 11	2014
Under 12	2013
Under 13	2012
Under 14	2011
Under 15	2010
Under 16	2009
Under 17	2008
Under 18	2007
Under 19	2006

## Notices:

This Booklet is subject to change.

Up to date Timetables will be published on the Athletics Ireland Website prior to each competition.

## Code of Ethics & Good Practice for Children's Sport

### Policy Statement for the Athletic Association of Ireland

The Athletic Association of Ireland is fully committed to safeguarding the well-being of all of its members. Every individual in Athletics Ireland should at all times show respect and understanding for members rights, safety and welfare 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.

### Protest/ Appeals Process

- TR 8.2 Protests concerning the result or conduct of an event shall be made within 20 minutes of the official announcement of the result of that event.
- TR 8.3 Any protest in the first instance shall be made *orally* to the Referee by the athlete or someone acting on their behalf. The Referee may decide the protest *or* refer it to the Jury of Appeal. To arrive at a fair decision the Referee should use any available evidence they feel is necessary. If the Referee makes a decision, there shall be a right of appeal to the Jury. The appeal to the Jury should only come after a decision by the Referee.
- TR 8.7 An appeal to the Jury of Appeal must be made within 20 minutes of the official announcement of the amended result of an event arising from the decision made by the Referee, or of the advice being given to those making the protest, where there is no amendment of any result.
- TR 8.7 The appeal to the Jury shall be in writing signed by a responsible club official on behalf of the athlete or team and shall be made within 20 minutes following the decision of the Referee and shall be accompanied by a €20 fee in cash which will be forfeited if the appeal is unsuccessful.
- TR 8.8 The Jury of Appeal shall consult all relevant persons, including the relevant Referee (except when their decision is to be fully maintained by the Jury of Appeal). If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee or the Chief Race Walking Judge shall be upheld.
- TR 8.9 The Jury of Appeal may reconsider a decision if new conclusive evidence is presented, provided the new decision is still applicable. Normally, such re-consideration may be undertaken only prior to the Victory Ceremony for the applicable event, unless the relevant governing body determines that circumstances justify otherwise.
- The Jury of Appeal shall consist of a representative of each of the five regions, three of whom will sit during the appeal.
- Advice will be obtained from a member of the Technical Committee when and if required.
- The decision of the Jury of Appeal shall be final and there shall be no further right of appeal.

## Policy on Photographers

The following must be read in conjunction with the **Athletics Ireland Filming and Photography Policy & Guidelines**;

[https://www.athleticsireland.ie/downloads/other/AAI\\_Filming\\_and\\_Photography\\_Guideline\\_021019.docx](https://www.athleticsireland.ie/downloads/other/AAI_Filming_and_Photography_Guideline_021019.docx)

Our aim is to make our Juvenile competitions safe and accessible for all while minimising the risk of any inappropriate use of images. An approved list of photographers will be prepared at the start of the competition season by the event organiser.

Where possible all photographers/streaming companies wishing to take pictures within the stadium environ should apply in advance of the competition. They should provide an in date Self Declaration form/Proof of Garda Vetting **and** their press/media credentials.

Bibs (€20 returnable deposit) will be assigned on a first come first served basis when the approved photographer registers with the Juvenile Child Welfare Officer at check-in.

Photographers put forward by the AAI Marketing Department will be nominated prior to the event and this will be communicated to the Juvenile Child Welfare Officer. A list of these photographers/videographers is maintained by AAI and their Self Declaration Status updated where required. Additional checks are performed as per internal policies.

For Indoor Competition, a maximum of **three** photographers, in addition to the live streaming company, will be admitted, a minimum of one will be appointed by the AAI Marketing Department.

For Outdoor Competition, a maximum of **five** photographers, in addition to the live streaming company, will be admitted, a minimum of one will be appointed by the AAI Marketing Department.

*It is noted that for some live streaming events there will be additional attendees put forward from the Marketing Department with advance notification given.*

## Attire

- Official club singlets must be worn in all national competitions unless unattached, when a plain white vest or tee shirt is acceptable.
- Appropriate footwear must be worn at all National competitions.
- National Apparel is to be worn only when representing Ireland at International Competition. No athlete should be competing 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



## Section 1: Policies & Child Safeguarding

### Athletics Ireland Child Protection Policy Statement

Athletics Ireland acknowledges its duty of care to safeguard and promote the welfare of children and is committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with legislation, best practice and Sport Ireland requirements.

The policy recognises that the welfare and interests of children are paramount in all circumstances. It aims to ensure that regardless of age, ability or disability, gender reassignment, race, religion or belief, sex or sexual orientation, socio-economic background, all children

- have a positive and enjoyable experience of sport at Athletics Ireland in a safe and child centred environment are protected from abuse whilst participating in athletics or outside of the activity.
- Athletics Ireland acknowledges that some children, including disabled children and young people or those from ethnic minority communities, can be particularly vulnerable to abuse and we accept the responsibility to take reasonable and appropriate steps to ensure their welfare.

### As part of our safeguarding policy Athletics Ireland will

- promote and prioritise the safety and wellbeing of children and young people
- ensure everyone understands their roles and responsibilities in respect of safeguarding and is provided with appropriate learning opportunities to recognise, identify, and respond to signs of abuse, neglect and other safeguarding concerns relating to children and young people
- ensure appropriate action is taken in the event of incidents/concerns of abuse and support provided to the individual/s who raise or disclose the concern
- ensure that confidential, detailed and accurate records of all safeguarding concerns are maintained and securely stored
- prevent the employment/deployment of unsuitable individuals within our sport
- ensure robust safeguarding arrangements and procedures are in operation.
- The policy and procedures will be widely promoted and are mandatory for everyone involved in Athletics Ireland. Failure to comply with the policy and procedures will be addressed without delay and may ultimately result in dismissal/exclusion from the organisation.

### Athletics Ireland Child Safeguarding Mandated Person for reporting concerns:

The Mandated Person for Athletics Ireland is Kieron Stout. If you have a query or a child safeguarding concern, please email the Athletics Ireland National Children's Officer at [kieronstout@athleticsireland.ie](mailto:kieronstout@athleticsireland.ie) or [childwelfare@athleticsireland.ie](mailto:childwelfare@athleticsireland.ie) or by phone on 086 2450134. If you have an immediate concern for the safeguarding or wellbeing of a child you should contact your local Garda station or consult Tusla, the Child and Family agency at [www.tusla.ie](http://www.tusla.ie)

## Athletics Ireland Code of Conduct for Coaches & Officials

Sport should be safe, fun, inclusive and conducted in a spirit of fair play. All coaches and officials must adhere to the following code of conduct when providing services to children in sport.

### All coaches, officials and volunteers in athletics should:

- Consider the wellbeing and safety of participants before the development of performance.
- Develop an appropriate working relationship with participants, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and the experience of those taking part.
- Promote the positive aspects of the sport (e.g. fair play)
- Display consistently high standards of behaviour.
- Follow all guidelines laid down by the national governing body and the club.
- Hold appropriate qualifications and insurance cover.
- Never exert undue influence over participants to gain personal benefit or reward.
- Never condone rule violations, rough play or the use of prohibited substances.
- Encourage participants to value their performances and not just results.
- Encourage and guide participants to accept responsibility for their own performance and behaviour.
- Never use foul or inappropriate language.
- Never engage in any form of sexual activity with anyone under the age of 18, or vulnerable adults.
- Read, understand and put into practice all club policies and procedures.
- Coaches and leaders should never place themselves in a compromising position by texting or communicating via social media sites with juvenile athletes. All such communications regarding athletics should be sent via the parents or guardians of the athlete.

### The following should apply when communicating with juvenile athletes:

- Only use a club group text or email system for communicating with parents/guardians of athletes.
- Do not communicate individually by text or email with juvenile athletes.
- Do not engage in communications with underage athletes via personal social network sites.
- Always use official club group text or social media sites to communicate with juvenile athletes.

### Athletics Ireland Code of Conduct for Parents & Carers

Everyone involved in sport, children, parents/guardians and sports leaders should accept their role and responsibilities and undertake to commit to maintaining an enjoyable and safe environment for all participants.

There exists a duty of care on all adults to safeguard children. Adults have a crucial leadership role to play in sport. Whether they are parents/guardians or sports leaders or teachers, they can contribute to the creation of a positive sporting environment for young people. Positive relationships will result in growth, development and fulfilment for all those involved in children's sport.

Parents/guardians play a key role in the support and promotion of an ethical approach to sport and young people's enjoyment in sport. Parents/guardians therefore need to be aware, informed and involved in promoting the safest possible environment for children to enjoy their participation in sport. Sports leaders need the support of parents/guardians in conveying the fair play message. All participants in sport have a responsibility to keep sport safe, fun, inclusive and conducted with a spirit of fair play for all.

#### All parents and carers in athletics should:

- Support your child's involvement and help them to have fun and enjoy their sport.
- Always encourage your child to learn the rules and play within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept Athletics Ireland officials' judgments.
- Use correct and proper language at all times.
- Encourage and guide performers to accept responsibility for their own performance and behaviour.

#### Athletics Ireland Code of Conduct for Children and Young People

Your sport should be safe, fun, inclusive and conducted in a spirit of fair play. As a young person you are entitled to the best possible environment to participate in sport. You deserve to be given enjoyable, safe sporting opportunities, free from abuse of any kind. You have rights, which must be respected, and responsibilities that you must accept. You should always treat other athletes and team leaders with fairness and respect.

As a child or a young person, you are entitled to:

- Be safe and to feel safe
- Be listened to
- Be believed
- Be treated with dignity, sensitivity, and respect
- Have your voice heard in your sport
- Participate on an equal and non-discriminatory basis
- Have fun and enjoy your sport
- Experience competition at a level at which you are happy
- Make complaints and have them dealt with
- Get help against those who bully
- Say No
- To protect your body
- Privacy and confidentiality

<b>You should ALWAYS</b>	<b>You should NEVER</b>
Treat all group or team members and your Sports Leaders with respect	Cheat or seek to gain an unfair advantage
Act fairly and responsibly at all times, do your best	Intimidate, use violence or physical contact that is not welcome
Respect other group or team members	Shout at or argue with another person unreasonably
Respect opponents and be gracious in defeat	Cause harm to or damage property
Abide by the rules as set out by the group or team you are with	Bully or threaten another person online or offline
Support and assist where appropriate with the running of your group	Take banned substances
	Spread or circulate rumours online or offline about another person

## Athletics Ireland Code of Conduct for Parents, Coaches & Mentors

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 use 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 Ireland 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.

## Section 2: Field Standard & Specifications for All Championships

### Indoor Hurdle Specifications

Age Group	Distance	Height	Number	Approach	Interval	Finish
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 & Youth	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	68.6cm 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 & Youth	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

Outdoor Hurdle Specifications

Age Group	Distance	Height	Number	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	35.00m	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 & Youth	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 & Youth	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

### Throwing Implements

<b>Boys</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
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
<b>Girls</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
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

### Steeplechase

Girls 17	2000m	2'6" (76.2cm)
Girls 18	2000m	2'6" (76.2cm)
Girls 19	3000m	2'6" (76.2cm)
Boys 17	2000m	2'9" (84.0cm)
Boys 18	3000m	2'9" (84.0cm)
Boys 19	3000m	3'0" (91.4cm)

2000m: 18 hurdles & 5 water jumps, start on arc before finish line, 1st hurdle is on back straight (hurdle 3 of a full lap)

3000m: 28 hurdles & 7 water jumps, start on arc before 200m mark, first hurdle after finish line (hurdle 1 of a full lap)

No water jump until past the finish line on the first lap



## High Jump Intervals

Age Category	Opening Ht.	Condition	Combined Events Opening Height*
Girls U12	1.05m	Up by 5cm to 1.30m thereafter by 3cm	
Girls U13	1.10m	Up by 5cm to 1.35m thereafter by 3cm	
Girls U14	1.15m	up by 5cm to 1.40m thereafter by 3cm	1.15m, up by 6cm to 1.45m
Girls U15	1.20m	up by 5cm to 1.45m thereafter by 3cm	1.20m, up by 6cm to 1.50m
Girls U16	1.25m	up by 5cm to 1.50m thereafter by 3cm	1.25m, up by 6cm to 1.55m
Girls U17	1.30m	up by 5cm to 1.55m thereafter by 3cm	
Girls U18	1.35m	up by 5cm to 1.60m thereafter by 3cm	
Girls U19	1.35m	up by 5cm to 1.60m thereafter by 3cm	
Age Category	Opening Ht.	Condition	
Boys U12	1.05m	Up by 5cm to 1.30m thereafter by 3cm	
Boys U13	1.15m	Up by 5cm to 1.40m thereafter by 3cm	
Boys U14	1.25m	up by 5cm to 1.50m thereafter by 3cm	1.25m, up by 6cm to 1.55m
Boys U15	1.30m	up by 5cm to 1.55m thereafter by 3cm	1.30m, up by 6cm to 1.60m
Boys U16	1.40m	up by 5cm to 1.65m thereafter by 3cm	1.40m, up by 6cm to 1.70m
Boys U17	1.45m	up by 5cm to 1.70m thereafter by 3cm	
Boys U18	1.50m	up by 5cm to 1.75m thereafter by 3cm	
Boys U19	1.55m	up by 5cm to 1.80m thereafter by 3cm	

\*\* In Combined Events (Indoors and Outdoors) all U14-U16 athletes will be allowed to jump **three trials** at their chosen opening height, thereafter it will go to the official competition Opening height for that age group.

The first five heights from the official opening height will increase in 6cm increments and then in 3cm increments thereafter.

## Pole Vault

Age Category	Opening Ht *	Condition
Girls U15	1.50m	up by 15cm to 2.10m thereafter by 10cm
Girls U16	1.50m	up by 15cm to 2.10m thereafter by 10cm
Girls U17	1.50m	up by 15cm to 2.65m thereafter by 10cm
Girls U18	1.50m	up by 15cm to 2.65m thereafter by 10cm
Girls U19	1.50m	up by 15cm to 2.65m thereafter by 10cm
Boys U15	1.60m	up by 15cm to 2.30m thereafter by 10cm
Boys U16	2.30m	up by 15cm to 2.45m thereafter by 10cm
Boys U17	2.30m	up by 15cm to 2.45m thereafter by 10cm
Boys U18	2.30m	up by 15cm to 2.45m thereafter by 10cm
Boys U19	2.30m	up by 15cm to 3.05m thereafter by 10cm

\* Opening height and progression subject to change by the Chief Judge in consultation with the athletes.

### Section 3: Indoor Season:

#### List of Competitions:

<b>Date</b>	<b>Competition</b>	<b>Location</b>	<b>Notes</b>
27th/28th January 2024	Juvenile Indoor Combined Events Day 1 & 2	NIA, Dublin	Start: 10am Entry Fee: €12 Closing Date 17 <sup>th</sup> Jan Entries: Club Secretaries
Saturday 23rd March 2024	Juvenile Indoor Championships, Relays & Field Events (Day 1)	TUS, Athlone	Start: 10am Entry Fee: €6 Event/€15 Relay Team Closing Date 13 <sup>th</sup> March Entries: Club Secretary
Saturday 6th April 2024	Juvenile Indoor Championships (Day 2)	TUS, Athlone	Start: 10am Entry Fee: €6 Event/€15 Relay Team Closing Date 27th March Entries: Club Secretary
Sunday 7th April 2024	Juvenile Indoor Championships (Day 3)	TUS, Athlone	Start: 10am Entry Fee: €6 Event/€15 Relay Team Closing Date 27th March Entries: Club Secretary

List of Events:

**All Events below are available to Girls and Boys\***

<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
60m Sprint 600m  Relay 4x200m  High Jump Long Jump Shot Put	60m Sprint 60m Hurdles 600m  Relay 4x200m  High Jump Long Jump Shot Put	60m Sprint 60m Hurdles 800m  1000m Walk  Relay 4x200m  High Jump Long Jump Shot Put	60m Sprint 60m Hurdles 800m  1000m Walk  Relay 4x200m  High Jump Long Jump Triple Jump Shot Put Pole Vault	60m Sprint 60m Hurdles 200m 800m 1500m  1500m Walk  Relay 4x200m  High Jump Long Jump Triple Jump Shot Put Pole Vault
<b>17</b>	<b>18</b>	<b>19</b>	<b>Multi Events</b>	
60m Sprint 60m Hurdles 200m 400m 800m 1500m  1500m Walk  Relay 4x200m Mixed Relay 4x200m  High Jump Long Jump Triple Jump Shot Put Pole Vault	60m Sprint 60m Hurdles 200m 400m 800m 1500m  1500m Walk  Relay 4x200m  High Jump Long Jump Triple Jump Shot Put Pole Vault	60m Sprint 60m Hurdles 200m 400m 800m 1500m  1500m Walk  Relay 4x200m Mixed Relay 4x200m  High Jump Long Jump Triple Jump Shot Put Pole Vault	<b>Pentathlon Events (14-19)</b> Hurdles High Jump Shot Put Long Jump 800m  <b>Heptathlon Events (Boys 17-19) *</b> <b>Day 1:</b> 60m, Long Jump, Shot Put, High Jump <b>Day 2:</b> 60m Hurdles, Pole Vault, 1000m	

## List of Regulations: Indoors

1. No entries or change of entries will be accepted on the day of the Championship.  
Individual Track & Field Championships for Boys and Girls ages 12-19.
2. Club Singlets and single colour shorts must be worn. Appropriate footwear must be worn for all events. (See Attire in Section 1 Policies)
3. The first four (4) from each region qualify for the National Championships, **except in the 600m** where three (3) qualify. Athletes must qualify in the Region to which their club is affiliated. **No substitutions will be allowed.**
4. Direct Entry: **Individual** 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**
5. An athlete may compete in three individual events plus the relay
6. Athletes are confined to their own age group (except for relays, see Relay Rules)
7. All entries must be approved by the Regional Secretary, a copy of the Regional results must be sent to the AAI office. Closing date for all entries is the Wednesday week prior to the event (10/11 days). No late entries will be accepted

### 8. Check In Rules:

- Each athlete **must collect their own number** and check-in for their event/events.
- All athletes must collect a competition number and check in for **each** event on that day, if competing across both days of a weekend or qualifying for a final on day 2 you must **re-register** for that event. The same bib number will be kept for day 2 (or 3 if the competition commences on Friday)
- All athletes must check in a **minimum** of one (1) hour prior to their event start
- Call room will be in operation for all track events
- **Personal Equipment:** Implements must be checked in a minimum of 60 minutes prior to the start time of each event.

### 9. Warm Up Area Rules:

- Area is restricted for athletes only, cordoned off area for coaches.
- No spectators, no bags or gear to be left in the area.
- Please respect other athletes especially when using equipment ie Hurdles.

### 10. Call Room Rules:

- Track athletes report to call room immediately their event is called. Field athletes to report directly to their event when called.
- 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, this includes all Field Events.

NOTE: The competition area starts at the assembly/call room or entry to each Field Event.

- No spectators, no bags or gear to be left in the area

11. ONLY 5mm spikes may be used– this includes the High Jump. WA rules apply for footwear.
12. High Jump; a ticket will be presented to **one** coach/spectator for each athlete allowing them access to the area adjacent to the track for the duration of that competition only.
13. 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, but a crouch start must

be used instead. The commands for all sprints are "on your marks" and "set"

#### 14. False Starts

- WA False Start Rules apply. TR 16.5-16.8
- U16 upwards - first false start leads to disqualification.
- U12, 13, 14, 15. One false start and all are on warning of next false start leading to disqualification.
- Combined Events all age categories, one false start and all are on warning of next false start leading to disqualification. TR 39.8

#### 15. 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. TR 4.4.1
- An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further TR 4.4.2
- An athlete fails to provide a bona fide effort to compete in an event TR 4.4.3
- The duration of the competition that this rule pertains to is defined as being consecutive days, i.e. Friday, Saturday, and Sunday of a single weekend.

16. Warm up marks for field events should be completed where possible before the time schedule.

17. Individual Championships: all athletes will be allowed 3 trials at field events, the top 8 athletes will be allowed a further 3 trials, except for high jump and pole vault.

18. Where a heat is listed and if insufficient competitors check in a Final will be held at heat time.

19. Seeding:

- All U17, U18 and U19 entrants to track events up to and including 800m will be ranked on the basis of performance at the regional championships, with regional winners ranked 1 to 5, second placed athletes ranked 6 to 10, third placed athletes ranked 11 to 15 and all other entrants will be unranked. Ranking will be used for placing athletes in heats.
- The better ranked athletes will be assigned preferential lanes in the 200m, 400m and 800m events. This rule will also apply if a final is run at heat time.

20. Middle Distance:

- i) 600m, max 15 athletes, straight final using a split start.
- ii) 800m, **if 11 or less check in**, at the discretion of the track referee, a FINAL will be held at heat time, **if more than 11 check in** there will be heats and finals. Seeding rules will apply for heat allocation. The 800m race will start on the short stagger and break at the first bend.
- iii) 1500m, if 15 or less check in, at the discretion of the track referee, a FINAL will be held at heat time. **If more than 15 check in** the athletes will be placed into two heats as follows; Heat 1= 3<sup>rd</sup> and 4<sup>th</sup> place regional qualifiers and **ALL** Direct Entries. Heat 2= 1<sup>st</sup> and 2<sup>nd</sup> place regional qualifiers. The winners will be taken from the fastest times across the two heats.

21. An athlete must inform the Chief Judge when leaving the competition area.

22. Athletes must leave the arena when their event is complete.

23. Winning track athletes must report for medal presentation 20 minutes after their event where possible or when called from the Public Address System.

24. Winning field athletes go to medal presentation with the lead official on the conclusion of their event.

25. Coaches and parents are **not allowed** on the track at any time, any parent or club official found on the track risk the possibility of their athlete and club being disqualified
26. Regional Competition Secretaries must be available for queries on days of competition.

### 27. Relay Competition:

- Relay teams qualify from region, three (3) teams per region per age category, teams must compete in order to qualify.
- Athletes may compete in TWO (2) relays on the day.
- An athlete may move up one age group, however, for all U12-U17 relays at least 2 members of a competing relay team, participating in each round of that event on that day must be of the correct age
- U17 and U18 age groups, all athletes may move up one age group, n.b., only 2 U16 athletes may compete on an U17 team.
- **The order for mixed relays is Female -Male – Female - Male**
- Two subs may be entered for the mixed relay, one of each gender. Six (6) engraved medals will be awarded.
- Two subs may be entered for the single gender races. Five (5) engraved medals will be awarded and one blank
- Subs must be present on the day and declared to receive a medal
- If 6 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 completed for each individual team.
- Spot checks will be carried out on team declarations

### 28. Combined Events

- Entry is open, there are no qualifying criteria from the Regions.
  - Entries are made online by the Club Secretaries.
  - In the Field events, each athlete shall be allowed three trials only.
  - An athlete shall be disqualified in any event, in which he/she has made two false starts.
  - An athlete that has attempted to start an event within a Combined Event but then retires from that event, it is still possible for them to continue in subsequent events within that Combined Event. However, they may not return to the event from which they have retired.
  - The winner shall be the athlete who has obtained the highest number of points, any ties remain unresolved and joint medals will be awarded. Medals will be presented to the top three.

Please have respect for the stadium and its environs, adhere to all rules of the arena.

**All spectators must be seated for the duration of the competition, there is to be no standing at the railings adjacent to the track.**

Please do not leave your personal belongings unattended.

**Timetables:**

**23rd March 2024, Juvenile Indoor Championships Relays & Field Events (Day 1):**

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.

**Inter Club Uneven Age Relays**

**Check in Closes 9:30am for U13 and U15 and Mixed, 10:00am for U17 and U19**

10:00am	Mixed	U17	4X200m	Finals (Heat Declared Winners)
	Mixed	U19	4X200m	Finals (Heat Declared Winners)
	Girls	U13	4X200m	Finals (Heat Declared Winners)
	Boys	U13	4X200m	Finals (Heat Declared Winners)
	Girls	U15	4X200m	Heats
	Boys	U15	4X200m	Heats
	Girls	U17	4X200m	Heats
	Boys	U17	4X200m	Heats
	Girls	U19	4X200m	Heats
	Boys	U19	4X200m	Heats

**FINALS OF ABOVE**

**Inter Club Even Age Relays, Check-in closes 12.30pm**

1.30pm	Girls	U12	4X200m	Finals (Heat Declared Winners)
	Boys	U12	4X200m	Finals (Heat Declared Winners)
	Girls	U14	4X200m	Heats
	Boys	U14	4X200m	Heats
	Girls	U16	4X200m	Heats
	Boys	U16	4X200m	Heats
	Girls	U18	4X200m	Heats
	Boys	U18	4X200m	Heats

**FINALS OF ABOVE**

**Athletes may compete in TWO relays on the day.**

**At least 2 members of a competing relay team, participating in that event must be of the correct age.**

**Mixed teams are 2 boys/2 girls Running - Order for mixed relays; Girl/boy/girl/boy.**

**Field Events**

10:00am	Boys	U17	Shot Put	(5kg)
10:45am	Girls	U19	Shot Put	(4kg)
11:30am	Boys	U18	Shot Put	(5kg)
12:50pm	Girls	U18	Shot Put	(3kg)
2:10pm	Boys	U19	Shot Put	(6kg)
2:45pm	Girls	U17	Shot Put	(3kg)
10:00am	Girls	U15	Triple Jump	
11:00am	Boys	U15	Triple Jump	
12:00am	Girls	U18	Triple Jump	
1:45pm	Boys	U18	Triple Jump	
2:45pm	Girls	U19	Triple Jump	
3:30pm	Boys	U19	Triple Jump	
11.00 a.m.	Boys	U12	High Jump	
12.00 a.m.	Girls	U12	High Jump	
1.00 p.m.	Boys	U13	High Jump	
2.00 p.m.	Girls	U13	High Jump	

Please note that this is a **PROVISIONAL TIMETABLE** which may be changed.

## Saturday 6th April 2024, Juvenile Indoor Championships (Day 2):

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.

Track			Field		
<b><u>Check in closes 9.00 am (400m)</u></b>			<b><u>Check in Closes 1 hour prior to each start time</u></b>		
<b>10:00 am</b>			<b>Long Jump</b>		
Girls & Boys	U17	400m Heats	10:00 am	Girls U12	(Pit 1)
Girls & Boys	U18	400m Heats		Boys U12	(Pit 2)
Girls & Boys	U19	400m Heats	11:15 am	Girls U13	(Pit 1)
<b>400m FINALS WILL BE HELD AT HEAT TIME IF HEATS ARE NOT REQUIRED</b>				Boys U13	(Pit 2)
<b><u>Check in closes 9.30am (1500m)</u></b>			1:00 pm	Girls U16	(Pit 1)
<b>10.45 am</b>				Girls U17	(Pit 2)
Girls & Boys	U16	1500m Finals	2:15pm	Girls U18	(Pit 1)
Girls & Boys	U17	1500m Heats		Girls U19	(Pit 1)
Girls & Boys	U18	1500m Heats	<b>Triple Jump</b>		
Girls & Boys	U19	1500m Heats	2:15pm	Boys U16	(Pit 2)
<b><u>Check in closes 11:00 am for Boys (Walk)</u></b>			3:15pm	Boys U17	(Pit 2)
<b>12:00 pm</b>			<b>High Jump</b>	<i>coach access by sticker only</i>	
Boys	U16	1500m Walk	10:00 am	Girls U15	
Boys	U17	1500m Walk		Boys U15	
Boys	U18	1500m Walk	11:30 am	Girls U18-U19	
Boys	U19	1500m Walk	3:00 pm	Girls U14	
Boys	U14	1000m Walk		Boys U14	
Boys	U15	1000m Walk	<b>Shot Put</b>		
<b><u>Check in closes 12.00 p.m. (60m)</u></b>			10:00 am	Girls U14	(2k)
<b>1:10pm</b>			11:00 am	Boys U14	(2.72k)
Girls & Boys	U12	60m Heats	12:00 pm	Girls U12	(2k)
Girls & Boys	U13	60m Heats	2:00 pm	Boys U12	(2k)
Girls & Boys	U14	60m Heats	3:00 pm	Boys U15	(3k)
Girls & Boys	U15	60m Heats			
Girls & Boys	U16	60m Heats	<b>Pole Vault (warm up at 10:00/1:00)</b>		
Girls & Boys	U17	60m Heats	11.00 a.m.	Boys U15-U16	
Girls & Boys	U18	60m Heats	2:00pm	Boys U17-U19	
Girls & Boys	U19	60m Heats			
<b>3.50 p.m Finals 400m</b>					
<b><u>Check in closes 3.30 pm for Girls (Walk)</u></b>					
<b>4:15pm</b>					
Girls	U14	1000m Walk			
Girls	U15	1000m Walk			
Girls	U16	1500m Walk			
Girls	U17	1500m Walk			
Girls	U18	1500m Walk			
Girls	U19	1500m Walk			
<b>5.15pm Finals 60m Sprint</b>					

Please note that this is a **PROVISIONAL TIMETABLE** which may be changed.



**Sunday 7<sup>th</sup> April 2024, Juvenile Indoor Championships (Day 3):**

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.

**Track**

**Check in closes 9.00 am (200m)**

**10.00 am**

Girls & Boys	U16	200m Heats
Girls & Boys	U17	200m Heats
Girls & Boys	U18	200m Heats
Girls & Boys	U19	200m Heats

**Check in closes 10.00 am (600m/800m)**

**11.30 pm**

Girls & Boys	U12	600m Final	on times
Girls & Boys	U13	600m Final	on times
Girls & Boys	U14	800m Heats	
Girls & Boys	U15	800m Heats	
Girls & Boys	U16	800m Heats	
Girls & Boys	U17	800m Heats	
Girls & Boys	U18	800m Heats	
Girls & Boys	U19	800m Heats	

**1.30 pm 200m Finals**

**Finals will be held at heat time if heats not required**

**Check in closes 1.15 pm (Hurdles)**

**2.15 pm**

Girls	U13	60m Hur Heats	2'3"
Boys	U13	60m Hur Heats	2'3"
Girls	U14	60m Hur Heats	2'3"
Boys	U14	60m Hur Heats	2'6"
Girls	U15	60m Hur Heats	2'6"
Girls	U16	60m Hur Heats	2'6"
Girls	U17	60m Hur Heats	2'6"
Girls	U18	60m Hur Heats	2'6"
Boys	U15	60m Hur Heats	2'9"
Boys	U16	60m Hur Heats	2'9"
Girls	U19	60m Hur Heats	2'9"
Boys	U17	60m Hur Heats	3'0"
Boys	U18	60m Hur Heats	3'0"
Boys	U19	60m Hur Heats	3'3"

**4.15 pm 800m Final**

**5.00 pm Hurdle Finals**

**Field**

**Check in Closes 1 hour prior to each start time**

**Long Jump**

10.00 am	Girls	U14	(Pit 1)
	Boys	U14	(Pit 2)
11.15 am	Boys	U15	(Pit 1)
	Girls	U15	(Pit 2)
1.00 pm	Boys	U16	(Pit 1)
	Boys	U19	(Pit 2)
2.15 pm	Boys	U17	(Pit 1)
3.30 pm	Boys	U18	(Pit 1)

**Triple Jump**

2.15 pm	Girls	U16	(Pit 2)
3.45 pm	Girls	U17	(Pit 2)

**High Jump**

10.00 am	Girls	U16	(Mat 1)	
	Boys	U18-U19	(Mat 2)	Middle
11.30 pm	Boys	U17	(Mat 1)	
	Girls	U17	(Mat 2)	Middle
2.00 pm	Boys	U16	(Mat 1)	

**Shot Put**

10.00 am	Girls	U15	(2.72k)
11.00 am	Girls	U16	(3k)
12.00 pm	Girls	U13	(2k)
2.00 pm	Boys	U13	(2k)
3.00 pm	Boys	U16	(4k)

**Pole Vault (warm up at 10:00/1.00)**

11.00 am	Girls	U15-U16
2.00 pm	Girls	U17-U19

Please note that this is a **PROVISIONAL TIMETABLE** which may be changed.

## Section 4: Outdoor Season:

### List of Competitions:

<b>Date</b>	<b>Competition</b>	<b>Location</b>	<b>Notes</b>
24 <sup>th</sup> March 2024	Spring Throws (non- Championship)	TBC	Start: 10am  Closing Date 13 <sup>th</sup> March Entries: Club Secretaries
Sunday 23 <sup>rd</sup> June 2024	Children’s Team Games (9-11), U12 Championships and Relays	Tullamore	Start: 10am Entry Fee: €12/Team, €15/Relay Entry Fee: €6/Ind Closing Date 12 <sup>th</sup> June Entries: Regional/Club Secretary U12 Relays: County Secretary
Sunday 7 <sup>th</sup> July 2024	Juvenile Outdoor Championships Day 1	Tullamore	Start: 10am Entry Fee: €6 Event Closing Date 26 <sup>th</sup> June Entries: Club Secretary
13 <sup>th</sup> /14 <sup>th</sup> July 2024	Combined Events Day 1 & Day 2	Morton	Start: 10am Entry Fee: € Closing Date 3 <sup>rd</sup> July Entries: Club Secretary
Saturday 20 <sup>th</sup> July 2024	Juvenile Inter Club Relays 14-19	Tullamore	Start: 12pm Entry Fee: €15/Team Closing Date 10 <sup>th</sup> July Entries: County Secretaries
Saturday 20 <sup>th</sup> July 2024	Juvenile “B” Championships	Tullamore	Start: 10am Entry Fee: €6 event Closing Date 10 <sup>th</sup> June Entries: Club Secretaries
Sunday 21 <sup>st</sup> July 2024	Juvenile Outdoor Championships Day 2	Tullamore	Start: 10am Entry Fee: €6/ event Closing Date 10 <sup>th</sup> July Entries: Club Secretary
Saturday 27 <sup>th</sup> July 2024	Juvenile Outdoor Championships Day 3	Tullamore	Start: 10am Entry Fee: €6 Event Closing Date 12 <sup>th</sup> July Entries: Club Secretary

List of Events: A Championships

<b>All Events below are available to Girls</b>			
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
60m Sprint 600m  Relay 4x100m  High Jump Long Jump Shot Put Turbo Javelin	80m Sprint 60m Hurdles 600m  Relay 4x100m  High Jump Long Jump Shot Put Javelin	80m Sprint 75m Hurdles 200m 800m 1500m  2000m Walk  Relay 4x100m  High Jump Long Jump Shot Put Javelin Discus Hammer	100m Sprint 80m Hurdles 250m Hurdles 200m 800m 1500m  2000m Walk  Relay 4x100m  High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
100m Sprint 80m Hurdles 250m Hurdles 200m 800m 1500m 3000m  2000m Walk  Relay 4x100m  High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer	100m Sprint 100m Hurdles 300m Hurdles 200m 400m 800m 1500m 3000m 2000m S/Chase  3000m Walk  Relay 4x100m Relay 4x400m Mixed Relay 4x400m  High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer	100m Sprint 100m Hurdles 400m Hurdles 200m 400m 800m 1500m 3000m 2000m S/Chase  3000m Walk  Relay 4x100m  High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer	100m Sprint 100m Hurdles 400m Hurdles 200m 400m 800m 1500m 3000m  3000m S/Chase 3000m Walk  Relay 4x100m Relay 4x400m Mixed Relay 4x400m  High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer

<b>All Events below are available to Boys</b>			
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
60m Sprint 600m  Relay 4x100m  High Jump Long Jump Shot Put Turbo Javelin	80m Sprint 60m Hurdles 600m  Relay 4x100m  High Jump Long Jump Shot Put Javelin	80m Sprint 75m Hurdles 200m 800m 1500m  2000m Walk  Relay 4x100m  High Jump Long Jump Shot Put Javelin Discus Hammer	100m Sprint 80m Hurdles 250m Hurdles 200m 800m 1500m  2000m Walk  Relay 4x100m  High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
100m Sprint 100m Hurdles 250m Hurdles 200m 800m 1500m 3000m  3000m Walk  Relay 4x100m  High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer	100m Sprint 100m Hurdles 300m Hurdles 200m 400m 800m 1500m 3000m 2000m S/Chase  3000m Walk  Relay 4x100m Relay 4x400m Mixed Relay 4x400m  High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer	100m Sprint 110m Hurdles 400m Hurdles 200m 400m 800m 1500m 3000m 3000m S/Chase  5000m Walk  Relay 4x100m Relay 4x400m  High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer	100m Sprint 110m Hurdles 400m Hurdles 200m 400m 800m 1500m 3000m  3000m S/Chase  5000m Walk  Relay 4x100m Relay 4x400m Mixed Relay 4x400m  High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer

List of Events: B Championships

**All Events below are available to Girls and Boys**

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

**Pentathlon Events available to Girls and Boys**

14	15	Girls 16	Boys 16
75m Hurdles Long Jump High Jump Shot Put 800m	80m Hurdles Shot Put High Jump Long Jump 800m	80m Hurdles High Jump Shot Put Long Jump 800m	100m Hurdles Long Jump Shot Put High Jump 800m

**Children's Team Games Events available to Girls and Boys**

9	10	11	
60m 300m	60m 500m	60m 600m	
Long Jump Turbo Javelin (300g)	Long Jump Turbo Javelin (300g)	Long Jump Turbo Javelin (300g)	

**Multi Events**

**Heptathlon/Decathlon**

U18 Girls (17&18)

Day 1: 100m Hurdles, High Jump, Shot Put, 200m

Day 2: Long Jump, Javelin, 800m

U18 Boys (17&18)

Day 1: 100m, Long Jump, Shot Put, High Jump, 400m

Day 2: 110m Hurdles, Discus, Pole Vault, Javelin, 1500m

U20 Girls (19)

Day 1: 100m Hurdles, High Jump, Shot Put, 200m

Day 2: Long Jump, Javelin, 800m

U20 Boys (19)

Day 1: 100m, Long Jump, Shot Put, High Jump, 400m

Day 2: 110m Hurdles, Discus, Pole Vault, Javelin, 1500m

## List of Regulations: Outdoor T&F

1. No entries or change of entries will be accepted on the day of the Championship.
2. Individual Track & Field Championships for Boys and Girls aged 12-19.  
Children's Team Games for Boys and Girls aged 9-11.
3. Club Singlets and single colour shorts must be worn. Appropriate footwear must be worn for all events. (See Attire in Section 1 Policies)
4. The first four (4) athletes from each region qualify for the National Championships except in the 600m where three (3) qualify. Athletes must qualify in the Region to which their club is affiliated.  
**No substitutions will be allowed.**
5. Ages 12, 13, 14, 15 and 16 are limited to 3 events plus relay.  
Ages 17, 18 and 19 are limited to 4 events plus relay.
6. Direct Entry: Individual Athletes aged 17, 18 and 19 may compete in the National Championships **provided they have entered those events in the Provincial/Regional Championships**, Direct entries by permission of the Regional Secretaries only.
7. All entries must be approved by the Regional Secretary, a copy of the Regional results should be sent to the AAI office. Closing date for all entries is the Wednesday week prior to the event (10/11 days). No late entries will be accepted.

### 8. Check In Rules:

- Each athlete **must collect their own number** and check-in for their event/events.
- All athletes must collect a competition number and check in for **each** event on that day, if competing across both days of a weekend or qualifying for a final on day 2 you must **re-register** for that event. The same bib number will be kept for day 2.
- All athletes must check in a **minimum** of one (1) hour prior to their event start.
- **Personal Equipment:** Implements must be checked in a minimum of 90 minutes prior to the start time of each event.

### 9. Warm Up Area Rules: (if allocated)

- Area is restricted for athletes only, cordoned off area for coaches.
- No spectators, no bags or gear to be left in the area.
- Please respect other athletes especially when using equipment ie Hurdles.

### 10. Call Room Rules:

- Call room is in operation for all Track and Field athletes; report to call room immediately the event is called.
- 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.
- No spectators, no bags or gear to be left in the area

11. ONLY 5mm spikes may be used– including High Jump. WA rules apply for footwear.

12. 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, but a crouch start must be used instead. The commands for all sprints are "on your marks" and "set"

### 13. False Starts

- WA False Start Rules apply. TR 16.5-16.8

- U16 upwards - first false start leads to disqualification.
- U12, 13, 14, 15. One false start and all are on warning of next false start leading to disqualification.
- Combined Events all age categories, one false start and all are on warning of next false start leading to disqualification. TR 39.8

**14. 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. TR 4.4.1
- An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further TR 4.4.2
- An athlete fails to provide a bona fide effort to compete in an event TR 4.4.3
- The duration of the competition that this rule pertains to is defined as being consecutive days, i.e. Friday, Saturday, and Sunday of a single weekend.

**15. Individual Championships:** all athletes will be allowed 3 trials at field events, the top 8 athletes will be allowed a further 3 trials, except for high jump and pole vault.

**16. Turbo Javelin rules and format** are as javelin competition. 3 individual throws per athlete. Top 8 to final.

**17.** Where a heat is listed and if insufficient competitors check in a Final will be held at heat time.

**18. Seeding:**

○ All U17, U18 and U19 entrants to track events up to and including 800m will be ranked on the basis of performance at the regional championships, with regional winners ranked 1 to 5, second placed athletes ranked 6 to 10, third placed athletes ranked 11 to 15 and all other entrants will be unranked. Ranking will be used for placing athletes in heats.

○ The better ranked athletes will be assigned preferential lanes in the 100m, 200m, 400m and all hurdle events. This rule will also apply if a final is run at heat time.

**19. Middle Distance:**

iv) 600m, max 15 athletes, straight final.

v) 800m, **if 15 or less check in**, at the discretion of the track referee, a FINAL will be held at heat time, **if more than 15 check in** then there will be heats and finals.

vi) 1500m, if 18 or less check in, at the discretion of the track referee, a FINAL will be held at heat time. **if more than 18 check in** then the athletes will be placed into two heats as follows; Heat 1= 3<sup>rd</sup> and 4<sup>th</sup> place regional qualifiers and **ALL** Direct Entries. Heat 2= 1<sup>st</sup> and 2<sup>nd</sup> place regional qualifiers, results determined from heat times.

**20. Race Walking:** A Penalty Zone will be in use for the Championships, an athlete will be required to enter the zone and remain there for 30 seconds once they have received 3 Red Cards. If an athlete receives a third Red Card and it is no longer practicable to direct them to the Penalty Zone before the end of the race, the Referee shall add the 30 seconds to their finishing time.

**21.** An athlete must inform the Chief Judge when leaving the competition area.

**22.** Athletes must leave the arena when their event is complete.

**23.** Winning athletes must report for medal presentation 20 minutes after their event where possible or when called from the Public Address System

**24.** Coaches and parents are not allowed on the track at any time

25. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified
26. Regional Competition Secretaries must be available for queries on days of competition. Please have respect for the stadium and its environs and adhere to all rules of the arena. Please do not leave your personal belongings unattended.

### Relays: (Excluding U9-U11)

- Qualification: Three (3) teams per county per age group, Teams qualify from the County.
- Entries are to be made online via the County Secretary
- An athlete may move up one age group
- U16 may NOT compete in 4 x 400m Relays.
- At least 2 members of a competing relay team, participating in each round of that event on that day must be of the correct age, except for 17, 18, 19 age groups where all athletes may move up one age group.
- Minimum break of 45 minutes for 4 x 100m and 90 minutes for 4 x 400m relays.
- Athletes may compete in a **maximum of 2** relay teams on the day.
- **Running order for Mixed relay shall be Female – Male – Female – Male**
- Two subs may be entered for the mixed relay, one of each gender. Six (6) engraved medals will be awarded
- Two subs may be entered for the single gender races. Five (5) engraved medals will be awarded and one blank
- Subs must be present and declared in order to receive a medal at presentation.
- All team names, registration numbers and DOB must be on entry sheets at closing date.
- Declaration sheets must be filled in on day of competition.
- Spot checks may take place.
- NOTE: Teams should be checked in 60 minutes prior to the start of each session of the competition
- Session start times can be moved forward by up to 45 minutes.
- For U12 and U13, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place will be determined as HEAT DECLARED WINNERS, no finals.

### Relays: Inter Club U9-U11

- Qualification: Three (3) teams per region per age group, teams qualify through the Region.
- Athletes may step up one (1) age group only and may compete in two (2) relays on the day **except U9 athletes who must be born in year 2016**
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age
- Two subs may be entered, subs must be present for medal presentation. Five (5) engraved medals will be awarded and one blank
- Team names, DOB, registration numbers must be submitted with entry
- Declaration Sheets must be completed for each individual team.
- Spot checks may take place.
- 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place will be determined as HEAT DECLARED WINNERS, no finals for U9, U10, U11 age groups.



### Combined Events:

- Entry is open, there are no qualifying criteria from the Regions.
- Entries are made online by the Club Secretaries
- In the Field events, each athlete shall be allowed three trials only.
- An athlete shall be disqualified in any event, in which he/she has made two false starts.
- An athlete that has attempted to start an event within a Combined Event but then retires from that event, it is still possible for them to continue in subsequent events within that Combined Event. However, they may not return to the event from which they have retired.
- An athlete failing to attempt to start 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. They shall not, therefore, figure in the final classification. TR 39.10
- An athlete failing to make a mark in one of the events shall be allowed to continue in the competition.
- The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.

### Children's Games:

- Qualification: Three (3) teams qualify per Region per age group.
- Two (2) athletes per team.
- Each athlete may compete in two events only, *with the same or two different partners*.
- Athletes compete in their own age group (**U9 must be born 2016**)
- Each team's combined distances or combined times are added for team scoring.
- Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> teams (2 medals) in each event.
- In the U9 and 10 Long Jump competition, no board will be used and the athlete must take off before the edge of the pit. U11 Long Jump competition is from the board. 3 Jumps only per athlete.
- 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, 3 throws per athlete.
- 60m, 300m, 500m, 600m are on times - no finals.
- Standing or crouch start is optional. The standing start command for all sprints are "on your marks" and "set"
- The start command for 300m is "on your marks", no set.
- Persistent false starts may lead to disqualification.
- No entry or change of entry on the day of competition. Athletes qualify as a pair from their Region and must compete as this pair. In the event of a pair being unable to attend the Games the next Regional qualifier is entitled to attend provided they are entered online by the Regional secretary before the closing date. In the event of illness on the day ONE athlete of the pair may be substituted.
- Club singlets must be worn – no tracksuits.
- The Committee reserve the right to alter the timetable.
- Relays are not part of the scoring for team competition.
- *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.*

### B Championships:

- An athlete who **DID NOT** qualify for the National 'A' Championships in **ANY** event is eligible to compete in the B Championships.
- An athlete does not have to enter or compete in the Regional Championships to be eligible.

- All entries online through club secretaries.
- Athletes may compete in 2 events only.
- Athletes must compete in their own age group.
- All Field Event Athletes must be technically proficient in the event, in the interest of safety.

**Timetables:**

**Sunday 23<sup>rd</sup> June 2024, Children’s Games, U12 Championships:**

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 at 8.30am

**Check-in closes 9.15 am (Sprints)**

**10.00 am**

Girls & Boys	12	60m	Heats
Girls & Boys	9	60m	
Girls & Boys	10	60m	
Girls & Boys	11	60m	

FINALS U12 60m

**Check-in closes 11.30 pm Middle Distance\***

**12.30 pm**

Girls & Boys	11	600m
Girls & Boys	12	600m
Girls & Boys	9	300m
Girls & Boys	10	500m

**Check-in closes 1.30 pm Relays\***

**2.30 pm**

Girls	12	4x100m
Boys	12	4x100m
Girls	11	4x100m
Boys	11	4x100m
Girls	9	4x100m
Boys	9	4x100m
Girls	10	4x100m
Boys	10	4x100m

**Check in Closes 1 hour prior to each start time**

**Long Jump**

10.00 a.m.	Girls	11	(Pit 1)
	Boys	11	(Pit 2)
11.00 a.m.	Girls	9	(Pit 1)
	Boys	9	(Pit 2)
12.00 pm	Girls	12	(Pit 1)
	Boys	12	(Pit 2)
2.30 pm	Girls	10	(Pit 1)
	Boys	10	(Pit 2)

**Turbo Javelin**

10.00 a.m.	Girls	10	(Area 1)
	Boys	10	(Area 2)
11.00 a.m.	Girls	11	(Area 1)
	Boys	11	(Area 2)
1.00 pm	Girls	9	(Area 1)
	Boys	9	(Area 2)
3.00 pm	Girls	12	(Area 1)
	Boys	12	(Area 2)

**High Jump**

10.30 am	Girls	12
2.00 pm	Boys	12

**Shot Put OUTFIELD**

10.30 am	Boys	12
1.15 am	Girls	12

\* 1st, 2nd and 3rd place will be determined on Heat times, ie No Finals

## Sunday 7th July 2024 Juvenile Track & Field Championships: (Day 1)

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 at 8.30am

### Check in closes 9.15 am Hurdles

#### 10.00 a.m.

Girls	13	60m H 2'3" 68.6cm
Boys	13	60m H 2'3" 68.6cm
Girls	14	75m H 2'3" 68.6cm
Boys	14	75m H 2'6" 76.2cm
Girls	15	80m H 2'6" 76.2cm
Girls	16	80m H 2'6" 76.2cm
Boys	15	80m H 2'9" 84.0cm
Girls	17	100m H 2'6" 76.2cm
Girls	18	100m H 2'6" 76.2cm
Boys	16	100m H 2'9" 84.0cm
Girls	19	100m H 2'9" 84.0cm
Boys	17	100m H 3'0" 91.4cm
Boys	18	110m H 3'0" 91.4cm
Boys	19	110m H 3'3" 99.0cm

Finals to be held at heat time if heats not required

#### **HURDLE FINALS**

### Check in closes 12.00 p.m. 600m/800m

#### 1.00 p.m.

Girls & Boys	13	600m	Final
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

Finals to be held at heat time if heats not required

### Check in closes 1.45 p.m. Steeplechase

#### 2.45 p.m.

Girls	17	2000 S/C (2'6")	Final
Girls	18	2000 S/C (2'6")	Final
Girls	19	3000 S/C (2'6")	Final
Boys	17	2000 S/C (2'9")	Final
Boys	18/19	3000 S/C (3'0")	Final

#### **4.00 pm 800m FINALS**

### Check in Closes 1 hour prior to each start time

#### Discus

10.00 am	15	Girls
11.30 am	16	Boys
12.15 pm	15	Boys
2.00 pm	16	Girls
3.15 pm	19	Boys
3.45 pm	19	Girls

#### Hammer

10.00 am	14	Girls
11.00 am	17	Boys
11.45 pm	18	Boys
12.30 pm	14	Boys
2.00 pm	17	Girls
3.00 pm	18	Girls

#### Shot Put

10.00 am	13	Boys
11.15 am	17	Girls
1.30 pm	14	Girls
2.45 pm	13	Girls

#### Javelin

10.00 am	13	Girls
11.30 am	15	Boys
1.30 pm	18	Girls
2.15 pm	15	Girls
3.30 pm	13	Boys

#### Pit 1 Long Jump

10.00 am	15	Boys
11.30 am	13	Girls
1.30 pm	15	Girls
3.00 pm	18	Boys

#### Pit 2 Long/Triple Jump

10.00 am	17	Girls TJ
11.30 am	13	Boys LJ
1.30 pm	17	Boys TJ
2.15 pm	16	Boys TJ
3.00 pm	19	Girls LJ

#### High Jump

10.00 am	14	Girls
11.30 am	14	Boys
1.30 pm	13	Boys
3.00 pm	13	Girls

**Saturday 20th July 2024 Juvenile Relays & 'B' Championships:**

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 at 8.30am

**TRACK**

**Check-in closes 9.15 am Sprints/Mixed Relay**

**10.00am**

Mixed Relay	17	4x400m	Final
Mixed Relay	19	4x400m	Final

**10.15 am**

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

**SPRINT FINALS to be held in the same order**

**Check in closes at 11.00am Relays**

**12.00pm**

Girls & Boys	18	4x400m
Girls & Boys	13	4x100m
Girls & Boys	15	4x100m
Girls & Boys	17	4x100m
Girls & Boys	19	4x100m

**FINALS TO BE HELD IN SAME ORDER**

**Check in closes at 1.30pm 600/800m**

**2.30pm**

Girls & Boys	12	600m	Final
Girls & Boys	13	600m	Final
Girls & Boys	14	800m	Final
Girls & Boys	15	800m	Final
Girls & Boys	16	800m	Final

**ALL 600m/800m RACES ARE HEAT DECLARED WINNERS**

**Check in closes at 2.30pm Relays**

**3.30pm**

Girls & Boys	17	4x400m
Girls & Boys	19	4x400m
Girls & Boys	14	4x100m
Girls & Boys	16	4x100m
Girls & Boys	18	4x100m

**FINALS TO BE HELD IN SAME ORDER**

**FIELD**

**Check in closes 9.15am Field Events**

**Shot Put**

<b>10.00am</b>	14	Girls
	14	Boys
	13	Girls
	13	Boys
	15 & 16	Girls
	15 & 16	Boys
	12	Girls
	12	Boys

**Long Jump Pit 1**

<b>10.15am</b>	15 & 16	Girls
	14	Girls
	13	Girls
	12	Girls

**Long Jump Pit 2**

<b>10.15am</b>	15 & 16	Boys
	14	Boys
	13	Boys
	12	Boys

**High Jump**

<b>10.00am</b>	13	Girls
	13	Boys
	12	Girls
	12	Boys
	15 & 16	Girls
	15 & 16	Boys
	14	Girls
	14	Boys

## Sunday 21st July 2024 Juvenile Track & Field Championships: (Day 2)

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 at 8.30am

Check in closes 9.15 a.m. Girls Walks

<b>10.00 a.m.</b>		<b>Age groups may be combined</b>	
Girls	17	3000m Walk	Final
Girls	18	3000m Walk	Final
Girls	19	3000m Walk	Final
Girls	14	2000m Walk	Final
Girls	15	2000m Walk	Final
Girls	16	2000m Walk	Final

**Check in closes 10.30 a.m. 400m**

<b>11.15 a.m.</b>			
Girls	17	400m	Heats
Boys	17	400m	Heats
Girls	18	400m	Heats
Boys	18	400m	Heats
Girls	19	400m	Heats
Boys	19	400m	Heats

**Check in closes 11.20 a.m. Boys Walks**

<b>12:20 p.m.</b>		<b>Age groups may be combined</b>	
Boys	14	2000m Walks	Finals
Boys	15	2000m Walks	Finals
Boys	16	3000m Walks	Finals
Boys	17	3000m Walks	Finals
Boys	18	5000m Walks	Finals
Boys	19	5000m Walks	Finals

**1.30 p.m. 400m Finals**

**Check in closes 1.15 p.m. Sprints**

<b>2.00 p.m.</b>			
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**

<b>3.45 p.m.</b>		<b>Age groups may be combined</b>	
Girls & Boys	16	3000m	Final
Girls & Boys	17	3000m	Final
Girls & Boys	18	3000m	Final
Girls & Boys	19	3000m	Final

**5.00 pm. Sprint Finals**

**Check in Closes 1 hour**

prior to each start time

	<b>Discus</b>	
<b>10.00 am</b>	14	Girls
<b>11.15 am</b>	17	Girls
<b>12.30 pm</b>	18	Girls
<b>2.00 pm</b>	14	Boys
<b>3.30 pm</b>	17	Boys
<b>4.30 pm</b>	18	Boys
	<b>Hammer</b>	
<b>10.00 am</b>	15	Girls
<b>10.45 am</b>	16	Girls
<b>11.30 pm</b>	15	Boys
<b>12.15 pm</b>	16	Boys
<b>2.00pm</b>	19	Girls
<b>2.45pm</b>	19	Boys
	<b>Shot Put</b>	
<b>10.00 am</b>	15	Boys
<b>11.00 am</b>	16	Boys
<b>1.30 pm</b>	18	Girls
<b>2.45 pm</b>	16	Girls
<b>4.00 pm</b>	15	Girls
	<b>Javelin</b>	
<b>10.00 am</b>	18	Boys
<b>10.45 am</b>	17	Boys
<b>12.00 pm</b>	19	Boys
<b>1.30 pm</b>	14	Girls
<b>2.45pm</b>	14	Boys
	<b>Long Jump</b>	
<b>10.00 am</b>	17	Boys
<b>11.30 am</b>	14	Girls
<b>1.30 pm</b>	16	Girls
<b>3.00 pm</b>	14	Boys
	<b>Triple Jump</b>	
<b>10.00 am</b>	19	Boys
<b>10.45 am</b>	18	Boys
<b>1.00pm</b>	15	Boys
<b>2.00 pm</b>	15	Girls
	<b>High Jump</b>	
<b>10.00 am</b>	16	Boys
<b>11.00 am</b>	15	Boys
<b>12.00 pm</b>	18 & 19	Boys
<b>2.00 pm</b>	15	Girls
	<b>Pole Vault</b>	
(Warm up at 9.30am/1pm)		
<b>10.30 am</b>	15 & 16	Girls
<b>2.00 pm</b>	17, 18 & 19	Girls

## Saturday 27th July 2024 Juvenile Track & Field Championships: (Day 3)

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 at 8.30am

### Check-in closes 9.15 am 200m

#### 10.00 a.m.

Girls & Boys	14	200m
Girls & Boys	15	200m
Girls & Boys	16	200m
Girls & Boys	17	200m
Girls & Boys	18	200m
Girls & Boys	19	200m

Finals to be held at heat time if heats not required

### Check in closes 10.30 a.m. 1500m

#### 11:30 a.m.

Girls & Boys	14	1500m
Girls & Boys	15	1500m
Girls & Boys	16	1500m
Girls & Boys	17	1500m
Girls & Boys	18	1500m
Girls & Boys	19	1500m

1.30 pm 200m Finals

### Check in closes 1.30 p.m. Hurdles

#### 2.15 p.m.

Girls	15	250m Hurdles	2'3"	68.6cm
Boys	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

Finals to be held at heat time if heats not required

**HURDLE FINALS IN SAME ORDER**

### Check in Closes 1 hour prior to each start

#### time

#### Shot Put

Heats	10.00 am	18	Boys
Heats	11.30 am	17	Boys
Heats	1.30 pm	14	Boys
Heats	3.00 pm	19	Girls
Heats	3.30 pm	19	Boys
Heats			

#### Javelin

	10.00 am	16	Girls
	11.15 am	16	Boys
	1.00 pm	17	Girls
	2.00 pm	19	Girls

#### Long Jump

Heats	10.00 am	17	Girls
Heats	11.30 am	19	Boys
Heats	1.15 pm	16	Boys
Heats	2.15 pm	18	Girls

#### Triple Jump

	10.00 am	19	Girls
	11.15 am	18	Girls
	12.00 pm	16	Girls

#### High Jump

	10.00 am	17	Boys
	11.30 am	16	Girls
	1.30 pm	18 & 19	Girls
	2.30 pm	17	Girls

#### Pole Vault

	(Warm up at 9.30am/1pm)		
	10.00 am	15 & 16	Boys
	1.30 pm	17, 18 & 19	Boys

## Section 5: Cross Country Championships:

### List of Competitions:

Date	Competition	Location	Notes
Sunday 11th February 2024	Juvenile B Cross Country	Dundalk IT	Start: 11:30am Entry Fee: €6 Individual €20 Club Team €25 County Team Closing Date 24th February Entries: Online Club Secretaries
Sunday 13 <sup>th</sup> October 2024	Juvenile Inter Club Relays	Abbottstown, Dublin	Start: 12:30pm Entry Fee: €20 Team Closing Date 2nd October Entries: Online Club Secretaries
Sunday 17th November 2024	Juvenile "A" Championships Even Ages	TBC	Start: 11:30am <b>Entry Fee:</b> €6 Individual €20 Club Team €25 County Team €30 Regional Closing Date: 6 <sup>th</sup> November Entries: Online Regional/County/Club Secretaries
Sunday 1st December 2024	Juvenile "A" Championships Uneven Ages	TBC	Start: 11:30am <b>Entry Fee:</b> €6 Individual €20 Club Team €25 County Team €30 Regional Closing Date: 20th November Entries: Online Regional/County/Club Secretaries

List of Events:

**All Distances below are available to Girls & Boys**

<b>Age Category</b>	<b>A Cross Country Distance</b>	<b>B Cross Country Distance</b>	<b>Inter Club Relay Distance</b>	<b>Inter Club Mixed Relay</b>
11	1500m	1000m	4x500m	
12	2000m			4x500m
13	2500m	1500m	4x500m	
14	3000m			4x500m
15	3500m	2500m	4x1000m	
16	4000m			
17	4500m	3000m		4X1000m
18	5000m			
19	5000m			



## List of Regulations:

### 1. WA Rules apply.

- Club singlets and appropriate footwear must be worn.
- Athletes may move up one age group only, U10 may run U11 Cross Country.
- All entries must be approved by the Regional Secretaries
- Regional Secretaries must forward a copy of the regional results to Head Office

### 2. Qualifiers:

- Top 12 from each Region
- **First four (4) club teams** in the 11-19 age group must qualify from the Regional Cross-Country Championships.
- Three (3) teams each from Munster, Ulster, Connaught, 4 from Leinster and 1 Team from the Region of Dublin qualify for County Teams

In the 17-19 age races **individual** open entry will apply provided the athlete has been entered in the Regional Cross-Country Championships. There is no open entry for Club or County Juvenile teams. Open entries must be with National at closing date for competition, entries must first be approved by the Regional Secretary.

### 3. Teams:

- 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
- **NOTE: U19 Girls** Province, 12 athletes to run with 6 to score  
County, 8 athletes to run with 4 to score  
Club, 6 athletes to run with 3 to score
- U18 Athletes can enter both U18 and Junior race and score on Club and County teams in both age categories as long as they are entered in both age groups. U18 athletes are considered for the Junior Euro Cross team based on their finishing position in the race.
- 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.**
- Spot Checks will be undertaken
- No electronic devices are allowed at any time in the call up area or competition.

### 4. Medals:

- First 12 Individuals
- First 3 Regional, County and Club Teams, 6 medals awarded.

### 5. B Championships:

- Juvenile "B" Championships are open to athletes **who have not received** an Individual, Regional, County or Club Cross Country medal at the National 'A' Championships.
- All athletes must be registered in 2024. (2023 Ages apply for February Comp)
- All competing athletes **must** be entered online either by their club or county whether competing as an individual or on a team.
- Club teams; 6 to run, 4 to score.
- County teams, 6 to score.

- To score, a county team must be entered online by the County Secretary, they may choose to enter individual athletes' names or allow the result to be determined by the first 6 county athletes across the line who have all been entered by their own clubs.
- **NOTE:** *in order to get a race number every athlete must be entered with their name, either by their club or their county, even if on an undeclared County team.*

## 6. Inter Club Relays

- No Entries on the day of competition
- All teams must be pre-entered online by Club Secretaries, Clubs may enter more than one team in each age group.
- Athletes may move up one age group only, U10 may run U11 Cross Country.
- Mixed Relay: 2 girls and 2 boys, may run in any order.
- An athlete can only take part in **ONE** relay team on the day.
- First three teams receive medals.
- For the mixed relay 2 subs may be entered, one of each gender and 6 medals may be awarded if the subs are present.
- For single gender relays 2 subs may be entered and 5 engraved medals may be awarded if the sub is present and one blank.
- Club singlets and appropriate footwear must be worn.
- There will be a 20m changeover zone with the passing of a baton.

## Section 6: Juvenile Indoor Championship Records:

### JUVENILE INDOOR CHAMPIONSHIP RECORDS

#### Girls Under 12

60m	8.30	Niamh Foley	St. Mary's (Limerick)	2013
600m	1.44.38	Saoirse Fitzgerald	Lucan Harriers	2018
High Jump	1.42	Caoimhe McGonagle	Rosses	2022
Long Jump	4.47	Sophie Meridith	St. Mary's (Limerick)	2012
Shot Put (2k)	10.20	Megan Lenihan	North Cork	2014
4x200m	1:59.73		Ferrybank	2023
4x100m	56.43		Dooneen	2013
300m	47.6H	Laura Milner	Celtic	2000

#### Boys under 12

60m	8.24	Nkemjika Onwumereh	Metro St Brigids	2015
<b>600m</b>	<b>1.40.03</b>	<b>Philip Griffith</b>	<b>Claremorris</b>	<b>2024</b>
<b>High Jump</b>	<b>1.43</b>	<b>Andrew Fitzpatrick</b>	<b>Longford</b>	<b>2024</b>
Long Jump	4.75	Ryan Onoh	Leevale A.C.	2019
Shot Put (2k)	10.61	Andrew Nolan	Lough Ree	2023
4x200m	1:54.79		Leevale A.C.	2019
4x100m	54.78		Dooneen	2017
300m	45.9H	Eoin Hannon	Ballyskanach	2000

#### 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'Toole	2014
60m Hurdles	9.58	Niamh Foley	St. Mary's (Limerick)	2014
High Jump	1.51	Holly Meridith	St. Mary's (Limerick)	2014
High Jump	1.51	Siún Quinn	Brothers Pearse	2019
Long Jump	5.18	Sophie Meridith	St. Mary's (Limerick)	2013
Shot Put (2k)	12.79	Megan Lenihan	North Cork	2015
4x100m	53.81		Galway City Harriers	2015
4x200m	1:53.07		Dooneen	2019
300m	46.42	Laura Scanlon	Metro St Brigids	2000

#### Boys under 13

60m	7.84	Shane Gevero	Cabinteely	2016
<b>600m</b>	<b>1:35.61</b>	<b>Killian Coman</b>	<b>Limerick</b>	<b>2024</b>
60m Hurdles	9.26	John Cashman	Leevale	2018
High Jump	1.65	Kyle Ettah	Leevale	2017
Long Jump	5.11	Kyle Ettah	Leevale	2017
Shot Put (2k)	14.51	James Kelly	Finn Valley	2012
4x200m	1:53.58		South Galway	2023
4x100m	53.16		Galway City Hrs	2011
300m	43.00	Gary Dunphy	St Pauls	2000

#### Girls under 14

60m Hurdles	9.00	Molly Scott	St Lawrence O'Toole	2012
60m	7.85	Katie Monteith	City of Lisburn	2016
800m	2:15.97	Freya Renton	Westport	2023
Walk 1000m	4:47.97	Sarah Mulvanney-Kelly	North Leitrim	2022
High Jump	1.63	Caitriona Farrell	Craughwell	2005
High Jump	1.63	Cara Ryan	Clonmel	2023

Long Jump	5.39	Sophie Meridith	St. Mary's (Limerick)	2014
Shot Put (2k)	14.64	Aoibhin McMahon	Blackrick (Louth)	2016
4x200m	1:48.57		Dooneen	2022
Combined Events	3201	Sophie Meridith	St. Mary's (Limerick)	2014
60m	7.8 H	Susan Larkin	Dom Savio	1994
Walk 1000m	4.45.9 H	Ann O'Malley	Bilboa	1996

**Boys under 14**

60m Hurdles	8.82	John Cashman	Leevale	2019
60m	7.47	Shane Gevero	Cabinteely	2017
800m	2:09.92	Robert Gleeson	Newbridge	2023
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
1000m	2.56.1 H	Patrick Holbrook	St. Josephs	1996
Walk 1000m	4.45.9 H	Seamus O'Donnell	St. Fionas	1994

**Girls under 15**

60m Hurdles	8.78	Ella Scott	Leevale	2018
60m	7.60	Ann O'Shea	Ferrybank A.C.	2009
<b>800m</b>	<b>2.2.12</b>	<b>Freya Renton</b>	<b>Westport</b>	<b>2024</b>
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
<b>Triple Jump</b>	<b>9.69</b>	<b>Rebecca Trimble</b>	<b>Dundalk St Gerards</b>	<b>2024</b>
Pole Vault	2.60	Ava Rochford	Ennis TC	2019
Shot Putt (2.72k)	14.18	Casey Mulvey	Inny Vale	2017
<b>4x200m</b>	<b>1.46.51</b>		<b>Kilkenny City Harrier</b>	<b>2024</b>
Combined Events	3204	Hannah Falvey	Belgooly	2020
1000m	2.59.9 H	Emer O'Shea	St. Michaels	1995
Long Jump	5.50	Ciara Kearns	Celbridge	1998

**Boys under 15**

60m Hurdles	8.60 (ET)	Harry Nevin	Leevale	2018
60m Hurdles	8.5H	Daniel Ryan	Moycarkey Coolcree	2013
60m	7.26	Michael Farrelly	Portmanock	2016
800m	2.03.85	Shane Fitzsimons	Mullingar hrs.	2009
Walk 1000m	4:05.43	Mathew Newell	Clare River Harriers	2022
High Jump	1.86	Jason Harvey	Lagan Valley	2005
Long Jump	6.14	Daniel Ryan	Moycarkey Coolcree	2013
<b>Triple Jump</b>	<b>11.05</b>	<b>Kevin Sangodele</b>	<b>Galway City Harriers</b>	<b>2024</b>
<b>Pole Vault</b>	<b>3.00</b>	<b>Fionn Naughton</b>	<b>Leevale</b>	<b>2024</b>
Shot Putt (3k)	16.32	Karlis Kaugars	Dunleer	2019
4x200m	1.40.92		St Lawrence O'Tooles	2014
Combined Events	3349	Harry Nevin	Leevale	2018
1000m	2.43.8 H	Thomas McKeown	West Wicklow	1996
60m	7.2 H	Darragh Graham	Inbhear Dee	1998
Shot Putt (3.25k)	16.78	James Kelly	Finn Valley	2014

**Girls under 16**

60m Hurdles	8.6H	Molly Scott	St Lawrence O'Toole	2014
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<b>60m</b>	<b>7.61</b>	<b>Destiny Lawal</b>	<b>Dooneen</b>	<b>2024</b>
200m	24.46	Rhasidat Adeleke	Tallaght	2017
<b>800m</b>	<b>2:12.08</b>	<b>Faye Mannion</b>	<b>Ennis Track</b>	<b>2024</b>
1500m	4.28.76	Aimee Hayde	Newport	2018
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
<b>Triple Jump</b>	<b>10.71</b>	<b>Georgia Myerscough</b>	<b>Crookstown Millview</b>	<b>2024</b>
Pole Vault	3.00	Una Brice	Leevale	2019
Shot Putt (3k)	14.67	Casey Mulvey	Inny Vale	2018
4x200m	1.43.93	Ferrybank		2009
Combined Events	3551	Elizabeth Morland	Cushinstown	2013
Shot Putt (3.25k)	12.15	Kathleen Fitzgearld	Leevale	2002

**Boys under 16**

60m Hurdles	8.14	Daniel Ryan	Moycarkey Coolcree	2014
60m	7.09	Joseph Ojemumi	Tallaght	2012
60m	7.09	David Murphy	Gowran	2015
200m	22.85	Jack O'Connor	St Michaels	2023
800m	1.58.03	Aaron McGlynn	Finn Valley	2015
1500m	4.08.80	Declan O'Connell	Craughwell	2023
Walk 1500m	6.24.78	Matthew Newell	Tuam	2023
High Jump	1.93	Jason Harvey	Ballymena Antrim	2006
Long Jump	6.58	Daniel Ryan	Moycarkey Coolcree	2014
Triple Jump	13.02	Michael Kent	DMP	2022
Pole Vault	3.70	James Rochford	Nenagh Olympic	2023
Shot Putt (4k)	17.60	James Kelly	Finn Valley	2015
4x200m	1.35.21		Leevale	2017
Combined Events	3687	Daniel Ryan	Moycarkey Coolcree	2014
1500m	4.07.8 H	James Nolan	Ferbane	1992

**Girls under 17**

60m Hurdles	8.50	Megan Maars	City of Lisburn	2013
60m	7.43	Rhasidat Adeleke	Tallaght	2018
200m	23.98	Rhasidat Adeleke	Tallaght	2018
400m	56.78	Saoirse Fitzgerald	Lucan Harriers	2023
800m	2.12.50	Elizabeth McWilliams	Ballymena & Antrim	2003
1500m	4:36.70	Clodagh Gill	Moy Valley	2023
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
Triple Jump	10.95	Siun Quinn	Brothers Pearse	2023
<b>Pole Vault</b>	<b>3.26</b>	<b>Maeve Corkery</b>	<b>Midleton</b>	<b>2024</b>
Shot Put (3k)	15.08	Micheala Walsh	Swinford	2014
4x200m	1:42.12		Ratoath	2022
Combined Events	3877	Kate O'Connor	Dundalk St Gerards	2016
Shot Putt	13.91	Claire Fitzgerald	Tralee Hrs	2007

**Boys under 17**

60m Hurdles	8.14	Daniel Ryan	Moycarkey Coolcree	2015
60m	6.98	Israel Olutunde	Dundealga	2018
200m	21.97	Aaron Sexton	North Down	2016
400m	50.68	Leigh O'Brien	Celbridge	2023
800m	1.52.67	Cian McPhillips	Longford	2018
1500m	3.57.28	Cian McPhillips	Longford	2018

Walk 1500m	5:59.97	Matthew Newell	Tuam	2024
High Jump	2.04	Conor Penney	Craughwell	2024
Long Jump	6.78	Daniel Ryan	Moycarkey Coolcree	2015
Triple Jump	13.26	Daniel Sangodele	Galway City Harriers	2024
Pole Vault	4.21	Jamie Hyland	St Lawrence O'Toole	2024
Shot Putt (5k)	16.09	James Kelly	Finn Valley	2016
4x200m	1.33.16		Leevale	2014
Combined Events	4601	Michael Kent	DMP	2023
60m Hurdles	8.1 H	Timothy Flannery	Nenagh Olympic	1998
60m	6.9 H	David Nolan	Bray Striders	1994
400m	51.04 H	David McCarthy	Celbridge	2000
1500m	4.00.73H	Gareth Turnbull	St. Malachy's	1995
Long Jump	6.83	Richard Phelan	Carrick on Suir	1997

**U17 Mixed 4x200m**      **1:40.56**      **Celbridge**      **2024**

**Girls under 18**

60m Hurdles	8.33	Molly Scott	St Lawrence O'Toole	2016
60m	7.42	Molly Scott	St Lawrence O'Toole	2016
200m	24.09	Rhasidat Adeleke	Tallaght	2019
400m	55.54	Davica Patterson	Beechmount Har	2017
800m	2:10.67	Zoie Richie	Rathfarnham WSAF	2023
1500m	4:31.02	Nicole Dinan	Leevale	2023
Walk 1500m	6.07.67	Kate Veale	West Waterford	2011
High Jump	1.79	Tara O'Connor	Dundalk St Gerards	2024
Long Jump	6.10	Kelly Proper	Ferrybank	2005
Triple Jump	11.86	Caoimhe King	Westport A.C.	2009
Pole Vault	3.45	Ava Rochford	Nenagh Olympic	2022
Shot Put (3k)	15.58	Micheala Walsh	Swinford	2015
4x200m	1.41.75		Ratoath	2023
Combined Events	3841	Anna McAuley (Youth)	City of Lisburn	2018
60m	7.5 H	Emily Maher	Kilkenny City Hrs	1996
300m	40.0H	Gemma Hynes	Galway City Hrs	2005
Shot Putt (3.25k)	13.17	Fionnuala Lombard	Leevale	2000

**Boys under 18**

60m Hurdles	8.04	Andrew Creamer	Annalee	2012
60m	6.86	Jamie Moffatt	North Down	2023
200m	21.77	David McDonald	Menapians	2016
400m	49.59	John Fitzsimons	Kildare	2015
800m	1:52.38	Jack Kelly	Tallaght	2022
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	4.01	Alex Neff	Leevale	2024
Shot Putt (5k)	18.11	John Kelly	Finn Valley	2013
4x200m	1.30.57	Tallaght		2014
Combined Events	3499	Brian Lynch (Youth)	Old Abbey	2018
800m	1:50.15H	James Nolan	Ferbane	1994
1500m Walk	5:59.9 H	Colin Griffin	Ballinamore	1999
Long Jump	7.70	Kevin Burke	Dooneen	1998

<b>Girls under 19</b>				
60m Hurdles	8.44	Elizabeth Morland	Cushinstown	2016
60m	7.43	Lucy May Sleeman	Leevale	2022
200m	24.24	Lucy-May Sleeman	Leevale	2022
400m	55.28	Jenna Bromell	Emerald	2015
800m	2:08.80	Maeve O'Neill	Doheny	2022
1500m	4.40.24	Shona O'Brien	Gneeveguilla	2018
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	3.50	Una Brice	Leevale	2022
Shot Putt (4k)	14.78	Michaela Walsh	Swinford	2016
<b>4x200m</b>	<b>1:41.35</b>		<b>Kilcoole</b>	<b>2024</b>
Combined Events	4108	Kate O'Connor	Dundalk St Gerards	2018
60m	7.5 H	Ciara Sheehy	West Dublin	1998

<b>Boys under 19</b>				
60m Hurdles	8.08	Adam Nolan	St Lawrence O'Toole	2022
60m	6.7H	Marcus Lawlor	St Lawrence O'Toole	2013
200m	21.29	Marcus Lawlor	St Lawrence O'Toole	2013
400m	48.24	David Mannion	South Galway	2023
800m	1.52.54	Neil Culhane	Ace	2023
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	4.36	Joshua Fitzgerald	Leevale	2023
Shot Putt (6k)	17.80	John Kelly	Finn Valley	2014
4x200m	1.31.02		Ratoath	2023
Combined Events	3362	Simon Doyle	St Lawrence O'Toole	2011
60m Hurdles	7.9 H	Alan Delaney	Castlereagh	1998
<b>U19 Mixed 4x200m</b>	<b>1:36.76</b>		<b>Kilcoole</b>	<b>2024</b>

## Section 7: 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	31.9	Amy Whelan	Liscarroll	2015
High Jump	1.48	Ava Wilson	Bree	2022
Long Jump	4.82	Sophie Meredith	St Mary's AC (Limerick)	2012
Shot (2 kg)	11.39	Megan Leinhan	North Cork	2014
4x100m	55.31		Crookstown Millview A.C.	2018

### 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
<b>Turbo Javelin</b>	<b>35.13</b>	<b>Sam O'Shea</b>	<b>Star of the Luane AC</b>	<b>2023</b>
<b>Shot (2kg)</b>	<b>12.05</b>	<b>Andrew Nolan</b>	<b>Lough Ree</b>	<b>2023</b>
High Jump	1.53	Kyle Ettouh	Leevale	2016
Long Jump	4.83	Ryan Onoh	Leevale	2019
4x100m	54.39		Dooneen	2015

### 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
<b>High Jump</b>	<b>1.56</b>	<b>Ava Ailson</b>	<b>Bree</b>	<b>2023</b>
4x100m	52.63		Galway City Harriers	2015

### Boys under 13

80m	9.88	Shane Gevero	Cabinteely	2016
600m	1.35.21	Francis Doran	South Sligo AC	2019
60m Hurdles	9.41 (-0.3)	David Mc Donald	Menapians	2011
60m Hurdles	9.2 H	Garbhan McKenna	Glaslough Hrs	2008
Javelin (400g)	44.09	Blaine Lynch	Finn Valley	2018
Shot (2.72 kg)	15.58	Cian Crampton	Edenderry AC	2019
Long Jump	5.35	David Mc Donald	Menapians	2011
<b>High Jump</b>	<b>1.58</b>	<b>John Fitzpatrick</b>	<b>Longford AC</b>	<b>2023</b>
4x100m	52.06		Galway City Harriers	2011

### 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
<b>800m</b>	<b>2.11.77</b>	<b>Aisling Kelly</b>	<b>Ennis Track AC</b>	<b>2023</b>



<b>1500m</b>	<b>04:29.07</b>	<b>Freya Renton</b>	<b>Westport AC</b>	<b>2023</b>
2000m Walk	10:03.4	Sarah Mulvaney Kelly	North Leitrim	2022
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	5.27 (-1.2)	Mila Clancy	Corran	2022
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	3003	Ava Rochford	Ennis Track Club	2018

**Boys under 14**

80m	9.49 (+1.4)	Matthew Buckley	Rataoth	2015
80m	9.4 H	Leighton Wilson	Ballymena/Antrim	2003
200m	24.11 (-0.2)	John Cashman	Leevale AC	2019
<b>800m</b>	<b>2.04.00</b>	<b>Ryan Vickers</b>	<b>Farranfore Maine Valley AC</b>	<b>2023</b>
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 Coolcree	2014
Discus (0.75 kg)	49.02	Jack Hallahan	Midleton AC	2013
Hammer (2.5kg)	59.12	Thomas Williams	Shercock AC	2021
Javelin (400g)	55.63	Karlis Kaugars	Dunleer	2018
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	3246	Finn O'Neill	City of Derry Spartans	2018

**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	2.11.98	Emma Moore	Galway City Harriers	2018
1500m	04:35.46	Emily Bolton	Donore Harriers	2022
2000m Walk	9.37.0	Kate Veale	West Waterford A.C.	2008
80m Hurdles	11.54	Kate McGowan	Tir Chonaill	2011
250m Hurdles	34.9	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	1.68	Tara O'Connor	Dundalk St Gerards	2021
Long Jump	5.85	Sophie Meredith	St Mary's A.C. (Limerick)	2015
Pole Vault	2.71	Maeve Corkery	Midleton	2022
4x100m Relay	49.98		Ferrybank	2003
Combined Events	3426	Sophie Meredith	St Mary's A.C. (Limerick)	2015

**Boys under 15**

100m	11.42 (+1.7)	Michael Farrelly	Portmarnock	2016
200m	22.88 (+1.1)	Glory Wenegieme	Belgooly	2018
800m	1.59.12	Aaron McGlynn	Finn Valley A.C.	2014
1500m	4.16.47	James Maguire	Dundrum South Dublin	2014
2000m Walk	08:36.9	Matthew Newell	Tuam	2022
80m Hurdles	11.31 (+0.9)	Daniel Ryan	Moycarkey Coolcree	2013
250m Hurdles	33.28	Harry Nevin	Leevale	2018
Hammer (3kg)	70.21	Thomas Williams	Shercock	2022
Shot (3kg)	16.95	Liam Shaw	Athenry	2019
Discus (1kg)	56.53	Cian Crampton	Edenderry AC	2021
Javelin (500g)	56.78	Tadhg O'Muirtaigh	Dunboyne	2017
Long Jump	6.18	Timothy Harrington	Courcies	2005
Long Jump	6.18	David McDonald	Menapians	2013
High Jump	1.88	Conor Penny	Craughwell	2022
Pole Vault	3.60	James Rochford	Nenagh Olympic	2022
Triple Jump	12.12	Timothy Harrington	Courcies	2005
4x100m Relay	46.54		Leevale	2016
Combined Events	3886	Finn O'Neill	City of Derry Spartans	2019

**Girls under 16**

100m	11.98 (+0.0)	Rhasidat Adeleke	Tallaght	2017
200m	24.93 (+1.4)	Niamh Whelan	Ferrybank A.C.	2005
800m	2.11.63	Aimee Hayde	Newport	2018
1500m	4.30.91	Aimee Hayde	Newport	2018
<b>3000m</b>	<b>9.46.01</b>	<b>Emily Bolton</b>	<b>Donore Harriers</b>	<b>2023</b>
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 Muckcross	2011
Javelin (500g)	44.71	Enya Silkena	Dundalk St Gerards	2022
Shot Put (3k)	14.14	Aoibhin McMahon	Blackrock (Louth)	2018
Shot Put (3.25k)	12.3			2006
Hammer (3k)	54.33	Jade Williams	Shercock	2016
Hammer (3.25k)	56.34	Rachel Akers	East Clare	2000
Triple Jump	10.64 (+1.0)	Ellen McNally	Greystones & District	2018
High Jump	1.73	Tara O'Connor	Dundalk St Gerards	2022
Long Jump	5.96 (-0.8)	Laura Frawley	St Mary's (Limerick) AC	2019
Pole Vault	3.16	Una Brice	Leevale AC	2019
4x100m Relay	49.4		Galway City Hrs	2003
Combined Events	3512	Kate O'Connor	Dundalk St Gerards	2015

**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	9.00.34	Cormac Dixon	Tallaght AC	2021
<b>3000m Walk</b>	<b>13.04.54</b>	<b>Matthew Newell</b>	<b>Tuam AC</b>	<b>2023</b>
100m Hurdles	13.3	Daniel Ryan	Moycarkey Coolcree	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)	63.25	Cian Crampton	Edenderry	2022
Pole Vault	4.01	Conor Callinan	Leevale AC	2019
<b>Long Jump</b>	<b>6.63 (-0.8)</b>	<b>Ryan Onoh</b>	<b>Leevale AC</b>	<b>2023</b>
High Jump	1.95	Geoffrey Joy O'Regan	Sun Hill Harriers	2019
Triple Jump	13.51	Michael Kent	DMP	2022
4x100m Relay	44.6		Leevale	2017
Combined Events	4146	Conor Hoade	Galway City Harriers	2019

**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	2.10.99	Aimee Hayde	Newport	2019
1500m	4.31.50	Kirsti Charlotte Foster	Willowfield Harriers AC	2021
3000m	10:05.49	Annabel Morrison	Enniskillen	2022
3000m Walk	13.16.19	Kate Veale	West Waterford A.C.	2010
2000m S/C	7.06.73	Roisin O'Reilly	Menapians	2018
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)	41.04	Ciara Sheehy	Emerald A.C.	2018
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	3.3	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
Combined Events	4172	Molly Curran	Carmen Runners	2019

**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	08:35.1	Cormac Dixon	Tallaght	2022
3000m Walk	13.04.30	Matthew Glennon	Mullingar Harriers	2019
2000m S/C	6.20.51	Dalton Mc Guigan	Finn Valley	2011
<b>100m Hurdles</b>	<b>13.51 (1.9)</b>	<b>Stuart Tobin</b>	<b>Nenagh Olympic AC</b>	<b>2023</b>
300m Hurdles	37.92	Iarlaith Goulding	St Colmans South Mayo	2018
Shot Putt (5 kg)	16.8	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)	58.35	Conor Cusack	Lake District	2018
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
Combined Events				

**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)	60.90	Adrienne Gallen	Lifford Strabane AC	2021
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	3.5	Una Brice	Leevale A.C.	2021
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	3.59.73		Galway City Harriers	2019
Combined Events	4135	Maeve Hayes	St Pauls AC	2019

**Boys under 18**

100m	10.89 (+0.9)	Christopher Russell	Ferrybank A.C.	2007
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200m	22.08 (-1.5)	Patrick O'Connor	Clonliffe Harriers	2010
400m	48.7	Christopher O'Donnell	North Sligo	2015
800m	1.52.13	Louis O'Loughlin	Donore Harriers	2018
1500m	3.50.85	Nicholas Griggs	Mid Ulster AC	2021
3000m	8.19.76	Nicholas Griggs	Mid Ulster AC	2021
3000m S/C	9.47.6	Dalton McGuigan	Finn Valley A.C.	2012
5000m Walk	21.38.04	Oisin Lane	Mullingar Harriers	2019
110m Hurdles	14.18 (-1.5)	Shane Monagle	Tramore	2017
400m Hurdles	53.2 H	Ben Kiely	Ferrybank A.c.	2011
Shot Putt (5kg)	17.9	John Kelly	Finn Valley A.C.	2013
Discus (1.5kg)	57.68	Marco Pons	D.M.P. A.C.	2010
Javelin (700g)	68.41	Oisin Joyce	Lake District	2022
Hammer (5kg)	71.9	Adam King	Iveragh	2014
Triple Jump	14.11 (+0.0)	Jordan Hoang	Tullamore Harriers	2015
Pole Vault	4.42	Conor Callinan	Leevale AC	2021
High Jump	2.1	David Cussan	Old Abbey AC	2010
Long Jump	6.93	Eoin Hannon	Tullamore Harriers	2006
4x100m Relay	43.13		Leevale	2018
4x400m Relay	3.28.41		Dundrum South Dublin	2017

**Girls under 19**

100m	12.03 (+0.7)	Lauren Cadden	Sligo AC	2018
200m	24.48 (+0.0)	Lauren Cadden	Sligo AC	2018
400m	54.83	Kate O'Connell	Lucan Harriers	2022
800m	2.07.7 H	Aislinn Crossey	Newry AC	2013
1500m	4.32.54	Azmera Gebrezgi	Celtic	2004
3000m	09:49.3	Hannah Kehoe	Thomastown	2022
3000m Walk	14.05.42	Maeve Curley	Craughwell A.C.	2010
<b>3000m S/C</b>	<b>11.16.73</b>	<b>Eleonor Foot</b>	<b>Bray Runners AC</b>	<b>2023</b>
100m Hurdles	14.42 (+0.3)	Mairead Murphy	Ferrybank A.C.	2007
<b>400m Hurdles</b>	<b>61.03</b>	<b>Victoria Amiadamen</b>	<b>Dooneen A.C.</b>	<b>2023</b>
Shot (4 kg)	13.3	Claire Fitzgerald	Tralee Harriers	2009
Discus (1 kg)	45.95	Anna Gavigan	Lambay Sports Academy	2022
Hammer (4 kg)	60.08	Nicola Tuthill	Bandon AC	2021
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	3.55	Una Brice	Leevale	2022
4x100m Relay	48.79		Ferrybank	2017
4x400m Relay	3.59.43		Dundrum South Dublin	2016
<b>Combined Events</b>	<b>3749</b>	<b>Chloe Keenan</b>	<b>Emo/Rath AC</b>	<b>2023</b>

**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	1.52.58	Louis O'Loughlin	Donore Harriers	2019
1500m	3.58.12	Niall Tuohy	Ferrybank AC	2007
3000m	8.36.30	Cathal O'Reilly	Kilkenny City Harriers	2021
<b>3000m S/C</b>	<b>9.28.78</b>	<b>Billy Coogan</b>	<b>Gowran AC</b>	<b>2023</b>
5000m Walk	21.36.03	Peter Muldoon	Shercock	2005
110m Hurdles	14.20 (-0.0)	James Ezenou	Leevale AC	2021
400m Hurdles	54.45	Evan Mcguire	Galway City Harriers	2013
Shot (6kg)	17.14	James Kelly	Finn Valley	2018
Discus (1.75kg)	55	Marco Pons	DMP	2011
Hammer (6kg)	65.75	Owen Russell	St Andrew's AC	2015
<b>Javelin (800g)</b>	<b>69.43</b>	<b>Oisin Joyce</b>	<b>Lake District AC</b>	<b>2023</b>
High Jump	2.1	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

## Section 8: Motions:

### **CHANGES POST CONGRESS 2023 (Tullamore)**

Motions carried at Congress pertaining to Juvenile Competition Rules will come into effect starting January 2024 unless otherwise stated.

33. That: underage Cross Country distances be revised to reflect the principle of equal distances for boys & girls in line with the recommended distances by European Athletics for the European Cross Country Championships.

38. That: Athletics Ireland introduce U15 Triple Jump both Indoor and Outdoor for Boys & Girls for National Juveniles.

40. That: Mixed Relays be added to the list of relay events at Juvenile Championships (inc XC) from 2023; age groups and distances to be determined by the Juvenile and Competition Committees.

#### **Recommendation:**

42. That: an athlete who qualifies for the National Juvenile T&F A Championships in 4<sup>th</sup> place should be eligible to compete in the National B Championships if unplaced (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>) in the A Championships.

### **CHANGES POST CONGRESS 2021 (Virtual)**

Motions carried at Congress pertaining to Juvenile Competition Rules will come into effect starting January 2022.

66. THAT: the 400 m be introduced for U17 athletes in the Indoors

67. THAT: the U16 – U17 triple jump be introduced at Indoors (to match the outdoors, U16-U19)

#### **Recommendation:**

65. THAT: the Juvenile Club Cross Country Relay event be discontinued

Amendment: THAT: AAI retain the juvenile cross-country relays until a review can take place, taking into account the following points;

- Promote it as a significant 'A' championship event
- Move it to early in the XC season, (Sept/Oct)
- Increase the distances

### **CHANGES POST CONGRESS 2018 (Carrick on Shannon)**

Motions carried at Congress pertaining to Juvenile Competition Rules will come into effect starting January 2019.

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

### **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 program 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 program, bringing it in line with the same event for boys and with the Schools Athletics program and this be added to the 2017 program.
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.

**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 under 19 be reduced to 6000m to bring in line with Junior distances.

### **CHANGES POST CONGRESS 2010 (Sligo)**

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 (Dublin)**

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:

- o Under 17 | 200m
- o Under 18 1500m -
- o 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

## **ATHLETICS IRELAND JUVENILE STAR AWARDS**

### **STAR AWARD WINNERS FROM EACH COUNTY**

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Breda Synott Awards (International Youth, U17)

Marian Feehan Award for Combined Events

Aine Pobjoy U16 Athlete Award

Eamon Gilbert Award for Vertical Jumps

Bill Battersby Award for Horizontal Jumps

Keara O'Hart Award for Sprints

Matt McGrath Award for Throws

Robin Sykes Award (Outstanding Achievement)

Roisin O Callaghan Award for Walks

International Award

Juvenile Committee Special Recognition Award

Ann Peppard Award for Middle Distance

Overall Athlete of the Year

#### ***Star Award Selection Criteria***

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- Quality of Performance or Performances in AAI National Juvenile Championships
- Overall Award Winner announced on the night
- Athletes notified individually
- Selection by the Juvenile Committee