

# Juvenile Competition Booklet 2019



Athletics  
Ireland



# **CELTIC CROSS COUNTRY**

**13<sup>th</sup> January 2019**

**Dundonald**

# **YOUTH NATIONS INTERNATIONAL TRACK AND FIELD**

**3<sup>rd</sup> August 2019**

**Morton Stadium, Santry**

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### *Chairpersons Address*

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

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

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

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

While it is always a busy calendar on the domestic scene, 2019 is again very busy year on the international scene with the European U20 Championships in Sweden and European Youth Olympics in Baku in July along with the brand new Youth Nations International in August hosted by Athletics Ireland at the Morton Stadium. In addition, international teams will be selected for the Celtic Cross County in January.

I wish to thank the AAI Competitions Department for all the work done in the office to coordinate the logistics for all events and in particular Conor Greally for all his work in making the events happen

Thanks to all the members of the Juvenile Committee for their help and most importantly their contribution to the efficient running of the programme during the year.

I would just 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 2019

Yours in sport  
John McGrath  
Chairman – Juvenile Committee

## *Code of Ethics and Good Practice for Children's Sport*

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### ***Policy Statement for the Athletic Association of Ireland***

The Athletic Association of Ireland is fully committed to safeguarding the well-being of all of its members. Every individual in Athletics Ireland should at all times show respect and understanding for members rights, safety and welfare and conduct themselves in a manner that reflects the principles of the organisation and the guidelines contained in the:

### ***Code of Ethics and Good Practice for Children in Athletics***

In Athletics Ireland, our first priority is the welfare of the young people and we are committed to providing an environment that will allow participants to perform to the best of their ability, free from bullying and intimidation.

This is an extract from the Policy Statement from the Code of Ethics and acts as a guide for all rules. The Code has been distributed to all clubs and is readily available from Athletics Ireland.

### ***Policy on Photographers***

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

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

### ***Jury of Appeal***

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

### ***Attire***

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

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

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

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

### *Competition Code of Conduct for Parents, Coaches and Mentors*

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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.

**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.

**Chairperson:-**

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*2019 Age Categories*

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1. Age categories calculated from 31<sup>st</sup> December in the year of competition.
2. No athlete may obtain a birthday in the year of competition and compete in that age.
3. Please note all ages in this booklet should be read as **UNDER** the stated age.

<b>Age 9</b>	<b>Born 2011</b>
<b>Age 10</b>	<b>Born 2010</b>
<b>Age 11</b>	<b>Born 2009</b>
<b>Age 12</b>	<b>Born 2008</b>
<b>Age 13</b>	<b>Born 2007</b>
<b>Age 14</b>	<b>Born 2006</b>
<b>Age 15</b>	<b>Born 2005</b>
<b>Age 16</b>	<b>Born 2004</b>
<b>Age 17</b>	<b>Born 2003</b>
<b>Age 18</b>	<b>Born 2002</b>
<b>Age 19</b>	<b>Born 2001</b>

**Indoor, Track & Field Entries**

*Competitions, Athletic Association of Ireland, Unit 6, Block 8, Blanchardstown Corporate Park 1, Ballycoolin, Dublin 9*

**Cross Country Entries**

*Competitions, Athletic Association of Ireland, Unit 19, Northwood Court Northwood Business Campus, Santry, Dublin 9 and a copy to Cross Country Secretary Evelyn O'Reilly Drumahurk, Butlersbridge, Co. Cavan*

*Juvenile Programme 2019**Cross Country & Indoor Championships*

<b>Date</b>	<b>Event</b>	<b>Venue</b>
13 <sup>th</sup> January 2019	Celtic Cross Country	Dundonald, N. Ireland
19 <sup>th</sup> January 2019	Indoor Juvenile Combined Events	AIT Arena
3 <sup>rd</sup> February 2019	Inter-Club Relay Cross Country	DKIT, Dundalk
3 <sup>rd</sup> February 2019	All-Ireland B Cross Country	DKIT, Dundalk
16 <sup>th</sup> February 2019	Star Awards	Bridge House Hotel, Tullamore
30 <sup>th</sup> March 2019	Juvenile Indoor Championships	AIT Arena
31 <sup>st</sup> March 2019	Juvenile Indoor Championships	AIT Arena
6 <sup>th</sup> April 2019	Juvenile Indoor Championships	AIT Arena
24 <sup>th</sup> November 2019	Cross Country Even Ages	TBC
15 <sup>th</sup> December 2019	Cross Country Uneven Ages	TBC

*Track & Field Championships*

7 <sup>th</sup> April 2019	Spring Throws (non-championship)	Templemore
22 <sup>nd</sup> June 2019	Combined Events (Youth/Junior Day 1)	Santry
23 <sup>rd</sup> June 2019	Combined Events (all ages)	Santry
29 <sup>th</sup> June 2019	Children's Games 9, 10, 11	Tullamore
29 <sup>th</sup> June 2019	Juvenile Inter-Club Relays 9-11	Tullamore
29 <sup>th</sup> June 2019	Juvenile Championships 12-13	Tullamore
7 <sup>th</sup> July 2019	Juvenile Championships 14-19 Day 1	Tullamore
13 <sup>th</sup> July 2019	Juvenile Championships 14-19 Day 2	Tullamore
14 <sup>th</sup> July 2019	Juvenile Championships 14-19 Day 3	Tullamore
21 <sup>st</sup> July 2019	Juvenile Inter-Club Relays 14-19	Tullamore
21 <sup>st</sup> July 2019	"B" Juvenile Championships 12-16	Tullamore
3 <sup>rd</sup> August 2019	Youth Nations International	Santry

*Juvenile Indoor Championships**Athletics Calendar 2019*

Jan-19			
Saturday	26-Jan-19	AAI National Indoor League Round 2	AIT
Sunday	27-Jan-19	AAI National Junior and U23 Indoor T&F	AIT
Feb-19			
Friday	01-Feb-19	AAI Dublin Indoors	NIA
Saturday	02-Feb-19	AAI Indoor Games	NIA
Sunday	03-Feb-19	AAI Intermediate, Masters, B, Juvenile Relay CC	Dundalk
Friday	08-Feb-19	AAI Dublin Indoors (+9th and 10th)	NIA
Saturday	09-Feb-19	AAI Munster Indoors (+10-Feb-19)	Nenagh
Saturday	09-Feb-19	AAI Leinster Indoors (+10-Feb-19)	AIT
Wednesday	13-Feb-19	Leinster Schools CC	Santry
Wednesday	13-Feb-19	AIT International	AIT
Saturday	16-Feb-19	AAI Juvenile Star Awards	Tullamore
Saturday	16-Feb-19	AAI National Senior Indoor T&F	NIA
Sunday	17-Feb-19	AAI National Senior Indoor T&F	NIA
Saturday	23-Feb-18	AAI Munster Indoors (+24-Feb-19)	Nenagh
Saturday	23-Feb-18	AAI Connaught Indoors (+24-Feb-19)	AIT
Saturday	23-Feb-18	AAI/ANI Ulster Indoors (+24-Feb-19)	NIA
Mar-19			
Friday	01-Mar-19	European Indoors (+2nd and 3rd-Mar-19)	Glasgow
Saturday	02-Mar-19	Athletics Leinster Senior and Masters Indoors	NIA
Sunday	03-Mar-19	Athletic Leinster Juvenile Relays	NIA
Sunday	10-Mar-19	AAI Masters Indoors	AIT
Saturday	23-Mar-19	SIAB CC	Santry
Sunday	24-Mar-19	World Masters Indoor T&F (until 30-Mar-19)	Poland
Saturday	30-Mar-19	IAAF World CC	Denmark
Saturday	30-Mar-19	AAI Juvenile T&F	AIT
Sunday	31-Mar-19	AAI Juvenile T&F	AIT
Apr-19			
Saturday	06-Apr-19	AAI Juvenile T&F	AIT
Sunday	07-Apr-19	AAI Spring Throws	
Sunday	14-Apr-19	AAI National 10k	Phoenix Park
Monday	22-Apr-19	AAI Leinster 10 mile RR	Raheny
Saturday	27-Apr-19	AAI AGM	Dublin
Sunday	28-Apr-19	AAI Road Relays	Raheny
May-19			
Wednesday	01-May-18	DAB Graded #1	
Wednesday	15-May-19	DAB Graded #2	
Wednesday	15-May-19	Leinster Schools T&F	Santry
Saturday	18-May-19	Leinster Schools T&F	Santry
Sunday	19-May-19	AAI National League Round 1	
Sunday	19-May-19	AAI National 5k Championships	Dublin
Sunday	19-May-19	Euro Race Walking Cup	
Saturday	25-Mar-19	AAI Munster Children's Games	
Saturday	25-Mar-19	Athletics Leinster Relays	
Sunday	26-Mar-19	Athletics Leinster Junior and Combined Events	
Wednesday	29-May-19	DAB Graded #3	
Jun-19			
Saturday	01-Jun-19	ISAA T&F	Tullamore
Sunday	02-Jun-19	Athletics Leinster Senior and Masters T&F	Tullamore
Sunday	02-Jun-19	AAI/ANI Ulster Children's Games	
Monday	03-Jun-19	Athletics Leinster Team Event	
Wednesday	05-Jun-19	Dublin Juvenile T&F Day 1	
Friday	07-Jun-19	Dublin Juvenile T&F Day 2	
Saturday	08-Jun-19	Athletics Leinster Children's Games and U12/U13 T&F	Tullamore
Saturday	08-Jun-19	AAI Connaught T&F	

Saturday	08-Jun-19	AAI/ANI Ulster Senior + U18/U19 T&F	
Saturday	08-Jun-19	AAI Munster T&F (+09-Jun-18)	
Wednesday	12-Jun-19	DAB Graded #4	
Friday	14-Jun-19	Dublin Juvenile T&F Day 3	
Saturday	15-Jun-19	Dublin Juvenile T&F Day 4	
Saturday	15-Jun-19	AAI Connaught T&F	
Saturday	15-Jun-19	AAI Munster T&F (+16-Jun-19)	
Saturday	15-Jun-19	AAI/ANI Ulster U14-U17 T&F	
Saturday	15-Jun-19	Athletics Leinster U14-U19 T&F	
Sunday	16-Jun-19	Dublin Juvenile T&F Day 5	
Sunday	16-Jun-19	Athletics Leinster U14-U19 T&F	
Friday	21-Jun-19	Dublin Juvenile T&F Day 6	
Saturday	22-Jun-19	Mannheim Junior Meet (+23-Jun18)	
Saturday	22-Jun-19	Tailteann Games	Santry
Saturday	22-Jun-19	AAI Games (Evening Program) + AAI Combined Events Day 1	Santry
Sunday	23-Jun-19	AAI Combined Events (Juvenile + Day 2)	Santry
Sunday	23-Jun-19	European Games (until 28-Jun-19)	Minsk
Wednesday	26-Jun-19	DAB Graded #5	
Saturday	29-Jun-19	AAI Children's Games + U12/U13 Champs	Tullamore
Sunday	30-Jun-19	AAI National League Round 2	
<b>Jul-19</b>			
Wednesday	03-Jul-19	World University Games (until 14-Jul-19)	Napoli
Saturday	06-Jul-19	European Combined Events (+07-Jul-19)	Portugal
Saturday	06-Jul-19	European 10K	London
Saturday	06-Jul-19	AAI Junior & U23 T&F	Tullamore
Sunday	07-Jul-19	AAI Juvenile T&F day 1	Tullamore
Wednesday	10-Jul-19	DAB Graded #6	
Thursday	11-Jul-19	European U23 T&F (until 14-Jul-19)	Sweden
Saturday	13-Jul-19	AAI Juvenile T&F day 2	Tullamore
Sunday	14-Jul-19	AAI Juvenile T&F day 3	Tullamore
Thursday	18-Jul-19	European U20 T&F (Until 21-Jul-19)	Sweden
Saturday	20-Jul-19	AAI National League Final	Tullamore
Saturday	20-Jul-19	EYOF (until 28-Jul-19)	Baku
Saturday	20-Jul-19	SIAB T&F	Wales
Sunday	21-Jul-19	AAI Juvenile B and Relays	Tullamore
Wednesday	24-Jul-19	DAB Graded #7	
Saturday	27-Jul-19	AAI National Senior T&F	Santry
Sunday	28-Jul-19	AAI National Senior T&F	Santry
<b>Aug-19</b>			
Saturday	03-Aug-19	AAI Youth Nations International	Santry
Wednesday	07-Aug-19	DAB Graded #8	
Friday	09-Aug-19	European Team Champs (until 11-Aug-18)	
Sunday	11-Aug-19	AAI National Half Marathon	Dublin
Sunday	11-Aug-19	Cork City Sports	CIT
Saturday	18-Aug-19	AAI Masters T&F	Tullamore
Wednesday	21-Aug-18	Morton Games	Santry
<b>Sep-19</b>			
Saturday	28-Sep-19	IAAF T&F (until 06-Oct-18)	Doha
<b>Oct-19</b>			
Sunday	20-Oct-18	AAI Autumn International	Abbottstown
Saturday	26-Oct-19	Athletics Leinster CC day 1	TBC
Sunday	27-Oct-19	AAI National Marathon	Dublin
<b>Nov-19</b>			
Sunday	10-Nov-19	Athletics Leinster CC day 2	TBC
Saturday	16-Nov-18	British and Irish Masters CC	England
Sunday	24-Nov-19	AAI National Inter-Club + Even Ages CC	Abbottstown
<b>Dec-19</b>			
Sunday	08-Dec-19	European CC	Lisbon
Sunday	15-Dec-19	AAI National Novice + Uneven Age CC	TBC

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

1. **IAAF Rules apply**
2. Individual Track & Field Championships for Boys and Girls ages 12-19.
3. Club Singlets and shorts must be worn.
4. **The first four (4) from each region *qualify* for the National Championships except in the 600m where 3 qualify.**
5. An athlete may compete in three individual events plus the relay.
6. Athletes confined to their own age group.
7. In the Indoor Relays, an athlete may move up one age group.
8. At least 2 members of a competing relay team, participating in that event on that day must be of the correct age.
9. 17, 18, 19 age groups for relays, all athletes may move up one age group.
10. All entries must come through the Regional Secretary.
11. A copy of all Regional results plus a copy of all entries must go to Head office and to the Track & Field Secretary.
12. **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
  - ☐ All athletes must collect a competition number
  - ☐ All athletes must collect number one (1) hour prior to their event minimum
  - ☐ All athletes, track and field CHECK IN at the check in area
  - ☐ Call room will be in operation for track events
  - ☐ Field events will be called 15 minutes prior to start time
13. **STRICT WARM UP AREA AND CALL ROOM RULES WILL APPLY.**
14. **ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP.**
15. Athletes **U14** upwards must use starting blocks. Only starting blocks provided by the organising committee may be used.  
**Starting blocks are optional for U12 and U13**
16. **IAAF False Start Rules apply. U16 upwards - first false start leads to disqualification.**
17. **U12, 13, 14, 15. One false start and all are on warning of next false start leading to disqualification.**
18. **Combined Events all age categories, one false start and all are on warning of next false start leading to disqualification.**
19. **An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where;**
  - a) **A final confirmation was given that the athlete would start in an event but then failed to participate.**
  - b) **An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4)**
  - c) **An athlete fails to provide a bona fide effort to compete in an event**
20. **An athlete must inform the Chief Judge when leaving the competition area.**
21. Athlete must leave the arena when their event is complete.
22. Winning athletes must report for medal presentation 20 minutes after their event where possible **or when called from the Public Address System.**
23. Coaches and parents are not allowed on the track at any time.
24. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
25. Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g.: earphones, notebooks, tablets, iPods, smart phones etc.) in the competition area. NOTE: The competition area starts at the assembly/call room.
26. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
27. Warm up marks for field events should be completed where possible before the time schedule.
28. Where a heat is listed and if insufficient competitors check in a FINAL will be held at heat time.
29. **600, 800m and 1500m**  
***If 12 or less check in, at the discretion of the track referee, a FINAL will be held at heat time***  
***1500m heats and finals can be scheduled for the same day of competition***
30. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships, ***entries through the Regional Secretaries by closing date to*** Athletic Association of Ireland, Unit 19, Northwood Court, Northwood Business Campus, Santry, Dublin 9
31. **Regional Competition Secretaries must be available for queries on days of competition.**
32. Please have respect for the stadium and its environs and adhere to all rules of the arena.
33. Please do not leave your personal belongings unattended.

*Table of Hurdle and Shot Specifications***INDOOR**

<b>Girls 13</b>	60m	68.6cm	2' 3"	5	11.00m	7.25m	20.00m
<b>Girls 14</b>	60m	68.6cm	2' 3"	5	11.50m	7.50m	18.50m
<b>Girls 15</b>	60m	76.2cm	2' 6"	5	12.00m	8.00m	16.00m
<b>Girls 16</b>	60m	76.2cm	2' 6"	5	12.00m	8.00m	16.00m
<b>Girls 17</b>	60m	76.2cm	2' 6"	5	13.00m	8.50m	13.00m
<b>Girls 18</b>	60m	76.2cm	2' 6"	5	13.00m	8.50m	13.00m
<b>Girls 19</b>	60m	84.0cm	2' 9"	5	13.00m	8.50m	13.00m
<b>Boys 13</b>	60m	68.6cm	2' 3"	5	11.00m	7.25m	20.00m
<b>Boys 14</b>	60m	76.2cm	2' 6"	5	11.50m	7.50m	18.50m
<b>Boys 15</b>	60m	84.0cm	2' 9"	5	12.00m	8.00m	16.00m
<b>Boys 16</b>	60m	84.0cm	2' 9"	5	13.00m	8.50m	13.00m
<b>Boys 17</b>	60m	91.4cm	3' 0"	5	13.00m	8.50m	13.00m
<b>Boys 18</b>	60m	91.4cm	3' 0"	5	13.72m	9.14m	9.72m
<b>Boys 19</b>	60m	99.0cm	3' 3"	5	13.72m	9.14m	9.72m

**SHOT WEIGHTS**

<b>Boys</b>	<b>AGES</b>	<b>Girls</b>
2 k	<b>12</b>	2 k
2 k	<b>13</b>	2 k
2.72 k	<b>14</b>	2 k
3 k	<b>15</b>	2.72 k
4 k	<b>16</b>	3 k
5 k	<b>17</b>	3 k
5 k	<b>18</b>	3 k
6 k	<b>19</b>	4 k

**Venue:** Athlone IT  
**Date:** 19<sup>th</sup> January 2019  
**Time:** 10.00 a.m.  
**Entry Fee:** 10 Euro  
**Check in:** Opens 9.00 a.m.  
**Closing date:** 11<sup>th</sup> January 2019

**All athletes must be registered.**

**Athletes should be technically proficient and competent to compete in each event.**

#### **EVENTS Pentathlon**

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

					<b>Approach</b>	<b>Interval</b>	<b>Finish</b>
Girls	14 Hurdles	68.6cm	2'3"	5	11.50	7.50	18.50
Boys	14 Hurdles	76.2cm	2'6"	5	11.50	7.50	18.50
Girls	15 Hurdles	76.2cm	2'6"	5	12.00	8.00	16.00
Girls	16 Hurdles	76.2cm	2'6"	5	12.00	8.00	16.00
Youth Girls	Hurdles	76.2cm	2'6"	5	13.00	8.50	13.00
Boys	15 Hurdles	84.0cm	2'9"	5	12.00	8.00	16.00
Boys	16 Hurdles	84.0cm	2'9"	5	13.00	8.50	13.00
Youth Boys	Hurdles	91.4cm	3'0"	5	13.72	9.14	9.72

#### **Starting Heights High Jump**

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

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

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

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

### **TIMETABLE**

**Timetable subject to change during the day, please be alert.**

#### **TRACK EVENTS**

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

#### **FIELD EVENTS**

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

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



**Venue:** Athlone IT  
**Dates:** 30<sup>th</sup>, 31<sup>st</sup> March, 6<sup>th</sup> April 2019  
**Check In:** Commences 9.00am. Please check individual days for start  
**Entry Fee:** 5 Euro per event, 10 euro per relay team  
**Late Entry:** Championships are qualification events, no late entries  
**Closing Date:** 22<sup>nd</sup> March 2019  
**Entries:** Via Regional Competition Secretary ONLY

**All athletes must be registered.**

**EVENTS**

**GIRLS 12**

60m Sprint

600m

**Relay 4 x 200m**

High Jump

Long Jump

Shot Put

**GIRLS 15**

60m Sprint

60m Hurdles

800m

1000m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Pole Vault

**GIRLS 18**

60m Sprint

60m Hurdles

200m

400m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Triple Jump

Pole Vault

**GIRLS 13**

60m Sprint

60m Hurdles

600m

**Relay 4 x 200m**

High Jump

Long Jump

Shot Put

**GIRLS 16**

60m Sprint

60m Hurdles

200m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Pole Vault

**GIRLS 19**

60m Sprint

60m Hurdles

200m

400m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Triple Jump

Pole Vault

**GIRLS 14**

60m Sprint

60m Hurdles

800m

1000m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

**GIRLS 17**

60m Sprint

60m Hurdles

200m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Pole Vault

*Juvenile Indoor Championships**30<sup>th</sup>, 31<sup>st</sup> March, 6<sup>th</sup> April 2019***BOYS 12**

60m Sprint

600m

**Relay 4 x 200m**

High Jump

Long Jump

Shot Put

**BOYS 15**

60m Sprint

60m Hurdles

800m

1000m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Pole Vault

**BOYS 13**

60m Sprint

60m Hurdles

600m

**Relay 4 x 200m**

High Jump

Long Jump

Shot Put

**BOYS 16**

60m Sprint

60m Hurdles

200m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Pole Vault

**BOYS 14**

60m Sprint

60m Hurdles

800m

1000m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

**BOYS 17**

60m Sprint

60m Hurdles

200m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Pole Vault

**BOYS 18**

60m Sprint

60m Hurdles

200m

400m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Triple Jump

Pole Vault

**BOYS 19**

60m Sprint

60m Hurdles

200m

400m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Triple Jump

Pole Vault

The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable.

**The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable.**

**Check in closes 9.30 a.m. (400m/1500m)**

**10.00 a.m.**

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

**10.50 a.m.**

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

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

**Check in closes 10.30 p.m. (Walks)**

**11.45 a.m.**

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

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

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

**2.00 p.m. Finals 400m**

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

**2.30 p.m.**

Girls & Boys	12	60m	Heats
Girls & Boys	13	60m	Heats
Girls & Boys	14	60m	Heats
Girls & Boys	15	60m	Heats
Girls & Boys	16	60m	Heats
Girls & Boys	17	60m	Heats
Girls & Boys	18	60m	Heats
Girls & Boys	19	60m	Heats

**FINALS 1500m, 60M SPRINTS**

**Check in Closes 9.30 a.m. first field events**

**Long Jump**

10.00 a.m.	Girls	(Pit 1)	12
11.30 a.m.	Boys	(Pit 1)	13
1.00 p.m.	Girls	(Pit 1)	14
2.15 p.m.	Girls	(Pit 1)	19
3:00 p.m.	Girls	(Pit 1)	18
4:00 p.m.	Girls	(Pit 1)	17

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

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

**Shot Putt**

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

**High Jump**

10.00 a.m.	Girls	13	(Mat 1)
	Girls	18+19	(Mat 2)
11.30 a.m.	Girls	14	(Mat 1)
	Girls	16	(Mat 2)
1.00 p.m.	Girls	17	(Mat 1)
	Boys	14	(Mat 2)
3.00 p.m.	Girls	12	(Mat 1)
4.30 p.m.	Girls	15	(Mat 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 closes 9.15 a.m (200m)**

**10.00 a.m**

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

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

**11.15 p.m.**

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

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

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

**1.45 p.m.**

200m Finals

**Check in closes 1.15 (Hurdles)**

**2.15 p.m.**

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

**FINALS 600m, 800m, HURDLES**

**Check in Closes 9.30 a.m. first field event**

**Long Jump**

10.00 a.m.	Boys	(Pit 1)	12
11.30 p.m.	Girls	(Pit 1)	13
1.00 p.m.	Boys	(Pit 1)	14
3.00 p.m.	Boys	(Pit 1)	18
4:00 p.m.	Boys	(Pit 1)	19

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

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

**Shot Putt**

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

**High Jump**

10.00 a.m.	Boys	16	(Mat 1)
	Boys	15	(Mat 2)
11.30 a.m.	Boys	12	(Mat 1)
	Boys	13	(Mat 2)
1.00 p.m.	Boys	17	(Mat 1)
	Boys	18 + 19	(Mat 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 9.00 a.m.**

**Inter-Club Relays**

**10.30 a.m.**

Girls	13	4 x 200m	FINALS (Heat Declared Winners)
Boys	13	4 x 200m	FINALS (Heat Declared Winners)
Girls	15	4 x 200m	Heats
Boys	15	4 x 200m	Heats
Girls	17	4 x 200m	Heats
Boys	17	4 x 200m	Heats
Girls	19	4 x 200m	Heats
Boys	19	4 x 200m	Heats

**FINALS OF ABOVE**

**Check in closes 12.30 p.m.**

**1.30 p.m.**

Girls	12	4 x 200m	FINALS (Heat Declared Winners)
Boys	12	4 x 200m	FINALS (Heat Declared Winners)
Girls	14	4 x 200m	Heats
Boys	14	4 x 200m	Heats
Girls	16	4 x 200m	Heats
Boys	16	4 x 200m	Heats
Girls	18	4 x 200m	Heats
Boys	18	4 x 200m	Heats

**FINALS OF ABOVE**

**Field Events**

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

<b>10:00 AM</b>	Triple Jump	U18 Girls
<b>10:45 AM</b>	Triple Jump	U18 Boys
<b>11:30 AM</b>	Triple Jump	U19 Girls
<b>12:15 PM</b>	Triple Jump	U19 Boys

<b>10:00 AM</b>	Long Jump	U16 Girls (Pit 1)
<b>11:15 AM</b>	Long Jump	U16 Boys (Pit 1)
<b>12:30 PM</b>	Long Jump	U15 Girls (Pit 1)
<b>2:00 PM</b>	Long Jump	U17 Boys (Pit 1)
<b>2:00 PM</b>	Long Jump	U15 Boys (Pit 2)

*Juvenile Indoor Championships*

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**PLEASE NOTE:**

- ☐ All relays will be held on the 3<sup>rd</sup> day of competition.
- ☐ **No entry on the day of competition**
- ☐ Athletes may step up **ONE (1)** age group only and may compete in **TWO (2)** relays on the day
- ☐ At least 2 members of a competing relay team, participating in that event on that day must be of the correct age
- ☐ 17,18,19 age groups all athletes may move up one age group
- ☐ If a sub is present on the day and declared, medal will be presented
- ☐ **Relay teams qualify from region, 3 teams per region per age category**
- ☐ 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 FILLED IN FOR EACH INDIVIDUAL TEAM**
- ☐ **Spot checks will be carried out on team declarations**

*Juvenile Track & Field**Spring Throws*

**Venue:** Templemore  
**Dates:** 7<sup>th</sup> April 2019  
**Time:** 10.00 a.m.  
**Entry Fee:** 5 Euro per event  
**Entries:** Online via club entry page  
**Closing Date** 29<sup>th</sup> March 2019

<b>Javelin</b>	U16 Boys (600g)	U16 Girls (500g)
	U17 Boys (700g)	U17 Girls (500g)
	U18 Boys (700g)	U18 Girls (500g)
	U19 Boys (800g)	U19 Girls (600g)

<b>Hammer</b>	U16 Boys (4k)	U16 Girls (3k)
	U17 Boys (5k)	U17 Girls (3k)
	U18 Boys (5k)	U18 Girls (3k)
	U19 Boys (6k)	U19 Girls (4k)

<b>Discus</b>	U16 Boys (1k)	U16 Girls (1k)
	U17 Boys (1.5k)	U17 Girls (1k)
	U18 Boys (1.5k)	U18 Girls (1k)
	U19 Boys (1.75k)	U19 Girls (1k)

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

Combined Events Youth/Junior	22 <sup>nd</sup> /23 <sup>rd</sup> June 2019
Combined Events U14-U16	Sunday 23 <sup>rd</sup> June 2019
Children's Games + U12/U13 Championship	Saturday 29 <sup>th</sup> June 2019
Track and Field U12 to U19 Day 1	Sunday 7 <sup>th</sup> July 2019
Track and Field U12 to U19 Day 2	Saturday 13 <sup>th</sup> July 2019
Track and Field U12 to U19 Day 3	Sunday 14 <sup>th</sup> July 2019
Inter-Club Relays U14 to U19	Sunday 21 <sup>st</sup> July 2019
Track and Field B Championships	Sunday 21 <sup>st</sup> July 2019
Youth Nations International	Saturday 3 <sup>rd</sup> August 2019

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

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

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

**Initial Closing/Late Entry Closing Date:**

12 <sup>th</sup> /16 <sup>th</sup> June 2019	Combined Events
19 <sup>th</sup> /23 <sup>rd</sup> June 2019	Children's Games + U12/U13 Championships
<b>28<sup>th</sup> June 2019</b>	<b>A Championships</b>
10 <sup>th</sup> / 14 <sup>th</sup> July 2019	Inter-Club Relays U14 to U19
10 <sup>th</sup> /14 <sup>th</sup> July 2019	B Championships

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

All entries can be made online



Venue:	Santry
Dates:	22 <sup>nd</sup> /23 <sup>rd</sup> June 2019 (Youth/Junior)
	23 <sup>rd</sup> June 2019 (U14-U16)
Time:	10.00 a.m. (on both days)
Entry Fee:	10 Euro per event
Entries:	Online via club entry page
Initial Closing Date:	12 <sup>th</sup> June 2019
Late Entry Opening Date:	13 <sup>th</sup> June 2019
Late Entry Closing Date:	16 <sup>th</sup> June 2019
Late Entry Fee:	15 Euro

**NOTE: U14, U15, U16 PENTATHLON WILL TAKE PLACE ON SUNDAY 23<sup>rd</sup> JUNE**

#### Pentathlon

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

#### Starting Heights High Jump

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

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

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

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

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

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

#### Rules:

- All athletes should be technically proficient and competent to compete in each event.**
- In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
- In the track events, **all age categories, one false start and all are on warning of next false start leading to disqualification.**
- An athlete shall be disqualified in any event, in which he has made two false starts.
- An athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition. He shall not, therefore, figure in the final classification.
- The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.

*Juvenile Track & Field**Hurdle and Throws Specifications*

Age Group	Distance	Height	No.	Approach	Interval	Finish
<b>Girls 13</b>	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
<b>Girls 14</b>	75m	68.6cm 2' 3"	8	11.50m	7.50m	11.00m
<b>Girls 15</b>	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
<b>Girls 15</b>	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
<b>Girls 16</b>	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
<b>Girls 16</b>	250m	68.6cm 2' 3"	6	35.00m	8.00m	40.00m
<b>Girls 17</b>	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
<b>Girls 17</b>	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
<b>Girls 18</b>	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
<b>Girls 18</b>	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
<b>Girls 19</b>	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
<b>Girls 19</b>	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
<b>Boys 13</b>	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
<b>Boys 14</b>	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.00m
<b>Boys 15</b>	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
<b>Boys 15</b>	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00cm
<b>Boys 16</b>	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
<b>Boys 16</b>	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
<b>Boys 17 (*)</b>	100m	91.4cm 3' 0"	10	13.00m	8.50m	10.50m
<b>Boys 17</b>	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
<b>Boys 18</b>	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
<b>Boys 18</b>	400m	84.0cm 2' 9"	10	45.00m	35.00m	40.00m
<b>Boys 19</b>	110m	99.0cm 3' 3"	10	13.72m	9.14m	14.02m
<b>Boys 19</b>	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m

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

*Table of Throwing Implements*

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

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

- 1 Individual Track & Field Championships for Boys and Girls ages 12-19.
- 2 The first four (4) from each region qualify for the National Championships.
- 3 **The first three (3) in the 600m due to safety regulations.**
- 4 Athletes are confined to their own age group.
- 5 Ages 12, 13, 14, 15 and 16 are limited to 3 events plus relay.
- 6 Ages 17, 18 and 19 are limited to 4 events plus relay
- 7 Club Singlets must be worn.
- 8 All entries must come through the Regional Secretary.
- 9 A copy of all Regional results plus a copy of all entries to go Head office and to the Track & Field Secretary.
- 10 **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
  - ☐ All athletes must collect a competition number
  - ☐ All athletes must collect number 1 hour prior to their event minimum
  - ☐ All athletes Track & Field must check in at the REGISTRATION AREA and collect a number and report to call room or field event when called.
- 11 **ONLY 5mm SPIKES MAY BE USED**
- 12 Only starting blocks provided by the organising committee may be used.
- 13 U12 all must do a crouched start. Below U12 age standing or crouch start is optional. The commands for all sprints are "on your marks" and "set"☐
- 14 **Athletes from U14 upwards must use Starting Blocks. Blocks are optional for U12 and U13s.**
- 15 **IAAF False Start Rules apply. U16 upwards First false start leads to disqualification.**
- 16 **U13,14, 15 - One false start and all are on warning of next false start leading to disqualification.**
- 17 **Combined Events all age categories. One false start and all are on warning of next false start leading to disqualification.**
- 18 Athlete must leave the arena when their event is complete.
- 19 Winning athletes must report for medal presentation 20 minutes after their event where possible.
- 20 Coaches and parents are not allowed on the track at any time.
- 21 Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
- 22 The guidelines for middle distance events are
  - A final will be held if there are 16 or less in the 600m, 800m
  - 20 or less in the 1500m
- 23 **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
- 24 In all field events except the High Jump and Pole Vault 3 attempts, 3 final throws/jumps for the 8 best athletes
- 25 Turbo Javelin rules and format are as javelin competition. 3 individual throws per athlete. Top 8 to final.
22. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships, *entries through the Regional Secretaries by closing date*
23. **Regional Competition Secretaries must be available for queries on the days of competition.**
24. Please have respect for the stadium and its environs.
- 25 Please do not leave your personal belongings unattended.
- 26 Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g.: earphones, notebooks, tablets, iPods, smart phones etc) in the competition area. NOTE: The competition area starts at the assembly/call room
- 27 **An athlete shall be excluded from participation in all further events in the competition, including relays, in case where;**
  - ☐ **A final confirmation was given that the athlete would start in an event but then failed to participate.**
  - ☐ **An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4)**
  - ☐ **An athlete fails to provide a bona fida effort to compete in an event**

### **GIRLS 12**

60m Sprint  
  
600m  
High Jump  
Long Jump  
Shot Put  
Turbo Javelin

### **GIRLS 14**

80m Sprint  
75m Hurdles  
  
200m  
800m  
1500m  
  
2000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Shot Put

### **GIRLS 17**

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

### **GIRLS 13**

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

### **GIRLS 15**

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

### **GIRLS 18**

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

### **GIRLS 16**

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

### **GIRLS 19**

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

*Juvenile Track & Field**U12 – U19 EVENTS AVAILABLE – Boys*

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**BOYS 12**

60m Sprint  
  
600m  
High Jump  
Long Jump  
Shot Put  
Turbo Javelin

**BOYS 13**

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

**BOYS 14**

80m Sprint  
75m Hurdles  
  
200m  
800m  
1500m  
  
2000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
  
Shot Put

**BOYS 15**

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

**BOYS 16**

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

**BOYS 17**

100m Sprint  
110m Hurdles  
300m Hurdles  
200m  
400m  
800m  
1500m  
2000m S/Chase (3'.0")  
3000m  
3000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump

**BOYS 18**

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

**BOYS 19**

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

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**Venue:** Tullamore, Co. Offaly  
**Date:** Saturday 29<sup>th</sup> June 2019  
**Time:** 10.00 a.m. (Check in open 8.30 a.m.)  
**Entry Fee:** €10 per pairs team  
**Initial Closing Date:** 19<sup>th</sup> June 2019  
**Late Entry Opening Date:** 20<sup>th</sup> June 2019  
**Late Entry Closing Date:** 23<sup>rd</sup> June 2019  
**Late Entry Fee:** €15 per pairs team  
**Entries:** Online via Regional Competition Secretary

**U9 Girls & Boys  
Born 2011**

60m  
300m  
Long Jump  
Turbo Javelin (300g)

**U10 Girls & Boys  
Born 2010**

60m  
500m  
Long Jump  
Turbo Javelin (300g)

**U11 Girls & Boys  
Born 2009**

60m  
600m  
Long Jump  
Turbo Javelin (300g)

1. Two (2) athletes per team.
2. Each athlete may compete in two events only, *with the same or two different partners*.
3. Athletes compete in their own age group (**U9 must be born 2011**)
4. Each teams combined distances or combined times are added for team scoring.
5. Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> team members in each event.
6. Three (3) teams per event per region, qualifying through Regional/Provincial Secretary.
7. U9, 10 Long Jump competition, athletes may jump anywhere from the sand. U11 Long Jump competition is from the board. 3 Jumps only per athlete.
8. Turbo Javelin throw as per javelin throw (tip must hit ground)  
One throw per athlete per round with the throw measured to where tip first touches ground.
9. 60m, 300m, 500m, 600m are on times - no finals.
10. Standing or crouch start is optional. The standing start command for all sprints are "on your marks" and "set" □
11. Persistent false starts may lead to disqualification.
12. No entry or change of entry on the day of competition (**In the event of one team member being unable to attend they may be replaced by a reserve member**)
13. Club singlets must be worn – no tracksuits.
14. The Committee reserve the right to alter the timetable.
15. Relays are not part of the scoring for team competition.
16. All athletes **MUST** check in at the Check-in desk after collecting their numbers. **Collecting your number does not mean you are checked in.**
17. **A Call Area will be in operation. Athletes must report to the Call Area when announced over the PA.**
18. **Clubs with more than one team per age group MUST declare the members of each team at check-in. Failure to do this will mean the teams will be scored as entered.**

**U9-U11 Inter-Club Relays**

- ☐ No entry on the day of competition. Entries come through Regional/Provincial Secretary
- ☐ Athletes may step up ONE (1) age group only and may compete in TWO (2) relays on the day **except U9 athletes must be born in year 2011**
- ☐ At least 2 members of a competing relay team, participating in that event on that day must be of the correct age **except U9 athletes must be born in year 2011**
- ☐ Relay teams qualify from region, 3 teams per region
- ☐ Team names, DOB, registration numbers must be submitted with entry
- ☐ **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM**
- ☐ Spot checks may take place.
- ☐ **1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place will be determined as HEAT DECLARED WINNERS (i.e.: no finals for U9, U10, U11 age groups)**

*Juvenile Track & Field**U12/U13 Championship*

<b>Venue:</b>	<b>Tullamore, Co. Offaly</b>
<b>Date:</b>	<b>Saturday 29<sup>th</sup> June 2019</b>
<b>Time:</b>	<b>10.00 a.m. (Check in open 8.30 a.m.)</b>
<b>Entry Fee:</b>	<b>€5 euro per event</b>
<b>Initial Closing Date:</b>	<b>19<sup>th</sup> June 2019</b>
<b>Late Entries Opening Date:</b>	<b>20<sup>th</sup> June 2019</b>
<b>Late Entries Closing Date:</b>	<b>23<sup>rd</sup> June 2019</b>
<b>Late Entry Fee:</b>	<b>€10 per event</b>
<b>Entries:</b>	<b>Online via Regional Competition Secretary</b>
	<b>U12/13 Relay entry Online via County Competition Secretary (max 3 teams per county per age group)</b>

TRACK		FIELD		
10:00	U12 Girls 60m U12 Boys 60m U13 Girls 80m U13 Boys 80m U9 Girls 60m U9 Boys 60m U10 Girls 60m U10 Boys 60m U11 Girls 60m U11 Boys 60m  FINALS U12/U13 60m	10:00	U9 Girls U9 Boys	Long Jump 1 Long Jump 2
		11:15	U12 Girls U12 Boys	Long Jump 1 Long Jump 2
		12:30	U10 Girls U10 Boys	Long Jump 1 Long Jump 2
		14:00	U11 Girls U11 Boys	Long Jump 1 Long Jump 2
		15:15	U13 Girls U13 Boys	Long Jump 1 Long Jump 2
13:00	U9 Girls 300m U9 Boys 300m U10 Girls 500m U10 Boys 500m U11 Girls 600m U11 Boys 600m U12 Girls 600m U12 Boys 600m U13 Girls 600m U13 Boys 600m	10:00	U10 Girls U10 Boys	Turbo Javelin 1 Turbo Javelin 2
		11:00	U11 Girls U11 Boys	Turbo Javelin 1 Turbo Javelin 2
		12:00	U9 Girls U9 Boys	Turbo Javelin 1 Turbo Javelin 2
		13:00	U12 Girls U12 Boys	Turbo Javelin 1 Turbo Javelin 2
14:30	U12 Girls 4x100m U12 Boys 4x100m U13 Girls 4x100m U13 Boys 4x100m U9 Girls 4x100m U9 Boys 4x100m U10 Girls 4x100m U10 Boys 4x100m U11 Girls 4x100m U11 Boys 4x100m  RELAY FINALS U12/U13	14:30	U13 Girls	Javelin
		15:30	U13 Boys	Javelin
		10:00	U12 Girls	High Jump
		11:30	U12 Boys	High Jump
		13:00	U13 Girls	High Jump
		14:30	U13 Boys	High Jump
		10:00	U13 Girls	Shot Putt
		11:00	U13 Boys	Shot Putt
		12:00	U12 Girls	Shot Putt
		13:00	U12 Boys	Shot Putt

Check in Opens 8.30amThe Committee reserve the right to alter the timetable.Check in closes 9.15 a.m. Hurdles**10.00 a.m.**

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

**HURDLE FINALS**Check in closes 12.00 p.m. 800m**1.00 p.m.**

Girls & Boys	14	800m	Heats
Girls & Boys	15	800m	Heats
Girls & Boys	16	800m	Heats
Girls & Boys	17	800m	Heats
Girls & Boys	18	800m	Heats
Girls & Boys	19	800m	Heats

Check in closes 1.30 p.m. Steeplechase**3.00 p.m.**

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

**4.30 p.m.****600m/800m FINALS****10.00 a.m.**

Girls	14	Hammer
Girls	16	High Jump
Girls	18	Triple Jump
Boys	17	Javelin

**11.00 a.m.**

Girls	15	Hammer
Girls	17	Triple Jump
Boys	14	Javelin

**11.30 p.m.**

Boys	16	High Jump
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**12.00 p.m.**

Girls	16	Hammer
Girls	18	Javelin
Boys	19	Triple Jump

**1.00 p.m.**

Girls	15	High Jump
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**1.30 p.m.**

Girls	17	Hammer
Boys	17	Triple Jump
Boys	18	Javelin

**2.30 p.m.**

Girls	14	High Jump
Girls	18	Hammer
Boys	18	Triple Jump

**3.30 p.m.**

Girls	19	Hammer
Girls	16	Triple Jump



**The Committee reserve the right to alter the timetable.****Check in Opens 8.30am****Check in closes 9.15 a.m. Girls Walks****10.00 a.m.**

Girls 14, 15,16 2000m Walks Finals

Girls 17, 18,19 3000m Walks Finals

**Check in closes 10.30 a.m. 400m****11.15 a.m.**

Girls 17, 18 &amp; 19 400m Heats

Boys 17, 18 &amp; 19 400m Heats

**Check in closes 11.15 a.m. Boys Walks****12:00 p.m.**

Boys 14, 15 2000m Walks Finals

Boys 16, 17 3000m Walks Finals

Boys 18, 19 5000m Walks Finals

**Check in closes 12:15 p.m. Sprints****1.30 p.m.****400m FINALS****1.45 p.m.**

Girls &amp; Boys 14 80m Heats

Girls &amp; Boys 15 100m Heats

Girls &amp; Boys 16 100m Heats

Girls &amp; Boys 17 100m Heats

Girls &amp; Boys 18 100m Heats

Girls &amp; Boys 19 100m Heats

**Check in closes 3.00 p.m. 3000m****3.45 p.m.**

Boys 16, 17, 18, 19 3000m

Girls 16, 17, 18, 19 3000m

**5.00 pm. SPRINT FINALS****10.00 a.m.**

Girls 14

Discus

Boys 14

Hammer

Boys 17

High Jump

Boys 15

Long Jump (Pit 1)

Girls 17

Shot Putt

Boys 16

Triple Jump

**11.00 a.m.**

Boys 15

Discus

Boys 18

Hammer

Boys 19

Javelin

Girls 14

Long Jump (Pit 1)

Girls 19

Triple Jump

Girls 15-16

Pole Vault

Boys 17

Shot Putt

**11.30 p.m.**

Boys 14

High Jump

**12.00 p.m.**

Girls 16

Discus

Boys 16

Hammer

Girls 19

Javelin

Girls 18

Shot Putt

Boys 15

Triple Jump

Boys 17

Long Jump (Pit 1)

**13.00 p.m.**

Boys 18

High Jump

Girls 14

Javelin

**13.30 p.m.**

Boys 18

Discus

Boys 17

Hammer

Boys 19

Shot Putt

Girls 17-19

Pole Vault

Girls 15

Long Jump

Girls 16

Long Jump (Pit 2)

**14.30 p.m.**

Girls 15

Discus

Boys 19

Hammer

Girls 17

Javelin

Girls 19

Shot Putt

Boys 14

Long Jump (Pit 1)

Boys 16

Long Jump (Pit 2)

Boys 15

High Jump

**15.30 p.m.**

Boys 16

Discus

Boys 15

Hammer

Boys 18

Shot Putt

Check in opens 8.30The Committee reserve the right to alter the timetable.Check in closes 9.15a.m 200m**10.00 a.m.**

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

Check in closes 10.30 a.m. 1500m**11:30 a.m.**

Girls & Boys 14	1500m	Heats
Girls & Boys 15	1500m	Heats
Girls & Boys 16	1500m	Heats
Girls & Boys 17	1500m	Heats

Girls & Boys 18	1500m	Heats
Girls & Boys 19	1500m	Heats

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

Check in closes 1.00 p.m. Hurdles**1.30 p.m.****200m FINALS****2.30 p.m.**

Girls	15	250m Hurdles	2'3" 68.6cm
Girls	16	250m Hurdles	2'3" 68.6cm
Boys	15	250m Hurdles	2'6" 76.2cm
Boys	16	250m Hurdles	2'6" 76.2cm
Girls	17	300m Hurdles	2'6" 76.2cm
Boys	17	300m Hurdles	2'6" 76.2cm
Girls	18	400m Hurdles	2'6" 76.2cm
Girls	19	400m Hurdles	2'6" 76.2cm
Boys	18	400m Hurdles	2'9" 84.0cm
Boys	19	400m Hurdles	3'0" 91.4cm

**HURDLE FINALS IN SAME ORDER****4.00 p.m.****1500m FINALS****10.00 a.m.**

Girls	17	Discus
Girls	18	Long Jump
Boys	19	High Jump
Boys	16	Javelin
Boys	15	Shot Putt

**11.00 a.m.**

Boys	17	Discus
Boys	18	Long Jump
Girls	19	High Jump
Girls	15	Javelin
Boys	15-16	Pole Vault
Boys	14	Shot Putt

**12.00 p.m.**

Girls	18	Discus
Girls	17	Long Jump
Girls	18	High Jump
Girls	16	Javelin
Girls	14	Shot Putt

**13.30 p.m.**

Boys	14	Discus
Boys	15	Javelin
Boys	17-19	Pole Vault
Girls	19	Long Jump
Boys	16	Shot Putt
Girls	17	High Jump

**14.30 p.m.**

Boys	19	Long Jump
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Girls	19	Discus
Girls	16	Shot Putt

**15.30 p.m.**

Boys	19	Discus
Girls	15	Shot Putt

**Venue:** Tullamore  
**Date:** Sunday 21<sup>st</sup> July 2019  
**Time:** 10.00 a.m.  
**Entry Fee:** €5 per event  
**Initial Closing Date:** 10<sup>th</sup> July 2019  
**Late Entry Opening Date:** 11<sup>th</sup> July 2019  
**Late Entry Closing Date:** 14<sup>th</sup> July 2019  
**Late Entry Fee:** €10 per event  
**Entries:** Online via Club Secretaries

*All athletes must be registered.*

#### EVENTS:

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

**Regulations:** Normal regulations for Track and Field apply plus

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

<b>Venue:</b>	<b>Tullamore</b>
<b>Date:</b>	<b>21<sup>st</sup> July 2019</b>
<b>Time:</b>	<b>12.00 p.m.</b>
<b>Entry Fee:</b>	<b>€10 per team (Online Entries through County Secretary)</b>
<b>Initial Closing Date:</b>	<b>10<sup>th</sup> July 2019</b>
<b>Late Entry Opening Date:</b>	<b>11<sup>th</sup> July 2019</b>
<b>Late Entry Closing Date:</b>	<b>14<sup>th</sup> July 2019</b>
<b>Late Entry Fee:</b>	<b>€15 per team</b>

**Check-in Opens 10.00 a.m.**

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

- 1 Athletes born in **2004 (U16)** may not compete in **4 x 400m** relays
- 2 Minimum break of 45 minutes for 4x100m relays and 90 minutes for 4x400m relays
- 3 Athletes may move up one age group. At least two members of a competing relay team, participating in the event on that day must be of the correct age.
- 4 For 17, 18, 19 age groups for relays - all athletes may move up one age group.
- 5 All athletes can only compete **in a maximum of 3 relay teams** on the day
- 6 Subs must be present for medal presentation.
- 7 Three (3) teams per county per age group, **Teams qualify from the County.**
- 8 **Entries must be made online via the County Secretary**
- 9 All team names, registration numbers and DOB must be on entry sheets at closing date.
- 10 Declaration sheets must be filled in on day of competition.
- 11 Spot checks may take place.
- 12 **NOTE: Teams should be checked in 60 minutes prior to the start of each session as the competition Session start times can be moved forward by up to 45 minutes.**

*Juvenile Track & Field "B" Championships and Inter-Club Relays      Sunday 21<sup>st</sup> July 2019*

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**TRACK**

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

**FIELD**

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

**FINALS TO BE HELD IN SAME ORDER**

12:00	4x400m	U18 Girls			
	4x400m	U18 Boys			
	4x100m	U15 Girls	10:15	Long Jump 1	U12 Girls
	4x100m	U15 Boys			U13 Girls
	4x100m	U17 Girls			U14 Girls
	4x100m	U17 Boys			U15+ U16 Girls
	4x100m	U19 Girls			
	4x100m	U19 Boys	10:15	Long Jump 2	U12 Boys
					U13 Boys
					U14 Boys
					U15 + U16 Boys

**FINALS TO BE HELD IN SAME ORDER**

14:30	600m Heats	U12 Girls			
		U12 Boys			
		U13 Girls	10:00	High Jump	U13 Girls
		U13 Boys			U13 Boys
	800m Heats	U14 Girls			U12 Girls
		U14 Boys			U12 Boys
		U15 Girls			U15 + U16 Girls
		U15 Boys			U15 + U16 Boys
		U16 Girls			U14 Girls
		U16 Boys			U14 Boys

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

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

**FINALS TO BE HELD IN SAME ORDER**

- |              |                        |            |                         |                         |               |
|--------------|------------------------|------------|-------------------------|-------------------------|---------------|
| <b>Fees:</b> | <b>Club</b>            | <b>€15</b> | <b>Late Entry Fees:</b> | <b>Club:</b>            | <b>€22.50</b> |
|              | <b>County</b>          | <b>€20</b> |                         | <b>County:</b>          | <b>€30</b>    |
|              | <b>Province/Region</b> | <b>€25</b> |                         | <b>Province/region:</b> | <b>€37.50</b> |
|              | <b>Individual</b>      | <b>€5</b>  |                         | <b>Individual:</b>      | <b>€10</b>    |
|              | <b>Relay Teams</b>     | <b>€10</b> |                         | <b>Relay Teams:</b>     | <b>€20</b>    |

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

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

### *Juvenile Cross Country Championships*

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- ☐ Regions must forward a copy of the regional club results to Head Office
- ☐ Start time 11.30 a.m.
- ☐ IAAF Rules apply
- ☐ Athletes may move up one age group
- ☐ Spot Checks will be undertaken
- ☐ **First four (4) club teams** in the 11-19 age group all must have competed in the Provincial/Regional Cross Country Championships
- ☐ Three (3) teams from each Munster, Ulster, Connaught, 4 from Leinster and 1 Team from the Region of Dublin qualify for County Teams.
- ☐ In the 17-19 age groups open entry will apply provided the athlete **has entered** in the Provincial/Regional Cross Country Championships. Open entries must be with National at closing date for competition, entries through Provincial Secretary ONLY
- ☐ 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 trial race.

All entries to through Regional Secretaries

- ☐ **Province:** 12 athletes to run with 6 to score
- ☐ **County:** 10 athletes to run with 6 to score
- ☐ **Club:** 6 athletes to run with 4 to score

**NOTE:** U19 Girls Club: 6 athletes to run with 3 to score

- ☐ Athletes must be registered
- ☐ Pacing of athletes will mean disqualification. Please inform club officials and parents.
- ☐ Only athletes **declared** on the team sheets will score.
- ☐ **It is strongly recommended that all athletes wear the correct footwear. No earphones should be worn at any time in call area or competition.**

<b>Fees:</b>	<b>Club</b>	<b>€15</b>	<b>Late Entry Fees:</b>	<b>Club:</b>	<b>€22.50</b>
	<b>County</b>	<b>€20</b>		<b>County:</b>	<b>€30</b>
	<b>Province/Region</b>	<b>€25</b>		<b>Province/region:</b>	<b>€37.50</b>
	<b>Individual</b>	<b>€5</b>		<b>Individual:</b>	<b>€10</b>

- ☐ **Juvenile 'B' Championships are open to athletes who HAVE NOT WON an Individual, Regional, County or Club Cross Country medal at the National Championships.**
- ☐ Entries through club secretary for 'B' Championships
- ☐ County teams must be entered and results will be determined by first 6 county athletes across the line, NO team declaration necessary.

*Juvenile Cross Country Championships**Inter-Club Relays*

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- ☐ All athletes must be registered. (2018 Ages apply)
- ☐ Entries for Inter-Club 4x500m Relays through club secretaries
- ☐ Club singlets must be worn.
- ☐ No Entries on the day exit
- ☐ All teams must be pre-entered online
- ☐ First three teams receive medals; a sub must be declared and present on the day to receive medal.

*Cross Country Inter Club Relays*

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Girls 12	4 x 500m Relays
Boys 12	4 x 500m Relays
Girls 14	4 x 500m Relays
Boys 14	4 x 500m Relays



## Field Standard for National Championships

### ***HIGH JUMP***

#### ***Girls***

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Girls 12	start at 1.05m	to 1.35m
Girls 13	start at 1.10m	to 1.40m
Girls 14	start at 1.15m up by 5cm to 1.45m after by 3cm	
Girls 15	start at 1.20m up by 5cm to 1.55m after by 3cm	
Girls 16	start at 1.25m up by 5cm to 1.55m after by 3cm	
Girls 17	start at 1.30m up by 5cm to 1.60m after by 3cm	
Girls 18	start at 1.35m up by 5cm to 1.60m after by 3cm	
Girls 19	start at 1.35m up by 5cm to 1.60m after by 3cm	

#### ***Boys***

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Boys 12	start at 1.15m	to 1.45m
Boys 13	start at 1.20m	to 1.50m
Boys 14	start at 1.30m up by 5cm to 1.55m after by 3cm	
Boys 15	start at 1.30m up by 5cm to 1.60m after by 3cm	
Boys 16	start at 1.40m up by 5cm to 1.65m after by 3cm	
Boys 17	start at 1.40m up by 5cm to 1.75m after by 3cm	
Boys 18	start at 1.50m up by 5cm to 1.80m after by 3cm	
Boys 19	start at 1.55m up by 5cm to 1.80m after by 3cm	

#### **Starting Heights High Jump Combined Events**

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

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

### ***POLE VAULT***

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Boys 15	start at 2.15cm up by 15cm to 2.30m after by 10cm
Boys 16	start at 2.30cm up by 15cm to 2.45m after by 10cm
Boys 17	start at 2.30cm up by 15cm to 2.45m after by 10cm
Boys 18	start at 2.30cm up by 15cm to 2.45m after by 10cm
Boys 19	start at 2.30cm up by 15cm to 2.50m after by 10cm

Girls 15	start at 1.50 cm up by 15cm
Girls 16	start at 1.50 cm up by 15cm
Girls 17	start at 1.50 cm up by 15cm
Girls 18	start at 1.50 cm up by 15cm
Girls 19	start at 1.50 cm up by 15cm

## Selection Criteria

1. Full program of events for U18 Age Category.
2. Based on results of 2019 AAI National Track & Field Championships.
3. Selection by Juvenile Athletic Committee
4. Notification via Juvenile Secretary
5. Acceptance of selection is subject to clean bill of health signed by coach

**Youth Nations Cup - 2019 Events**

<b>Girls under 18</b>	<b>Boys under 18</b>
100m H	110m H
400m H	400m H
100m	100m
200m	200m
400m	400m
800m	800m
1500m	1500m
3000m	3000m
2000m S/C	3000m S/C
Walk	Walk
4 x 100m Relay	4 x 100m Relay
4 x 400m Relay	4 x 400m Relay
High Jump	High Jump
Long Jump	Long Jump
Triple Jump	Triple Jump
Pole Vault	Pole Vault
Shot	Shot
Discus	Discus
Hammer	Hammer
Javelin	Javelin

*Juvenile Star Awards 2017**Tullamore Court Hotel (February 2018)**List of Award Winners*

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Antrim	Tony Craig	Lagan Valley AC
Carlow	Jonathan McKenna	St Laurence O Toole's AC
Cavan	Casey Mulvey	Inny Vale A.C.
Clare	Darragh Minter	St. Mary's A.C.
Cork	Reece Adamola	Leevale A.C.
Derry	Nathan Fitzpatrick	City Of Derry Spartans AC
Donegal	Janine Boyle	Finn Valley A.C .
Down	Troy McConville	North Down A.C
Dublin	Michael Farrelly	Portmarnock A.C.
Galway	Jack Dempsey	Galway City Harriers A.C.
Kerry	Rachel Bowler	Tralee Harriers A.C.
Kildare	Emily McHugh	Naas A.C.
Kilkenny	David Murphy	Gowran A.C.
Laois	Matthew Rossiter	St Abbans A.C.
Leitrim	Darragh Mitchell	North Leitrim A.C.
Limerick	Sophie Meredith	St.Mary's A.C.
Longford	Cian McPhillips	Longford A.C.
Louth	Kate O'Connor	Dundalk St Gerards A.C.
Mayo	Iarlaith Goulding	St Colmans South Mayo A.C.
Meath	Deirdre Murray	Na Fianna A.C.
Monaghan	Ava Ross	Glaslough Harriers A.C.
Offaly	Ava O'Connor	Tullamore Harriers A.C.
Roscommon	Shannon Quigley	Roscommon A.C.
Sligo	Erin Taheny	Corran A.C.
Tipperary	Daniel Ryan	Moycarkey Coolcree A.C.
Tyrone	Molly Curran	Carman Runners A.C.
Waterford	Shane Monagle	Tramore A.C.
Westmeath	Niamh Fogarty	North Westmeath A.C.
Wexford	Jack Forde	St Killian's A.C.
Wicklow	Richael Browne	Greystones & District A.C.

***SPECIAL AWARDS 2017***


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Eamon Gilbert Award:	Sommer Lecky	Finn Valley AC
Bill Battersby Award:	Brendan Lynch	Loughrea AC
Keara O'Hart Award:	Rhasidat Adekele	Tallaght AC
Matt Mc Grath Award:	Jade Williams	Shercock AC
Robin Sykes Award:	Darragh McElhinney	Bantry AC
Roisin O Callaghan Award:	Oisin Lane	Mullingar Harriers AC
International:	Kate O'Connor	Dundalk St Gerards AC
Special Recognition:	Sarah Healy	Blackrock AC (Dublin)
Breda Synott Celtic Games:	Laura Nicholson	Bandon AC
Breda Synott Celtic Games:	Conor Cusack	Lake District AC
Áine Pobjoy Award:	Aimée Hayde	Newport AC
European Youth Champs:	Patience Jumbo Gula	Dundalk St Gerards AC
	Rhasidat Adekele	Tallaght AC
	Niamh Foley	St Mary's AC (Limerick)
	Miriam Daly	Carrick-on-Suir AC
	Jade Williams	Shercock AC
	Sarah Healy	Blackrock AC (Dublin)

***Overall Athlete of the Year 2017***


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**Sarah Healy (Blackrock AC (Dublin))**

***Star Award Selection Criteria***

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

**ATHLETICS IRELAND JUVENILE INDOOR CHAMPIONSHIP RECORDS****Girls under 12**

60m	8.30	Niamh Foley	St. Mary's (Limerick)	2013
<b>600m</b>	<b>1.44.38</b>	<b>Saoirse Fitzgearld</b>	<b>Lucan Harriers</b>	<b>2018</b>
High Jump	1.36	Jessica Lyne	Leevale	2016
Long Jump	4.47	Sophie Meridith	St. Mary's (Limerick)	2012
Shot Putt (2k)	10.20	Megan Lenihan	North Cork	2014
4x100m	56.43	Dooneen		2013

300m	47.6H	Laura Milner	Celtic	2000
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**Boys under 12**

60m	8.24	Nkemjika Onwumereh	Metro St Brigids	2015
600m	1.40.37	Thomas Bolton	Metro St Brigids	2017
High Jump	1.40	Jack Murphy	Leevale A.C.	2009
Long Jump	4.57	Stephen Black	Cranford	2013
	4.57	Joseph Dolan	Na Fianna	2000
<b>Shot Putt (2k)</b>	<b>10.50</b>	<b>Cian Crampton</b>	<b>Edenderry</b>	<b>2018</b>
4x100m	54.78	Dooneen		2017

300m	45.9H	Eoin Hannon	Ballyskenach	2000
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**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	SLOT	2014
60m Hurdles	9.58	Niamh Foley	St. Mary's (Limerick)	2014
High Jump	1.51	Holly Meridith	St. Mary's (Limerick)	2014
Long Jump	5.18	Sophie Meridith	St. Mary's (Limerick)	2013
Shot Putt (2k)	12.79	Megan Lenihan	North Cork	2015
4x100m	53.81	Galway City Harriers		2015

4x200m	1.59.4	Inbhear Dee		2000
300m	46.42	Laura Scanlon	Metro St Brigids	2000

**Boys under 13**

60m	7.84	Shane Gevero	Cabinteely	2016
600m	1.37.69	Padraic Spillane	SLOT	2017
<b>60m Hurdles</b>	<b>9.26</b>	<b>John Cashman</b>	<b>Leevale</b>	<b>2018</b>
High Jump	1.65	Kyle Etttoh	Leevale	2017
Long Jump	5.11	Kyle Etttoh	Leevale	2017
Shot Putt (2k)	14.51	James Kelly	Finn Valley	2012
4x100m	53.16	Galway City Hrs		2011

4x200m	1.59.3	KCK		2000
300m	43.00	Gary Dunphy	St Pauls	2000

**Girls under 14**

60m Hurdles	9.00	Molly Scott	SLOT	2012
60m	7.85	Katie Monteith	City of Lisburn	2016
800m	2.16.12	Corrine Kenny	SLOT	2015
Walk 1000m	4.58.56	Bridget Gahan	Hacketstown	2000
High Jump	1.63	Caitriona Farrell	Craughwell	2005
Long Jump	5.39	Sophie Meridith	St. Mary's (Limerick)	2014

## 2019v3

Shot Putt (2k)	14.64	Aoibhin McMahon	Blackrick (Louth)	2016
4x200m	1.49.45	St Lawrence O'Tooles		2014
Combined Events	3201	Sophie Meridith	St. Mary's (Limerick)	2014

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

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
800m	2.13.16	Emma Moore	Galway City Harriers	2018
Walk 1000m	4.29.04	Kate Veale	West Waterford	2008
High Jump	1.66	Ciara Kennelly	Kilarny Valley	2016
Long Jump	5.49	Ciara Giles Doran	Ferrybank A.C.	2009
Pole Vault	2.50	Anna Ryan	Moycarkey Coolcroe	2016
Shot Putt (2.72k)	14.18	Casey Mulvey	Inny Vale	2017
4x200	1.46.82	SLOT		2015
Combined Events	3123	Laura Frawley	St. Mary's (Limerick)	2018

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 Coolcroe	2013
60m	7.26	Michael Farrelly	Portmanock	2016
800m	2.03.85	Shane Fitzsimons	Mullingar hrs.	2009
Walk 1000m	4.20.29	Gearoid McMahon	Shannon	2014
High Jump	1.86	Jason Harvey	Lagan Valley	2005
Long Jump	6.14	Daniel Ryan	Moycarkey Coolcroe	2013
Pole Vault	2.90	Adam Nolan	SLOT	2018
Shot Putt (3k)	15.38	Darragh Miniter	St Mary's (Clare)	2015
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	SLOT	2014
60m	7.67	Rhasidat Adeleke	Tallaght	2017
200m	24.46	Rhasidat Adeleke	Tallaght	2017

## 2019v3

800m	2.14.68	Laura Crowe	Clounalour	2002
<b>1500m</b>	<b>4.28.76</b>	<b>Aimee Hayde</b>	<b>Newport</b>	<b>2018</b>
Walk 1500m	6.46.54	Emily McHugh	Naas	2017
High Jump	1.73	Aisling Croke	Doneen A.C.	2010
Long Jump	5.74	Sarah Mc Carthy	Fingallians	2010
Pole Vault	2.80	Katie Ritchie	Ballymena & Antrim	2015
Pole Vault	2.80	Emma Coffey	Carrig-na-bFhear	2016
<b>Shot Putt (3k)</b>	<b>14.67</b>	<b>Casey Mulvey</b>	<b>Inny Vale</b>	<b>2018</b>
4x200m	1.43.93	Ferrybank		2009
Combined Events	3551	Elizabeth Morland	Cushinstown	2013
Shot Putt (3.25k)	12.15	Kathleen Fitzgearld	Leevale	2002
<b>Boys under 16</b>				
60m Hurdles	8.14	Daniel Ryan	Moycarkey Coolcroe	2014
60m	7.09	Joseph Ojemumi	Tallaght	2012
60m	7.09	David Murphy	Gowran	2015
200m	22.88	David Murphy	Gowran	2015
800m	1.58.03	Aaron McGlynn	Finn Valley	2015
1500m	4.09.61	Cian McBride	North Sligo	2012
Walk 1500m	6.33.39	Gearoid McMahon	Shannon	2015
High Jump	1.93	Jason Harvey	Ballymena Antrim	2006
Long Jump	6.58	Daniel Ryan	Moycarkey Coolcroe	2014
Pole Vault	3.25	Adam O'Dwyer	Moycarkey Coolcroe	2017
Shot Putt (4k)	17.60	James Kelly	Finn Valley	2015
4x200m	1.35.21	Leevale		2017
Combined Events	3687	Daniel Ryan	Moycarkey Coolcroe	2014
1500m	4.07.8 H	James Nolan	Ferbane	1992
<b>Girls under 17</b>				
60m Hurdles	8.50	Megan Maars	City of Lisburn	2013
<b>60m</b>	<b>7.43</b>	<b>Rhasidat Adeleke</b>	<b>Tallaght</b>	<b>2018</b>
<b>200m</b>	<b>23.98</b>	<b>Rhasidat Adeleke</b>	<b>Tallaght</b>	<b>2018</b>
800m	2.12.50	Elizabeth McWilliams	Ballymena & Antrim	2003
1500m	4.40.14	Nadia Power	Templeogue	2014
Walk 1500m	6.18.54	Kate Veale	West Waterford	2010
High Jump	1.76	Elizabeth Morland	Cushinstown	2014
Long Jump	5.76	Ciara Kearns	Celbridge	2000
Pole Vault	3.25	Emma Coffey	Carraig-Na-Bhfear	2017
Shot Putt (3k)	15.08	Micheala Walsh	Swinford	2014
4x200m	1.43.08	Carrick-on-Suir		2016
Combined Events	3877	Kate O'Connor	Dundalk St Gerards	2016
Shot Putt	13.91	Claire Fitzgerald	Tralee Hrs	2007
<b>Boys under 17</b>				
60m Hurdles	8.14	Daniel Ryan	Moycarkey Coolcroe	2015
<b>60m</b>	<b>6.98</b>	<b>Israel Olutunde</b>	<b>Dundealga</b>	<b>2018</b>
200m	21.97	Aaron Sexton	North Down	2016
<b>800m</b>	<b>1.52.67</b>	<b>Cian McPhillips</b>	<b>Longford</b>	<b>2018</b>
<b>1500m</b>	<b>3.57.28</b>	<b>Cian McPhillips</b>	<b>Longford</b>	<b>2018</b>
Walk 1500m	6.07.00	Gearoid McMahon	Shannon	2016
High Jump	1.98	Ryan Carthy Walshe	Adamstown	2015
Long Jump	6.78	Daniel Ryan	Moycarkey Coolcroe	2015
<b>Pole Vault</b>	<b>3.71</b>	<b>Adam O'Dwyer</b>	<b>Moycarkey Coolcroe</b>	<b>2018</b>
Shot Putt (5k)	16.09	James Kelly	Finn Valley	2016

## 2019v3

4x200m	1.33.16	Leevale		2014
Combined Events	3578	Daniel Ryan (Youth)	Moycarkey Coolcree	2015

60m Hurdles	8.1 H	Timothy Flannery	Nenagh Olympic	1998
60m	6.9 H	David Nolan	Bray Striders	1994
400m	51.04	David McCarthy	Celbridge	2000
1500m	4.00.73	Gareth Turnbull	St. Malachy's	1995
Long Jump	6.83	Richard Phelan	Carrick on Suir	1997

### Girls under 18

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

Combined Events	3841	Anna McAuley (Y)	City of Lisburn	2018
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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	6.93	Zak Irwin	Sligo	2013
200m	21.77	David McDonald	Menapians	2016
400m	49.59	John Fitzsimons	Kildare	2015
800m	1.55.38	Garry Campbell	Dunleer	2014
1500m	3.53.37	Shane Fitzsimons	Mullingar Harriers	2012
1500m Walk	6.11.90	Gearoid McMahon	Shannon	2017
High Jump	2.10	Donagh Mahon	Gowran	2014
Long Jump	6.83	Eoin O'Carroll	Tralee Harriers	2012
Triple Jump	13.96	Darren Prout	Carrick-on-Suir	2014
Pole Vault	4.00	Shane Martin	Ballymena & Antrim	2016
Shot Putt (5k)	18.11	John Kelly	Finn Valley	2013
4x200m	1.30.57	Tallaght		2014

Combined Events	3499	Brian Lynch (Youth)	Old Abbey	2018
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800m	1.50.15	James Nolan	Ferbane	1994
1500m Walk	5.59.9 H	Colin Griffin	Ballinamore	1999
Long Jump	7.70	Kevin Burke	Dooneen	1998

### Girls under 19

60m Hurdles	8.44	Elizabeth Morland	Cushinstown	2016
60m	7.61	Clíodhna Manning	KCH	2013
60m	7.61	Eilish Fitzpartick	Gneeveguilla	2009
200m	24.40	Lauren Cadden	Sligo	2018



## 2019v3

400m	55.28	Jenna Bromell	Emerald	2015
800m	2.09.74	Ciara Everard	KCH	2008
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	3.35	Ciara Hickey	Blanery/Inniscara	2018
Shot Putt (4k)	14.78	Michaela Walsh	Swinford	2016
4x200m	1.43.69	Dundrum South Dub		2016
Combined Events	4108	Kate O'Connor	Dundalk St Gerards	2018
60m	7.50	Ciara Sheehy	West Dublin	1998
<b>Boys under 19</b>				
60m Hurdles	8.16	Daniel Ryan	Moycarkey Coolcree	2017
60m	6.7 H	Marcus Lawlor	SLOT	2013
200m	21.29	Marcus Lawlor	SLOT	2013
400m	48.96	Paul Murphy	Ferrybank	2014
800m	1.53.88	David Campbell	Maynooth	2000
1500m	3.53.90	Shane Fitzsimons	Mullingar Harriers	2013
Walk	5.46.26	Colin Griffin	Ballinamore	2000
High Jump	2.10	Barry Pender	St. Abbans	2008
High Jump	2.10	Ryan Carthy Walshe	Adamstown	2017
Long Jump	7.09	Eoin Hannon	Tullamore Hrs	2007
Triple Jump	14.27	Jordan Hoang	Tullamore Hrs	2016
Pole Vault	4.25	Shane Martin	BAAC	2017
Shot Putt (6k)	17.80	John Kelly	Finn Valley	2014
4x200m	1.31.08	Tallaght		2015
Combined Events	3362	Simon Doyle	SLOT	2011
60m Hurdles	7.9 H	Alan Delaney	Castlerea	1998

**ATHLETICS IRELAND JUVENILE OUTDOOR CHAMPIONSHIP RECORDS****Girls under 12**

60m	8.29 (+0.3)	Niamh Foley	St Mary's AC (Limerick)	2013
600m	1.40.74	Aimee Wallace	Mullingar Harriers	2017
Turbo Javelin	31.90	Amy Whelan	Liscarroll	2015
High Jump	1.42	Tara Fogarty	Carrick on Suir	2004
Long Jump	4.82	Sophie Meredith	St Mary's AC (Limerick)	2012
Shot (2 kg)	11.39	Megan Leinhan	North Cork	2014
<b>4x100m</b>	<b>55.31</b>		<b>Crookstown Millview A.C.</b>	<b>2018</b>

**Girls under 13**

80m	10.15 (+0.7)	Sabia Doyle	Menapians	2015
600m	1.35.15	Corrine Kenny	St Lawrence O'Toole's AC	2014
60m Hurdles	9.52 (-0.5)	Laura Frawley	St Mary's AC (Limerick)	2016
Javelin (400g)	35.82	Megan Lenihan	North Cork	2015
Shot (2kg)	14.07	Aoibhinn McMahon	Blackrock (Louth)	2015
Long Jump	5.25 (+1.6)	Sophie Meredith	St Mary's AC (Limerick)	2013
High Jump	1.55	Ava Rochford	Ennis Track Club	2017
4x100m	52.63		Galway City Harriers	2015

**Girls under 14**

80m	10.02 (+0.5)	Niamh Foley	St Mary's (Limerick)	2015
200m	24.97 (-0.8)	Anne O'Shea	Ferrybank	2008
800m	2.15.84	Jenna Bromell	Emerald A.C.	2010
1500m	4.47.64	Maeve O'Neill	Doheny AC	2017
2000m Walk	10.09.89	Alicia Boylan	Oriel A.C.	2009
75m Hurdles	11.25 (+1.6)	Seren O'Toole	Galway City Harriers	2015
Hammer (2.5kg)	46.59	Jade Williams	Shercock	2014
Javelin (400g)	41.73	Amy Whelan	Liscarroll	2017
Shot (2 kg)	15.16	Aoibhin McMahon	Blackrock (Louth)	2016
Discus (0.75 kg)	39.36	Megan Lenihan	North Cork	2016
Long Jump	5.26	Joanna Mills	Ballymena & Antrim AC	2006
High Jump	1.62	Leona Byrne	St Lawrence O'Toole's AC	2000
4x100m Relay	51.41		St Lawrence O'Toole's AC	2014
<b>Combined Events</b>	<b>3003</b>	<b>Ava Rochford</b>	<b>Ennis Track Club</b>	<b>2018</b>

**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
<b>800m</b>	<b>2.11.98</b>	<b>Emma Moore</b>	<b>Galway City Harriers</b>	<b>2018</b>
1500m	4.35.62	Aimee Hayde	Newport	2017
2000m Walk	9.37.0	Kate Veale	West Waterford A.C.	2008
80m Hurdles	11.54	Kate McGowan	Tir Chonaill	2011
250m Hurdles	34.90	Miriam Daly	Carrick-on-Suir	2015
Hammer (2.5kg)	53.21	Jade Williams	Shercock	2015
Javelin (400g)	42.41	Aoibhin McMahon	Blackrock (Louth)	2017
Shot (2.72 kg)	13.93	Ciara Sheehy	Liscarroll	2016
Discus (0.75kg)	42.52	Megan Lenihan	North Cork AC	2017
High Jump	1.67	Cathriona Farrell	Craughwell	2006
Long Jump	5.85	Sophie Meredith	St Mary's A.C. (Limerick)	2015
Pole Vault	2.65	Aisling Cassidy	Bandon	2015
4x100m Relay	49.98		Ferrybank	2003
Combined Events	3426	Sophie Meredith	St Mary's A.C. (Limerick)	2015

**Girls under 16**

100m	11.98 (+0.0)	Rhasidat Adeleke	Tallaght	2017
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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
3000m	10.25.57	Roisin Treacy	Ashford AC	2017
2000m Walk	8.38.73	Kate Veale	West Waterford A.C.	2009
80m Hurdles	11.47 (+2.0)	Elizabeth Morland	Cushinstown	2013
250m Hurdles	34.25	Ciara Giles Doran	Ferrybank A.C.	2010
Discus (1 kg)	39.71	Kayleigh Cronin	Spa Muckcross	2011
Javelin (500g)	41.78	Kate O'Connor	Dundalk St Gerards	2015
Shot Putt (3k)	14.14	Aoibhin McMahon	Blackrock (Louth)	2018
Shot Putt (3.25k)	12.30			2006
Hammer (3k)	54.33	Jade Williams	Shercock	2016
Hammer (3.25k)	56.34	Rachel Akers	East Clare	2000
Triple Jump		Ellen McNally	Greystones & District	2018
	10.64 (+1.0)			
High Jump	1.72	Sommer Lecky	Finn Valley	2015
High Jump	1.72	Aoife O'Sullivan	Liscarroll	2018
Long Jump	5.86	Elizabeth Morland	Cushinstown	2013
Pole Vault	3.15	Emma Coffey	Carraig-Na-Bhfear A.C.	2016
4x100m Relay	49.40		Galway City Hrs	2003
Combined Events	3512	Kate O'Connor	Dundalk St Gerards	2015
<b>Girls under 17</b>				
100m	12.03 (+1.8)	Johanna Mills	Ballymena & Antrim	2009
200m	24.73 (+0.5)	Lauren Ryan	Dooneen	2015
400m	56.13	Davicia Patterson	Beechmount Harriers	2016
800m	2.12.11	Amy Hamill	Glaslough Harriers	2014
1500m	4.37.48	Sharon Monaghan	Fr. Murphy's AC	2001
3000m	10.41.8	Amy O'Brien	Inbhear Dee	2016
3000m Walk	13.16.19	Kate Veale	West Waterford A.C.	2010
2000m S/C	7.06.73	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	3.30	Emma Coffey	Carraig-Na-Bhfear A.C.	2017
Triple Jump	11.79	Maria Carey	Newport	2014
High Jump	1.74	Sommer Lecky	Finn Valley	2016
4x100m Relay	49.37		Carrick-on-Suir A.C.	2016
4x100m Relay	49.0H		Emerald A.C.	2010
4 x 400m Relay	4.01.79		St Lawrence O'Toole's AC	2017
<b>Girls under 18</b>				
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

## 2019v3

2000m S/C	6.58.38	Laura Nicholson	Bandon	2017
100m Hurdles	13.76 (+0.2)	Elizabeth Morland	Cushinstown	2015
400m Hurdles	61.22	Kelly-Ann Doyle	Carrick-on-Suir	2014
Hammer (3k)	57.20	Lauren O'Keeffe	Donore Harriers	2016
Hammer (4 k)	51.07	Rachel Akers	Marian	2002
Shot (3 kg)	16.43	Michaela Walsh	Swinford	2015
Shot Putt (4k)	12.85	Laura Cogan	Newbridge	2006
Discus	42.39	Niamh Fogerty	North Westmeath	2016
Javelin (500g)	46.57	Grace Casey	Eire Og Corra Choill A.C.	2016
Javelin (600g)	39.56	Lisa Fryer	Lagan Valley	2001
Long Jump	6.00 (-1.0)	Sarah McCarthy	Mid-Sutton AC	2012
Pole Vault	3.20	Nikita Savage	Youghal A.C.	2009
Pole Vault	3.20	Clodagh Walsh	Abbey Striders	2017
Triple Jump	11.86	Caoimhe King	Westport	2009
High Jump	1.74	Kate O'Connor	Dundalk St Gerards	2017
4x100m Relay	48.76		Ferrybank AC	2006
4 x 400m	4.05.27		Dundrum South Dublin	2017

### Girls under 19

100m	12.03 (+0.7)	Lauren Cadden	Sligo AC	2018
200m	24.48 (+0.0)	Lauren Cadden	Sligo AC	2018
400m	55.28	Joanne Cuddihy	Kilkenny City Hrs	2002
800m	2.07.7 H	Aislinn Crossey	Newry AC	2013
1500m	4.32.54	Azmera Gebrezgi	Celtic	2004
3000m	9.50.00	Breffni Twohig	D.S.D.	2005
3000m Walk	14.05.42	Maeve Curley	Craughwell A.C.	2010
3000m S/C	11.35.64	Alison Armstrong	Celtic DCH	2015
100m Hurdles	14.42 (+0.3)	Mairead Murphy	Ferrybank A.C.	2007
400m Hurdles	61.59	Jessie Barr	Ferrybank A.C.	2007
Shot (4 kg)	13.30	Claire Fitzgerald	Tralee Harriers	2009
Discus (1 kg)	45.17	Niamh Fogerty	North Westmeath	2017
Hammer (4 kg)	55.33	Rachel Akers	Marian	2003
Javelin (600g)	43.85	Grace Casey	Eire Og Corra Choill A.C.	2017
Long Jump	6.14	Kelly Proper	Ferrybank	2006
Triple Jump	11.76 (-2.5)	Saragh Buggy	St Abban's AC	2012
High Jump	1.73	Sorcha Murphy	Ferrybank	2012
High Jump	1.73	Sharon Heveran	Westport AC	2003
Pole Vault	3.40	Nikita Savage	Youghal A.C.	2010
4x100m Relay	48.79		Ferrybank	2017
4x400m Relay	3.59.43		Dundrum South Dublin	2016

### Boys under 12

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

### Boys under 13

80m	9.88	Shane Gevero	Cabinteely	2016
600m	1.35.67	Finn O'Neill	City of Derry Spartans	2017
60m Hurdles	9.41 (-0.3)	David Mc Donald	Menapians	2011
60m Hurdles	9.2 H	Garbhan McKenna	Glaslough Hrs	2008
Javelin (400g)	44.09	Blaine Lynch	Finn Valley	2018
Shot (2.72 kg)	14.73	James Kelly	Finn Valley	2012

## 2019v3

Long Jump	5.35	David Mc Donald	Menapians	2011
High Jump	1.56	Sean Kavanagh	Midelton	2016
High Jump	1.56	Joseph Gillespie	Finn Valley	2016
High Jump	1.56	Evan Hallinan	Craughwell	2017
High Jump	1.56	Kyle Ettoh	Leevale	2017
4x100m	52.06		Galway City Harriers	2011

### Boys under 14

80m	9.49 (+1.4)	Matthew Buckley	Rataoth	2015
80m	9.4 H	Leighton Wilson	Ballymena/Antrim	2003
200m	24.35 (+1.7)	Shay McIntosh	Ballymena/Antrim	2006
800m	2.07.26	Shane Fitzsimons	Mullingar Harriers	2008
1500m	4.22.87	Mustafa Nasir	Tallaght AC	2011
75m Hurdles	11.04 (+0.0)	Harry Nevin	Leevale	2017
2000m Walk	10.27.90	Liam McDonagh	Moycarkey Coolcroe	2014
Discus (0.75 kg)	49.02	Jack Hallahan	Midleton AC	2013
Hammer (2.5kg)	47.74	Robert Higgins	Na Fianna	2015
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

### 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	9.30.56	Evan Lynch	Clonmel	2009
80m Hurdles	11.31 (+0.9)	Daniel Ryan	Moycarkey Coolcroe	2013
250m Hurdles	33.28	Harry Nevin	Leevale	2018
Hammer (3kg)	58.30	Robert Higgins	Na Fianna	2016
Shot (3kg)	15.18	Callum Keating	North Cork	2018
Discus (1kg)	44.28	Jack Hallahan	Midleton	2014
Javelin (500g)	56.78	Tadhg O'MUIRCHEARTAIGH	Dunboyne	2017
Long Jump	6.18	Timothy Harrington	Courcies	2005
Long Jump	6.18	David McDonald	Menapians	2013
High Jump	1.83	Geoffrey O'Regan	Sun Hill Harriers	2018
Pole Vault	3.40	Adam O'Dwyer	Moycarkey Coolcroe	2016
Triple Jump	12.12	Timothy Harrington	Courcies	2005
4x100m Relay	46.54		Leevale	2016
Combined Events	3601	Daniel Ryan	Moycarkey Coolcroe	2013

### Boys under 16

100m	11.13 (+0.4)	Michael Farrelly	Portmarnock	2017
200m	22.67 (-0.7)	David Murphy	Gowran	2015
800m	1.56.07	Karl Griffen	Tir Chonaill	2010
1500m	4.00.76	Shane Quinn	Ferrybank	2007
3000m	9.04.92	Christy Conlon	Beechmount Harriers	2014
3000m Walk	13.51.93	Oisin Lane	Mullingar Harriers	2017
100m Hurdles	13.30	Daniel Ryan	Moycarkey Coolcroe	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

## 2019v3

Discus (1 kg)	51.13	Darragh Hanlon	Tullamore Harriers	2007
Pole Vault	4.00	Thomas Houlihan	West Waterford A.C.	2007
Long Jump	6.62 (-0.8)	David Ryan	Moycarkey Coolcree	2015
High Jump	1.94	Robbie Maars	City of Lisburn	2014
Triple Jump	13.45	Eoin O'Carroll	Tralee Harriers	2010
4x100m Relay	44.60		Leevale	2017
<b>Combined Events</b>	<b>3914</b>	<b>Jack Forde</b>	<b>St Killians</b>	<b>2018</b>

### Boys under 17

100m	11.03 (-0.5)	Aaron Sexton	North Down	2016
100m	11.0 H	John Laffey	Clonliffe Harriers	2001
200m	21.65 (+1.3)	Aaron Sexton	North Down	2016
400m	49.66	Joseph Dowling	Dundrum South Dublin	2009
800m	1.52.73	Karl Griffin	Tir Chonaill	2011
1500m	4.00.41	Shane Fitzsimons	Mullingar Hrs	2011
3000m	8.59.02	Kevin Mulcaire	Ennis TC	2013
<b>3000m Walk</b>	<b>13.35.74</b>	<b>Oisin Lane</b>	<b>Mullingar Harriers</b>	<b>2018</b>
2000m S/C	6.20.51	Dalton Mc Guigan	Finn Valley	2011
110m Hurdles	14.13 (+0.9)	Daniel Ryan	Moycarkey Coolcree	2015
<b>300m Hurdles</b>	<b>37.92</b>	<b>Iarlaith Goulding</b>	<b>St Colmans South Mayo</b>	<b>2018</b>
Shot Putt (5 kg)	16.80	John Kelly	Finn Valley	2012
Hammer (5kg)	66.05	Fellan McGuigan	Finn Valley	2012
Discus (1.5kg)	47.47	Andrew Barkley	City of Lisburn	2013
<b>Javelin (700g)</b>	<b>58.35</b>	<b>Conor Cusack</b>	<b>Lake District</b>	<b>2018</b>
Long Jump	6.62	David Cussan	Old Abbey	2012
High Jump	2.08	Ryan Carthy Walshe	Adamstown	2015
Triple Jump	13.73	Jordan Hoang	Tullamore Harriers	2014
Pole Vault	3.91	Thomas Houlihan	West Waterford A.C.	2008
4x100m Relay	43.73		Leevale	2017
4x400m Relay	3.32.02		Dundrum South Dublin	2017

### Boys under 18

100m	10.89 (+0.9)	Christopher Russell	Ferrybank A.C.	2007
200m	22.08 (-1.5)	Patrick O'Connor	Clonliffe Harriers	2010
400m	48.70	Christopher O'Donnell	North Sligo	2015
<b>800m</b>	<b>1.52.13</b>	<b>Louis O'Loughlin</b>	<b>Donore Harriers</b>	<b>2018</b>
1500m	4.00.65	Mark Christie	Mullingar Harriers	2002
3000m	8.39.65	Shane Hughes	Mullingar Harriers	2015
3000m S/C	9.47.6	Dalton McGuigan	Finn Valley A.C.	2012
5000m Walk	22.57.17	Peter Muldoon	Shercock AC	2004
110m Hurdles	14.18 (-1.5)	Shane Monagle	Tramore	2017
400m Hurdles	53.2 H	Ben Kiely	Ferrybank A.c.	2011
Shot Putt (5kg)	17.90	John Kelly	Finn Valley A.C.	2013
Discus (1.5kg)	57.68	Marco Pons	D.M.P. A.C.	2010
Javelin (700g)	59.68	Liam Connaughton	Dunleer	2017
Hammer (5kg)	71.90	Adam King	Iveragh	2014
Triple Jump	14.11 (+0.0)	Jordan Hoang	Tullamore Harriers	2015
Pole Vault	4.41	Thomas Houlihan	West Waterford	2009
High Jump	2.10	David Cussan	Old Abbey AC	2010
Long Jump	6.93	Eoin Hannon	Tullamore Harriers	2006
<b>4x100m Relay</b>	<b>43.13</b>		<b>Leevale</b>	<b>2018</b>
4x400m Relay	3.28.41		Dundrum South Dublin	2017

### Boys under 19

100m	10.83 (-2.3)	Paul Whelan	Dublin Striders	2010
200m	21.59 (+0.7)	Christopher O'Donnell	North Sligo	2016
400m	48.02	Mark English	Letterkenny A.C.	2011

## 2019v3

800m	1.52.88	Daniel Lawlor	St Lawrence O'Toole's AC	2013
1500m	3.58.12	Niall Tuohy	Ferrybank AC	2007
3000m	8.41.71	Jamie McCarthy (RIP)	Riverstick Kinsale	2003
3000m S/C	9.40.28	Brian Flanagan	Clonliffe Harriers	2015
5000m Walk	21.36.03	Peter Muldoon	Shercock	2005
110m Hurdles	14.48 (-0.4)	Daniel Ryan	Moycarkey Coolcree	2017
400m Hurdles	54.45	Evan McGuire	Galway City Harriers	2013
<b>Shot (6kg)</b>	<b>17.14</b>	<b>James Kelly</b>	<b>Finn Valley</b>	<b>2018</b>
Discus (1.75kg)	55.00	Marco Pons	DMP	2011
Hammer (6kg)	65.75	Owen Russell	St Andrew's AC	2015
Javelin (800g)	58.63	Danny Mullen	Strabane TC	2007
High Jump	2.10	Ryan Carthy Walshe	Adamstown	2017
Long Jump	7.25 (+1.5)	Eoin Hannon	Tullamore Harriers	2007
Pole Vault	4.41	Peter O'Brien	Raheny Shamrocks	2013
Triple Jump	13.84 (+2.0)	Brendan Lynch	Loughrea	2017
4x100m Relay	42.79		Galway City Harriers	2016
4x400m Relay	3.26.15		Leevale AC	2004

**ATHLETICS IRELAND JUVENILE B CHAMPIONSHIP RECORDS**

U12 Girls				
60m	Chloe McCarthy	Leevale AC	8.64	2012
600m	Aimee Hayde	Newport	1.48.23	2014
High Jump	Sophie Connon	Youghal AC	1.37	2016
Long Jump	Maisie Mc Rae	Midleton	4.16	2018
Shot Putt	Katie Murphy	St Peter's AC	7.83	2012
80m	Emma Slattery	Borrisokane AC	11.3 H	2006
Ball Throw	Jean O'Connor	St Flannan's AC	37.59	2006
U13 Girls				
80m	Emma Lehane	Liscarroll	10.96	2017
600m	Danika Gilshinan	Menapians	1.42.04	2015
High Jump	Saoirse Allen	St Senans	1.42	2016
Long Jump	Lorna O'Shea	Carrick-on-Suir	4.53	2016
Shot Putt	Blessing Alamu	Midleton	9.94	2015
80m	Lisa Nolan	Ballon Rathoe	10.9 H	2006
U14 Girls				
80m	Debbie Lawal	Dooneen	10.80 (+1.4)	2018
80m	Cliona Quirke	Brow Rangers AC	10.8 H	2009
800m	Faye McEvoy	Ballyroan, Abbeyleix and District	2.30.04	2018
High Jump	Claire Collins	West Waterford AC	1.46	2007
Long Jump	Emma Quirk	Greystones & District	4.74	2016
Shot Putt	Clara McGuinness	DMP AC	11.04	2006
100m	Rachel Walsh	Carrick-on-Suir	13.32	2014
100m	Julie O'Sullivan	Gneeveguilla A.C.	12.9 H	2006
U15 Girls				
100m	Lia O'Brien	Midleton	13.20 (+0.7)	2016
800m	Aimee Doherty	Ratoath	2.22.39	2018
High Jump	Emma Regan	Na Fianna	1.51	2017
Long Jump	Jennifer Nugent	Trim AC	4.60	2017
Shot Putt	Aine O'Sullivan	Cushinstown	10.25	2017
U16 Girls				
100m	Ciara Moore	SLOT	13.19 (+0.3)	2018
100m	Andrea Bennett	St Coca's AC	13.0 H	2009
100m	Dearbhail Foley	Kerry	13.0 H	2006
100m	Aileen Gaffney	Inny Vale AC	13.0 H	2004
800m	Aine Garry	Fergus	2.25.11	2016
Long Jump	Lorraine O'Shea	Coolquill AC	5.06	2008
High Jump	Grace Rogers	St Peter's AC	1.60	2008
Shot Putt	Ciara Moore	SLOT	11.30	2018
U12 Boys				
60m	Cian Smith	Dunboyne	8.60	2015
600m	Fionn McNamara	Annalee	1.45.24	2018
Long Jump	Eamonn Daly	Celbridge	4.34	2001
High Jump	Niall O'Riordan	Killarney AC	1.30	2006
High Jump	Cillian Yore	Bohermeen	1.30	2018
High Jump	Louis Raggett	Kilkenny City Harriers	1.30	2018



## 2019v3

Shot Putt	Ronan Collins	Gneeveguilla A.C.	8.47	2013
80m	Dylan Ryan	Dooneen AC	11.1 H	2006
Ball Throw	Mark Sugrue	Bandon AC	47.00	2004

### U13 Boys

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

### U14 Boys

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

### U15 Boys

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

### U16 Boys

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

## **MOTIONS**

### **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**

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

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

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

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

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

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

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

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

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

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

### **CHANGES POST CONGRESS 2008**

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

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

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

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

That the distances for Steeplechase for Girls be as follows:

- o Under 17 1 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

**4. Inside Back Cover**

**ATHLETICS IRELAND JUVENILE STAR AWARDS**

**BRIDGE HOUSE HOTEL, TULLAMORE**

**16<sup>th</sup> February 2019**

**7.30 P.M.**

**STAR AWARD WINNERS FROM EACH COUNTY**

**+**

**Breda Synott Awards for Celtic Games performances**

**Eamon Gilbert Award (Vertical Jumps)**

**Bill Battersby Award (Horizontal Jump)**

**Keara O'Hart Award (Sprints)**

**Matt McGrath Award (Throws)**

**Robin Sykes Award (Outstanding Achievement)**

**Roisin O Callaghan Award (Walks)**

**International Award**

**Overall Athlete of the Year**