

# Juvenile Competition Booklet 2020



Athletics  
Ireland

# **CELTIC CROSS COUNTRY**

**11<sup>th</sup> January 2020**

**Sterling, Scotland**

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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, 2020 is again very busy year on the international scene with the European Athletics U18 Championships in Italy and 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.

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 2020

Yours in sport  
John McGrath  
Chairman – Juvenile Committee

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

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

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

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

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

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

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

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

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

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

### ***Attire***

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

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

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

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

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

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

***Athletics Ireland Child Safeguarding Mandated Person for reporting concerns***

The Mandated Person for Athletics Ireland is Kieron Stout. If you have a query or a child safeguarding concern, please email the Athletics Ireland National Children's Officer at [kieronstout@athleticsireland.ie](mailto:kieronstout@athleticsireland.ie) or [childwelfare@athleticsireland.ie](mailto:childwelfare@athleticsireland.ie) or by phone on 086 2450134.

If you have an immediate concern for the safeguarding or wellbeing of a child you should contact your local Garda station or consult Tusla, the Child and Family agency at [www.tusla.ie](http://www.tusla.ie)

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

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

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

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

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

Everyone involved in sport, children, parents/guardians and sports leaders should accept their role and responsibilities and undertake to commit to maintaining an enjoyable and safe environment for all participants. There exists a duty of care on all adults to safeguard children. Adults have a crucial leadership role to play in sport. Whether they are parents/guardians or sports leaders or teachers, they can contribute to the creation of a positive sporting environment for young people. Positive relationships will result in growth, development and fulfilment for all those involved in children's sport. Parents/guardians play a key role in the support and promotion of an ethical approach to sport and young people's enjoyment in sport. Parents/guardians therefore need to be aware, informed and involved in promoting the safest possible environment for children to enjoy their participation in sport. Sports leaders need the support of parents/guardians in conveying the fair play message. All participants in sport have a responsibility to keep sport safe, fun, inclusive and conducted with a spirit of fair play for all.

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

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

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

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

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

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

***You should always:***

- Treat all group or team members and your Sports Leaders with respect
- Act fairly and responsibly at all times, do your best
- Respect other group or team members



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- Respect opponents and be gracious in defeat
- Abide by the rules as set out by the group or team you are with
- Support and assist where appropriate with the running of your group

### ***You should never:***

- Cheat or seek to gain an unfair advantage
- Intimidate, use violence or physical contact that is not welcome
- Shout at or argue with another person unreasonably
- Cause harm to or damage property
- Bully or threaten another person online or offline
- Take banned substances
- Spread or circulate rumours online or offline about another person
- Tell lies or untruths

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.

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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.

Age 9	Born 2012
Age 10	Born 2011
Age 11	Born 2010
Age 12	Born 2009
Age 13	Born 2008
Age 14	Born 2007
Age 15	Born 2006
Age 16	Born 2005
Age 17	Born 2004
Age 18	Born 2003
Age 19	Born 2002

**Indoor, Track & Field Entries**

*Competitions, Athletic Association of Ireland, Unit 19, Northwood Court Northwood Business Campus, Santry, 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*

<i>Cross Country &amp; Indoor Championships</i>		
<b>Date</b>	<b>Event</b>	<b>Venue</b>
11 <sup>th</sup> January 2020	Celtic Cross Country	Sterling, Scotland
18 <sup>th</sup> January 2020	Indoor Juvenile Combined Events	AIT Arena
8 <sup>th</sup> February 2020	Inter-Club Relay Cross Country	Rathdrum, Wicklow
8 <sup>th</sup> February 2020	All-Ireland B Cross Country	Rathdrum, Wicklow
29 <sup>th</sup> February 2020	Star Awards	Bridge House Hotel, Tullamore
28 <sup>th</sup> March 2020	Juvenile Indoor Championships	AIT Arena
29 <sup>th</sup> March 2020	Juvenile Indoor Championships	AIT Arena
4 <sup>th</sup> April 2020	Juvenile Indoor Championships	AIT Arena
22 <sup>nd</sup> November 2020	Cross Country Even Ages	TBC
6 <sup>th</sup> December 2020	Cross Country Uneven Ages	TBC

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***Track & Field Championships***

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5 <sup>th</sup> April 2020	Spring Throws (non-championship)	Templemore
5 <sup>th</sup> July 2020	Children's Games 9,10,11 & Champ's 12/13	Tullamore
5 <sup>th</sup> July 2020	Juvenile Inter-Club Relays 9-11 & 12	Tullamore
11 <sup>th</sup> July 2020	Juvenile A Championships 13-19 Day 1	Tullamore
19 <sup>th</sup> July 2020	Juvenile Inter-Club Relays 13-19	Tullamore
19 <sup>th</sup> July 2020	Juvenile B Championships 12-16	Tullamore
25 <sup>th</sup> July 2020	Juvenile A Championships 13-19 Day 2	Tullamore
26 <sup>th</sup> July 2020	Juvenile A Championships 13-19 Day 3	Tullamore
22 <sup>nd</sup> August 2020	Combined Events (Youth/Junior Day 1)	TBC
23 <sup>rd</sup> August 2020	Combined Events (all ages)	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 relays.
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 and checkin for each event on that day
  - All athletes must collect number one (1) hour prior to their event minimum
  - All athletes, track and field CHECK IN at the check in area
  - Call room will be in operation for track events
  - Field events will be called 15 minutes prior to start time
13. **STRICT WARM UP AREA AND CALL ROOM RULES WILL APPLY.**
14. **ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP.**
15. Athletes U14 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used. **Starting blocks are optional for U12 and U13**
16. **IAAF False Start Rules apply. U16 upwards - first false start leads to disqualification.**
17. **U12, 13, 14, 15. One false start and all are on warning of next false start leading to disqualification.**
18. **Combined Events all age categories, one false start and all are on warning of next false start leading to disqualification.**
19. **An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where;**
  - a) **A final confirmation was given that the athlete would start in an event but then failed to participate.**
  - b) **An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4)**
  - c) **An athlete fails to provide a bona fida effort to compete in an event**
20. **An athlete must inform the Chief Judge when leaving the competition area.**
21. Athlete must leave the arena when their event is complete.
22. Winning athletes must report for medal presentation 20 minutes after their event where possible **or when called from the Public Address System.**
23. Coaches and parents are not allowed on the track at any time.
24. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
25. Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g.: earphones, notebooks, tablets, iPods, smart phones etc.) in the competition area. NOTE: The competition area starts at the assembly/call room.
26. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
27. Warm up marks for field events should be completed where possible before the time schedule.
28. Where a heat is listed and if insufficient competitors check in a FINAL will be held at heat time.
29. **600, 800m and 1500m**  
***If 12 or less check in, at the discretion of the track referee, a FINAL will be held at heat time***  
***1500m heats and finals can be scheduled for the same day of competition***
30. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships, ***entries through the Regional Secretaries by closing date to*** Athletic Association of Ireland, Unit 19, Northwood Court, Northwood Business Campus, Santry, Dublin 9
31. **Regional Competition Secretaries must be available for queries on days of competition.**
32. Please have respect for the stadium and its environs and adhere to all rules of the arena.
33. Please do not leave your personal belongings unattended



<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***

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<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
6k	<b>19</b>	4k

**Venue:** Athlone IT  
**Date:** 18<sup>th</sup> January 2020  
**Time:** 10.00 a.m.  
**Entry Fee:** 10 Euro  
**Check in:** Opens 9.00 a.m.  
**Closing date:** 11<sup>th</sup> January 2020

**All athletes must be registered.**

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

### EVENTS Pentathlon

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

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

### Starting Heights High Jump

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

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

### 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.

# **Entries to be made online at <http://athleticsireland.entry4sports.com>**

## *Juvenile Indoor Championships*

## *Indoor Combined Events 2020*

**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**

#### **FIELD EVENTS**

10.00	Girls 14	60m H 2'3"	10.00	Girls 16	Long Jump Pit 1
	Boys 14	60m H 2'6"	10.00	Boys 16	Long Jump Pit 2
	Girls 15	60m H 2'6"		Girls 15	Long Jump
	Girls 16	60m H 2'6"		Boys 15	Long Jump
	Boys 15	60m H 2'9"		Girls 14	Long Jump
	Boys 16	60m H 2'9"		Boys 14	Long Jump
	Youth Girls 17-18	60m H 2'6"		Youth Girls 17-18	Long Jump
	Youth Boys 17-18	60m H 3'0"		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
	Juvenile/Youth Girls 17-18,			Boys 14	Shot Put 2.72k
	800m 20mins after last			Girls 15	Shot Put 2.72k
	Field event			Boys 15	Shot Put 3k
				Girls 16	Shot Put 3k
	Juvenile/Youth Boys 17-18,			Boys 16	Shot Put 4k

800m/1000m 20mins after  
Last Field event

Youth Girls 17-18  
Youth Boys 17-18

Shot Put 3k  
Shot Put 5k

### *Juvenile Indoor Championships*

*28<sup>th</sup>, 29<sup>st</sup> March, 4<sup>th</sup> April 2020*

**Venue:** Athlone IT  
**Dates:** 28<sup>th</sup>, 29<sup>st</sup> March, 4<sup>th</sup> April 2020  
**Check In:** Commences 9.00am. Please check individual days for start  
**Entry Fee:** 5 Euro per event, 10 euro per relay team  
**Closing Date:** 22<sup>nd</sup> March 2020  
**Championships are qualification events, no late entries**  
**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 13**

60m Sprint

60m Hurdles

600m

Relay 4 x 200m

High Jump

Long Jump

Shot Put

##### **GIRLS 14**

60m Sprint

60m Hurdles

800m

1000m Walk

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 16**

60m Sprint

60m Hurdles

200m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Pole Vault

##### **GIRLS 17**

60m Sprint

60m Hurdles

200m

800m

1500m

1500m 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 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

*Juvenile Indoor Championships**28<sup>th</sup>, 29<sup>st</sup> March, 4<sup>th</sup> April 2020***BOYS 12**

60m Sprint  
  
 600m  
  
 Relay 4 x 200m  
 High Jump  
 Long Jump  
 Shot Put

**BOYS 13**

60m Sprint  
 60m Hurdles  
 600m  
  
 Relay 4 x 200m  
 High Jump  
 Long Jump  
 Shot Put

**BOYS 14**

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

**BOYS 15**

60m Sprint

60m Hurdles

800m

1000m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Pole Vault

**BOYS 16**

60m Sprint

60m Hurdles

200m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Pole Vault

**BOYS 17**

60m Sprint

60m Hurdles

200m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Pole Vault

**BOYS 18**

60m Sprint

60m Hurdles

200m

400m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Triple Jump

Pole Vault

**BOYS 19**

60m Sprint

60m Hurdles

200m

400m

800m

1500m

1500m Walk

Relay 4 x 200m

High Jump

Long Jump

Shot Put

Triple Jump

Pole Vault

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

### Juvenile Indoor Championships

28<sup>th</sup> March 2020

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

#### 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)

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Girls & Boys	17	60m	Heats
Girls & Boys	18	60m	Heats
Girls & Boys	19	60m	Heats

### FINALS 1500m, 60M SPRINTS

*Juvenile Indoor Championships*

*29<sup>th</sup> March 2020*

**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

#### **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)



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Boys 19 60m Hur 3'3" Heats

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

*Juvenile Indoor Championships*

*4<sup>th</sup> April 2020*

**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>11:00 AM</b>	Triple Jump	U18 Boys
<b>12:00 AM</b>	Triple Jump	U19 Girls
<b>13:00 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)

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12:30 PM	Long Jump	U15 Girls (Pit 1)
2:30 PM	Long Jump	U17 Boys (Pit 1)
2:30 PM	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**

**Venue:** Templemore  
**Dates:** 5<sup>th</sup> April 2020  
**Time:** 10.00 a.m.  
**Entry Fee:** 5 Euro per event  
**Entries:** Online via club entry page  
**Closing Date** 29<sup>th</sup> March 2020

<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**

Children's Games + U12/U13 Championship	Sunday 5 <sup>th</sup> July 2020
Track and Field A U13 to U19 Day 1	Saturday 11 <sup>th</sup> July 2020
Inter-Club Relays U13 to U19	Sunday 19 <sup>th</sup> July 2020
Track and Field B Championships	Sunday 19 <sup>th</sup> July 2020
Track and Field A U13 to U19 Day 2	Saturday 25 <sup>th</sup> July 2020
Track and Field A U13 to U19 Day 3	Sunday 26 <sup>th</sup> July 2020
Combined Events Youth/Junior	22 <sup>nd</sup> /23 <sup>rd</sup> August 2020
Combined Events U14-U16	Sunday 23 <sup>rd</sup> August 2020

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/Late Entry Closing Date:

28 <sup>th</sup> June 2020	Children's Games + U12/U13 Championships
5 <sup>th</sup> July 2020	"A" Championships
8th/12 <sup>th</sup> July 2020	Inter-Club Relays U13 to U19
8th/12 <sup>th</sup> July 2020	"B" Championships
12th /16 <sup>th</sup> August 2020	Combined Events

Entries: Entries for A Championships, 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

**Entries to be made online at <http://athleticsireland.entry4sports.com>**

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*

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

**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 relays.
6. Ages 17, 18 and 19 are limited to 4 events plus relays.
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 and Check in for each event on that day
  - 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 cases where;**
  - A final confirmation was given that the athlete would start in an event but then failed to participate.
  - An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4)
  - An athlete fails to provide a bona fida effort to compete in an event

**GIRLS 12**

60m Sprint

600m

High Jump

Long Jump

Shot Put

Turbo Javelin

**GIRLS 13**

80m Sprint

60m Hurdles

600m

High Jump

Long Jump

Shot Put

Javelin

**GIRLS 14**

80m Sprint

75m Hurdles

200m

800m

1500m

2000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Shot Put

**GIRLS 15**

100m Sprint

80m Hurdles

250m Hurdles

200m

800m

1500m

2000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Shot Put

Pole Vault

**GIRLS 16**

100m Sprint

80m Hurdles

250m Hurdles

200m

800m

1500m

3000m

2000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Shot Put

Pole Vault

Triple Jump

**GIRLS 17**

100m Sprint

100m Hurdles

300m Hurdles

200m

400m

800m

1500m

3000m

**GIRLS 18**

100m Sprint

100m Hurdles

400m Hurdles

200m

400m

800m

1500m

3000m

**GIRLS 19**

100m Sprint

100m Hurdles

400m Hurdles

200m

400m

800m

1500m

3000m



## 2020v9

2000m S/Chase (2'6")

3000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Pole Vault

Shot Put

Triple Jump

2000m S/Chase (2'6")

3000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Pole Vault

Shot Put

Triple Jump

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*

#### **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

#### **BOYS 15**

100m Sprint

80m Hurdles

250m Hurdles

200m

#### **BOYS 16**

100m Sprint

100m Hurdles

250m Hurdles

200m

## 2020v9

800m	800m	800m
1500m	1500m	1500m
		3000m
2000m Walk	2000m Walk	3000m Walk
Discus	Discus	Discus
Hammer	Hammer	Hammer
High Jump	High Jump	High Jump
Javelin	Javelin	Javelin
Long Jump	Long Jump	Long Jump
	Pole Vault	Pole Vault
Shot Put	Shot Put	Shot Put
	Triple Jump	Triple Jump

### BOYS 17

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

### BOYS 18

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

### BOYS 19

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

**Juvenile Track & Field****Children's Games, Inter Club Relays U9-U12, U12-13 HJ, SP**

**Venue:** Tullamore, Co. Offaly  
**Date:** Sunday 5<sup>th</sup> July 2020  
**Time:** 10.00 a.m. (Check in open 8.30 a.m.)  
**Entry Fee:** €10 per team  
**Entry Closing Date:** 28<sup>th</sup> June 2020

**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 2012**)
4. Each team's 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. In the U9, 10 Long Jump competition, no board will be used and athlete must take off before the edge of the pit. 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 2012**
- 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 2012**
- 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**

2020v9

- 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)**

<b>Venue:</b>	<b>Tullamore, Co. Offaly</b>
<b>Date:</b>	<b>Sunday 5<sup>th</sup> July 2020</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 U12 &amp; U13</b>
	<b>€10 euro per Relay team</b>
<b>Entry Closing Date:</b>	<b>28<sup>th</sup> June 2020</b>
<b>Entries:</b>	<b>Online via Regional Competition Secretary</b>
	<b>U12 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 U9 Girls 60m U9 Boys 60m U10 Girls 60m U10 Boys 60m U11 Girls 60m U11 Girls 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
	FINALS U12 60m	14:00	U11 Girls U11 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	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
14:30	U12 Girls 4x100m U12 Boys 4x100m U11 Girls 4x100m U11 Boys 4x100m U9 Girls 4x100m U9 Boys 4x100m U10 Girls 4x100m U10 Boys 4x100m	13:00	U12 Girls U12 Boys	Turbo Javelin 1 Turbo Javelin 2
		10:15	U12 Girls	High Jump
		11:30	U12 Boys	High Jump
		13:00	U13 Girls	High Jump
		14:30	U13 Boys	High Jump
	RELAY FINALS U12	10:00	U13 Girls	Shot Putt
		11:00	U13 Boys	Shot Putt
		12:00	U12 Girls	High Jump
		13:00	U12 Boys	High Jump

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

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

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

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

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
Girls	13	Javelin

**3.30 p.m.**

Girls	19	Hammer
Girls	16	Triple Jump
Boys	13	Javelin

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

**10.00 a.m.**

Girls	14	Discus
Boys	14	Hammer
Boys	17	High Jump
Boys	15	Long Jump (Pit 1)
Boys	13	Long Jump (Pit 2)
Girls	17	Shot Putt
Boys	16	Triple Jump

Check in closes 10.30 a.m. 400m

**11.15 a.m.**

Girls 17, 18 & 19 400m Heats

Boys 17, 18 & 19 400m Heats

**11.00 a.m.**

Boys	15	Discus
Boys	18	Hammer
Boys	19	Javelin
Girls	14	Long Jump (Pit 1)
Girls	13	Long Jump (Pit 2)
Girls	19	Triple Jump
Girls	15-16	Pole Vault
Boys	17	Shot Putt

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

**11.30 p.m.**

Boys	14	High Jump
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**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)

Check in closes 12:15 p.m. Sprints

**1.30 p.m.**

**400m FINALS**

**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)

**1.45 p.m.**

Girls & Boys 13 60m Heats

Girls & Boys 14 80m Heats

Girls & Boys 15 100m Heats

Girls & Boys 16 100m Heats

Girls & Boys 17 100m Heats

Girls & Boys 18 100m Heats

Girls & Boys 19 100m Heats

**14.30 p.m.**

Boys	15	High Jump
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)

Check in closes 3.00 p.m. 3000m

**3.45 p.m.**

Boys 16, 17, 18, 19 3000m

Girls 16, 17, 18, 19 3000m

**15.30 p.m.**

Boys	16	Discus
Boys	15	Hammer
Boys	18	Shot Putt

**5.00 pm. SPRINT FINALS**

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

**Check in closes 9.15a.m 200m****10.00 a.m.**

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

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

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

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

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

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

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

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

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 19<sup>th</sup> July 2020  
**Time:** 10.00 a.m.  
**Entry Fee:** €5 per event  
**Initial Closing Date:** 8<sup>th</sup> July 2020  
**Late Entry Closing Date:** 12<sup>th</sup> July 2020  
**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 A Juvenile championships in ANY event excluding relays 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. In field events excluding High Jump each athlete will take 4 trials only.
5. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**

Venue:	Tullamore
Date:	19 <sup>th</sup> July 2020
Time:	12.00 p.m.
Entry Fee:	€10 per team (Online Entries through County Secretary)
Initial Closing Date:	8 <sup>th</sup> July 2020
Late Entry Closing Date:	12 <sup>th</sup> July 2020
Late Entry Fee:	€10 per event

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

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

1. Athletes born in **2005 (U16)** may not compete in **4 x 400m** relays
2. Minimum break of 45 minutes for 4x100m relays and 90 minutes for 4x400m relays
3. Athletes may move up one age group. At least two members of a competing relay team, participating in the event on that day must be of the correct age.
4. For 17, 18, 19 age groups for relays - all athletes may move up one age group.
5. All athletes can only compete **in a maximum of 3 relay teams** on the day
6. Subs must be present for medal presentation.
7. Three (3) teams per county per age group, **Teams qualify from the County.**
8. **Entries must be made online via the County Secretary**
9. All team names, registration numbers and DOB must be on entry sheets at closing date.
10. Declaration sheets must be filled in on day of competition.
11. Spot checks may take place.
12. **NOTE: Teams should be checked in 60 minutes prior to the start of each session as the competition Session start times can be moved forward by up to 45 minutes.**

**TRACK**

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

**FIELD**

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

**FINALS TO BE HELD IN SAME ORDER**

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

Venue:	Santry
Dates:	22 <sup>nd</sup> /23 <sup>rd</sup> August 2020 (Youth) 23 <sup>rd</sup> June 2020 (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> August 2020
Late Entry Closing Date:	16 <sup>th</sup> August 2020
Late Entry Fee:	15 Euro

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

### 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) Heptathlon

<b>Day 1</b>	100m Hurdles High Jump Shot Putt 200m	<b>Day 2</b>	Long Jump Javelin 800m
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### Youth Boys (U17+U18) Decathlon

<b>Day 1</b>	100m Long Jump Shot Putt High Jump 400m	<b>Day 2</b>	110m Hurdles Discus Pole Vault Javelin 1500m
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### Rules:

1. All athletes should be technically proficient and competent to compete in each event.
2. In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
3. In the track events, **all age categories, one false start and all are on warning of next false start leading to disqualification.**
4. An athlete shall be disqualified in any event, in which he has made two false starts.

5. An athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition. He shall not, therefore, figure in the final classification.
6. The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.

<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.**
- **Juvenile B 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.

- All athletes must be registered. (2019 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 1.50m 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 1.35m
Boys 13	start at 1.20m	to 1.45m
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 five heights will increase in 5cm increments 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

*Juvenile Star Awards 2019**Bridge House Hotel (February 2020 )**List of Award Winners*

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Antrim	Anna McCauley	City of Lisburn AC
Armagh	Odhran Hamilton	Armagh AC
Carlow	Alan Miney	St Lawrence O'Toole AC
Cavan	Casey Mulvey	Innyvale AC
Clare	Ava Rochford	Ennis Track AC
Cork	Adam Turner	Belgooly AC
Derry	Finn O'Neill	City of Derry Spartans AC
Donegal	Oisin Kelly	Cranford AC
Down	Kirsti Charlotte Foster	Willowfield AC
Dublin	Laura Gallagher	Dundrum South Dublin AC
Galway	Conor Hoade	Galway City Harriers AC
Kerry	Niamh O'Mahony	An Riocht AC
Kildare	Caoimhe Cronin	Le Cheile AC
Kilkenny	Jordan Knight	St Joseph's AC
Laois	Ruby Millet	St Abban's AC
Leitrim	Ellis Conway	Carrick-on-Shannon AC
Limerick	Laura Frawley	St Mary's AC
Longford	Nelvin Appiah	Longford AC
Louth	Karlis Kaugers	Dunleer AC
Mayo	Louise King	St Colman's South Mayo AC
Meath	Caoimhe Rowe	Trim AC
Monaghan	Ava Ross	Glaslough Harriers AC
Offaly	Ava O'Connor	Tullamore AC
Sligo	Michael Morgan	Sligo AC
Tipperary	Sean Carolan	Nenagh Olympic AC
Tyrone	Molly Curran	Carmen Runners AC
Waterford	Jack Bagge	Ferrybank AC
Westmeath	Charles Okafor	Mullingar AC
Wexford	Jack Forde	St Killian's AC
Wicklow	Roisin Tracy	Ashford AC

***SPECIAL AWARDS 2019***


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Eamon Gilbert Award:	Aoife O’Sullivan	Liscarroll AC
Bill Battersby Award:	Ruby Millet	St Abban’s AC
Keara O’Hart Award:	Patience Jumbo-Gula	Dundalk St Gerard’s AC
Matt Mc Grath Award:	Ciara Sheehy	Emerald AC
Robin Sykes Award:	Conor Cusack	St Colman’s South Mayo AC
Roisin O Callaghan Award:	Oisin Lane	Mullingar AC
International:	Rhasidat Adekele	Tallaght AC
Special Recognition:	Louis O’Loughlin	Donore AC
Breda Synott Celtic Games:	Ava O’Connor	Tullamore Harriers AC
Breda Synott Celtic Games:	Alan Miney	St Lawrence O’Toole AC
Áine Pobjoy Award:	Laura Frawley	St Mary’s AC

***Overall Athlete of the Year 2019******Rhasidat Adekele Tallaght AC******Star Award Selection Criteria***

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

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

60m	8.30	Niamh Foley	St. Mary's (Limerick)	2013
600m	1.44.38	Saoirse Fitzgearld	Lucan Harriers	2018
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
<b>4x200m</b>	<b>2:00.02</b>	<b>Kilkenny City Harriers.</b>		<b>2019</b>
300m	47.6H	Laura Milner	Celtic	2000

**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
High Jump	1.40	Ryan Onoh	Leevale A.C.	2019
Long Jump	4.75	Ryan Onoh	Leevale A.C.	2019
Shot Putt (2k)	10.50	Cian Crampton	Edenderry	2018
4x100m	54.78	Dooneen		2017
<b>4x200m</b>	<b>1:54.79</b>	<b>Leevale</b>		<b>2019</b>
300m	45.9H	Eoin Hannon	Ballyskenach	2000

**Girls under 13**

60m	8.02	Niamh Foley	St. Mary's (Limerick)	2014
60m	8.02	Sabia Doyle	Menapians	2015

600m	1.38.23	Corrine Kenny	St Lawrence O'Tooles	2014
60m Hurdles	9.58	Niamh Foley	St. Mary's (Limerick)	2014
High Jump	1.51	Holly Meridith	St. Mary's (Limerick)	2014
High Jump	1.51	Siún Quinn	Brothers Pearse	2019
Long Jump	5.18	Sophie Meridith	St. Mary's (Limerick)	2013
Shot 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
<b>Boys under 13</b>				
60m	7.84	Shane Gevero	Cabinteely	2016
600m	1.37.69	Padraic Spillane	St Lawrence O'Tooles	2017
60m Hurdles	9.26	John Cashman	Leevale	2018
High Jump	1.65	Kyle Ettoh	Leevale	2017
Long Jump	5.11	Kyle Ettoh	Leevale	2017
Shot Putt (2k)	14.51	James Kelly	Finn Valley	2012
4x100m	53.16	Galway City Hrs		2011
4x200m	1.51.63	Mullingar Harriers		2019
300m	43.00	Gary Dunphy	St Pauls	2000

**Girls under 14**

60m Hurdles	9.00	Molly Scott	St Lawrence O'Tooles	201 2
60m	7.85	Katie Monteith	City of Lisburn	201 6
800m	2.16.12	Corrine Kenny	St Lawrence O'Tooles	201 5
Walk 1000m	4.58.56	Bridget Gahan	Hacketstown	200 0
High Jump	1.63	Caitriona Farrell	Craughwell	200 5
Long Jump	5.39	Sophie Meridith	St. Mary's (Limerick)	201 4
Shot Putt (2k)		Aoibhin McMahon	Blackrick (Louth)	201 6
	14.64			
4x200m		St Lawrence O'Tooles		201 4
	1.49.45			
Combined Events		Sophie Meridith	St. Mary's (Limerick)	201 4
	3201			
60m	7.8 H	Susan Larkin	Dom Savio	199 4
Walk 1000m	4.45.9 H	Ann O'Malley	Bilboa	199 6

**Boys under 14**

60m Hurdles	8.82	John Cashman	Leevale	201 9
60m	7.47	Shane Gevero	Cabinteely	201 7
800m	2.11.45	Liam Markham	St. Mary's (Clare)	200 5
Walk 1000m	4.46.8 H	Christopher Dalton	Hacketstown	200 0
High Jump	1.68	Mark Rogers	St. Peter's A.C.	200 9
Long Jump	5.83	Danny Kelly	Belgooly	201 7
Shot Putt (2.72k)	15.38	James Kelly	Finn Valley A.C.	201 3
4x200m		Dooneen		201 9
	1.42.86			
Combined Events		Harry Nevin	Leevale	201 7
	2892			

1000m	2.56.1 H	Patrick Holbrook	St. Josephs	199 6
Walk 1000m	4.45.9 H	Seamus O'Donnell	St. Fionas	199 4

**Girls under 15**

60m Hurdles	8.78	Ella Scott	Leevale	201 8
60m	7.60	Ann O'Shea	Ferrybank A.C.	200 9
800m	2.13.16	Emma Moore	Galway City Harriers	201 8
Walk 1000m	4.29.04	Kate Veale	West Waterford	200 8
High Jump	1.66	Ciara Kennelly	Kilarney Valley	201 6
Long Jump	5.49	Ciara Giles Doran	Ferrybank A.C.	200 9
Pole Vault	2.60	Ava Rochford	Ennis TC	201 9
Shot Putt (2.72k)	14.18	Casey Mulvey	Inny Vale	201 7
4x200	1.46.82	St Lawrence O'Toole's		201 5
Combined Events	3204	Hannah Falvey	Belgooly	202 0

1000m	2.59.9 H	Emer O'Shea	St. Michaels	199 5
Long Jump	5.50	Ciara Kearns	Celbridge	199 8

**Boys under 15**

60m Hurdles	8.60 (ET)	Harry Nevin	Leevale	201 8
60m Hurdles	8.5H	Daniel Ryan	Moycarkey Coolcree	201 3
60m	7.26	Michael Farrelly	Portmanock	201 6
800m	2.03.85	Shane Fitzsimons	Mullingar hrs.	200 9

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	St Lawrence O'Tooles	2018
Shot Putt (3k)	16.32	Karlis Kaugars	Dunleer	2019
4x200m	1.40.92	St Lawrence O'Tooles		2014
Combined Events	3349	Harry Nevin	Leevale	2018
1000m	2.43.8 H	Thomas McKeown	West Wicklow	1996
60m	7.2 H	Darragh Graham	Inbhear Dee	1998
Shot Putt (3.25k)	16.78	James Kelly	Finn Valley	2014
<b>Girls under 16</b>				
60m Hurdles	8.6H	Molly Scott	St Lawrence O'Tooles	2014
60m	7.67	Rhasidat Adeleke	Tallaght	2017
200m	24.46	Rhasidat Adeleke	Tallaght	2017
800m	2.13.01	Victoria Lightbody	City of Lisburn	2019
1500m	4.28.76	Aimee Hayde	Newport	2018
Walk 1500m	6.46.54	Emily McHugh	Naas	2017
High Jump	1.73	Aisling Croke	Doneen A.C.	2010
Long Jump	5.74	Sarah Mc Carthy	Fingallians	2010
Pole Vault	3.00	Una Brice	Leevale	2019
Shot Putt (3k)	14.67	Casey Mulvey	Inny Vale	2018



4x200m	1.43.93	Ferrybank		2009
Combined Events	3551	Elizabeth Morland	Cushinstown	2013
Shot Putt (3.25k)	12.15	Kathleen Fitzgearld	Leevale	2002
<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	3.50	Adam Nolan	St Lawrence O'Tooles	2019
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

60m	7.43	Rhasidat Adeleke	Tallaght	2018
200m	23.98	Rhasidat Adeleke	Tallaght	2018
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

#### Boys under 17

60m Hurdles	8.14	Daniel Ryan	Moycarkey Coolcree	2015
60m	6.98	Israel Olutunde	Dundealga	2018
200m	21.97	Aaron Sexton	North Down	2016
800m	1.52.67	Cian McPhillips	Longford	2018
1500m	3.57.28	Cian McPhillips	Longford	2018
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 Coolcree	2015

Pole Vault	3.71	Adam O'Dwyer	Moycarkey Coolcree	2018
Shot Putt (5k)	16.09	James Kelly	Finn Valley	2016
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	St Lawrence O'Tooles	2016
60m	7.42	Molly Scott	St Lawrence O'Tooles	2016
200m	24.09	Rhasidat Adeleke	Tallaght	2019
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 (Youth)	City of Lisburn	2018
60m	7.5 H	Emily Maher	Kilkenny City Hrs	1996
300m	40.0H	Gemma Hynes	Galway City Hrs	2005
Shot Putt (3.25k)	13.17	Fionnuala Lombard	Leevale	2000

#### Boys under 18

60m Hurdles	8.04	Andrew Creamer	Annalee	2012
60m	6.90	Israel Olatunde	Dundealغان	2019
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
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
<b>Girls under 19</b>				
60m Hurdles	8.44	Elizabeth Morland	Cushinstown	2016
60m	7.44	Patience Jumbo-Gula	Dundalk St Gerards	2019
200m	24.40	Lauren Cadden	Sligo	2018
400m	55.28	Jenna Bromell	Emerald	2015
800m	2.09.74	Ciara Everard	Kilkenny City Harriers	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 Dublin		2016
Combined Events	4108	Kate O'Connor	Dundalk St Gerards	2018
60m	7.50	Ciara Sheehy	West Dublin	1998

Boys under 19				
60m Hurdles	8.16	Daniel Ryan	Moycarkey Coolcroo	2017
60m	6.7 H	Marcus Lawlor	St Lawrence O'Tooles	2013
200m	21.29	Marcus Lawlor	St Lawrence O'Tooles	2013
400m	48.96	Paul Murphy	Ferrybank	2014
800m	1.52.85	Louis O'Loughlin	Donore Harriers	2019
1500m	3.53.90	Shane Fitzsimons	Mullingar Harriers	2013
Walk	5.46.26	Colin Griffin	Ballinamore	2000
High Jump	2.10	Barry Pender	St. Abbans	2008
High Jump	2.10	Ryan Carthy Walshe	Adamstown	2017
Long Jump	7.09	Eoin Hannon	Tullamore Hrs	2007
Triple Jump	14.27	Jordan Hoang	Tullamore Hrs	2016
Pole Vault	4.25	Shane Martin	Ballymena and Antrim	2017
Shot Putt (6k)	17.80	John Kelly	Finn Valley	2014
4x200m	1.31.08	Tallaght		2015
Combined Events	3362	Simon Doyle	St Lawrence O'Tooles	2011
60m Hurdles	7.9 H	Alan Delaney	Castlereagh	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
4x100m	55.31		Crookstown Millview A.C.	2018

**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	2.13.86	Erinn Leavy	Dunleer AC	2019

1500m	4.44.20	Erinn Leavy	Dunleer AC	2019
2000m Walk	10.09.89	Alicia Boylan	Oriel A.C.	2009
75m Hurdles	11.25 (+1.6)	Seren O'Toole	Galway City Harriers	2015
Hammer (2.5kg)	46.59	Jade Williams	Shercock	2014
Javelin (400g)	41.73	Amy Whelan	Liscarroll	2017
Shot (2 kg)	15.16	Aoibhin McMahon	Blackrock (Louth)	2016
Discus (0.75 kg)	39.36	Megan Lenihan	North Cork	2016
Long Jump	5.26	Joanna Mills	Ballymena & Antrim AC	2006
High Jump	1.62	Leona Byrne	St Lawrence O'Toole's AC	2000
4x100m Relay	51.41		St Lawrence O'Toole's AC	2014
Combined Events	3003	Ava Rochford	Ennis Track Club	2018
<b>Girls under 15</b>				
100m	12.10 (+0.8)	Patience Jumbo-Gula	Dundalk St Gerards	2015
200m	25.18 (-0.1)	Niamh Foley	St Mary's A.C. (Limerick)	2016
800m	2.11.98	Emma Moore	Galway City Harriers	2018
1500m	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
<b>Girls under 16</b>				
100m	11.98 (+0.0)	Rhasidat Adeleke	Tallaght	2017
200m	24.93 (+1.4)	Niamh Whelan	Ferrybank A.C.	2005
800m	2.11.63	Aimee Hayde	Newport	2018
1500m	4.30.91	Aimee Hayde	Newport	2018
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	10.64 (+1.0)	Ellen McNally	Greystones & District	2018

High Jump	1.72	Sommer Lecky	Finn Valley	2015
High Jump	1.72	Aoife O'Sullivan	Liscarroll	2018
Long Jump	5.96 (-0.8)	Laura Frawley	St Mary's (Limerick) AC	2019
Pole Vault	3.16	Una Brice	Leevale AC	2019
4x100m Relay	49.40		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	2.10.99	Aimee Hayde	Newport	2019
1500m	4.37.48	Sharon Monaghan	Fr. Murphy's AC	2001
3000m	10.36.16	Hannah O'Keeffe	Thomastown AC	2019
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

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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
Combined Events	4172	Molly Curran	Carmen Runners	2019

### Girls under 18

100m	12.09 (-2.2)	Sarah Murray	Fingallians AC	2010
200m	24.81 (-2.71)	Roseanna McGuickian	City of Lisburn	2014
400m	55.51	Ciara Deely	Kilkenny City Harriers	2017
800m	2.12.43	Laura Scriven	St Lawrence O'Toole's AC	2005
1500m	4.31.21	Suzanne Huet	Dundrum South Dublin	2007
3000m	9.32.04	C. Ffrench O'Carroll	DSD	2007
3000m Walk	12.18.86	Kate Veale	West Waterford	2011
2000m S/C	6.58.38	Laura Nicholson	Bandon	2017
100m Hurdles	13.76 (+0.2)	Elizabeth Morland	Cushinstown	2015
400m Hurdles	61.22	Kelly-Ann Doyle	Carrick-on-Suir	2014
Hammer (3k)	58.38	Ciara Sheehy	Emerald	2019

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	3.45	Orla Coffey	Carraig-Na-Bhfear A.C.	2019
Triple Jump	11.86	Caoimhe King	Westport	2009
High Jump	1.74	Kate O'Connor	Dundalk St Gerards	2017
4x100m Relay	48.76		Ferrybank AC	2006
4 x 400m	3.59.73		Galway City Harriers	2019
Combined Events	4135	Maeve Hayes	St Pauls AC	2019

**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

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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
Combined Events	3141	Caoimhe Rowe	Trim	2019

### 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	34.63	Brian McCulloch	Celbridge AC	2019
Shot (2kg)	11.68	James Kelly	Finn Valley	2011
High Jump	1.53	Kyle Ettoh	Leevale	2016
Long Jump	4.83	Ryan Onoh	Leevale	2019
4x100m	54.39		Dooneen	2015

**Boys under 13**

80m	9.88	Shane Gevero	Cabinteely	2016
600m	1.35.21	Francis Doran	South Sligo AC	2019
60m Hurdles	9.41 (-0.3)	David Mc Donald	Menapians	2011
60m Hurdles	9.2 H	Garbhan McKenna	Glaslough Hrs	2008
Javelin (400g)	44.09	Blaine Lynch	Finn Valley	2018
Shot (2.72 kg)	15.58	Cian Crampton	Edenderry AC	2019
Long Jump	5.35	David Mc Donald	Menapians	2011
High Jump	1.56	Daragh Kelly	Craughwell AC	2019
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	24.11 (-0.2)	John Cashman	Leevale AC	2019
800m	2.07.26	Shane Fitzsimons	Mullingar Harriers	2008
1500m	4.22.87	Mustafa Nasir	Tallaght AC	2011
75m Hurdles	11.04 (+0.0)	Harry Nevin	Leevale	2017
2000m Walk	10.27.90	Liam McDonagh	Moycarkey Coolcroo	2014

Discus (0.75 kg)	49.02	Jack Hallahan	Midleton AC	2013
Hammer (2.5kg)	47.74	Robert Higgins	Na Fianna	2015
Javelin (400g)	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
<b>4x100m Relay</b>	<b>49.39</b>		<b>Dooneen</b>	<b>2019</b>
Combined Events	3246	Finn O'Neill	City of Derry Spartans	2018
<b>Boys under 15</b>				
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 Coolcree	2013
250m Hurdles	33.28	Harry Nevin	Leevale	2018
Hammer (3kg)	58.30	Robert Higgins	Na Fianna	2016
<b>Shot (3kg)</b>	<b>16.95</b>	<b>Liam Shaw</b>	<b>Athenry</b>	<b>2019</b>
Discus (1kg)	44.28	Jack Hallahan	Midleton	2014
Javelin (500g)	56.78	Tadhg O'MUIR-CHEARTAIGH	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
<b>Combined Events</b>	<b>3886</b>	<b>Finn O'Neill</b>	<b>City of Derry Spartans</b>	<b>2019</b>

**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
Discus (1 kg)	51.13	Darragh Hanlon	Tullamore Harriers	2007
<b>Pole Vault</b>	<b>4.01</b>	<b>Conor Callinan</b>	<b>Leevale AC</b>	<b>2019</b>
Long Jump	6.62 (-0.8)	David Ryan	Moycarkey Coolcroe	2015
<b>High Jump</b>	<b>1.95</b>	<b>Geoffrey Joy O'Regan</b>	<b>Sun Hill Harriers</b>	<b>2019</b>
Triple Jump	13.45	Eoin O'Carroll	Tralee Harriers	2010



4x100m Relay	44.60		Leevale	2017
Combined Events	4146	Conor Hoade	Galway City Harriers	2019
<b>Boys under 17</b>				
100m	11.03 (-0.5)	Aaron Sexton	North Down	2016
100m	11.0 H	John Laffey	Clonliffe Harriers	2001
200m	21.65 (+1.3)	Aaron Sexton	North Down	2016
400m	49.66	Joseph Dowling	Dundrum South Dublin	2009
800m	1.52.73	Karl Griffin	Tir Chonaill	2011
1500m	4.00.41	Shane Fitzsimons	Mullingar Hrs	2011
3000m	8.59.02	Kevin Mulcaire	Ennis TC	2013
3000m Walk	13.04.30	Matthew Glennon	Mullingar Harriers	2019
2000m S/C	6.20.51	Dalton Mc Guigan	Finn Valley	2011
100m Hurdles	14.01 (-1.2)	Darra Casey	Bree	2019
300m Hurdles	37.92	Iarlaith Goulding	St Colmans South Mayo	2018
Shot Putt (5 kg)	16.80	John Kelly	Finn Valley	2012
Hammer (5kg)	66.05	Fellan McGuigan	Finn Valley	2012
Discus (1.5kg)	47.47	Andrew Barkley	City of Lisburn	2013
Javelin (700g)	58.35	Conor Cusack	Lake District	2018
Long Jump	6.62	David Cussan	Old Abbey	2012
High Jump	2.08	Ryan Carthy Walshe	Adamstown	2015
Triple Jump	13.73	Jordan Hoang	Tullamore Harriers	2014
Pole Vault	3.91	Thomas Houlihan	West Waterford A.C.	2008

4x100m Relay	43.73		Leevale	2017
4x400m Relay	3.32.02		Dundrum South Dublin	2017
<b>Boys under 18</b>				
100m	10.89 (+0.9)	Christopher Russell	Ferrybank A.C.	2007
200m	22.08 (-1.5)	Patrick O'Connor	Clonliffe Harriers	2010
400m	48.70	Christopher O'Donnell	North Sligo	2015
800m	1.52.13	Louis O'Loughlin	Donore Harriers	2018
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	21.38.04	Oisin Lane	Mullingar Harriers	2019
110m Hurdles	14.18 (-1.5)	Shane Monagle	Tramore	2017
400m Hurdles	53.2 H	Ben Kiely	Ferrybank A.c.	2011
Shot Putt (5kg)	17.90	John Kelly	Finn Valley A.C.	2013
Discus (1.5kg)	57.68	Marco Pons	D.M.P. A.C.	2010
Javelin (700g)	59.93	Conor Cusack	Lake District	2019
Hammer (5kg)	71.90	Adam King	Iveragh	2014
Triple Jump	14.11 (+0.0)	Jordan Hoang	Tullamore Harriers	2015
Pole Vault	4.41	Thomas Houlihan	West Waterford	2009
High Jump	2.10	David Cussan	Old Abbey AC	2010
Long Jump	6.93	Eoin Hannon	Tullamore Harriers	2006
4x100m Relay	43.13		Leevale	2018

4x400m Relay	3.28.41		Dundrum South Dublin	2017
<b>Boys under 19</b>				
100m	10.83 (-2.3)	Paul Whelan	Dublin Striders	2010
200m	21.59 (+0.7)	Christopher O'Donnell	North Sligo	2016
400m	48.02	Mark English	Letterkenny A.C.	2011
800m	1.52.58	Louis O'Loughlin	Donore Harriers	2019
1500m	3.58.12	Niall Tuohy	Ferrybank AC	2007
3000m	8.41.71	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
Shot (6kg)	17.14	James Kelly	Finn Valley	2018
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

## **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)**

## 2020v9

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.

## 2020v9

(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

# **ATHLETICS IRELAND JUVENILE STAR AWARDS**

**BRIDGE HOUSE HOTEL, TULLAMORE**

**29<sup>th</sup> February 2020**

**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**