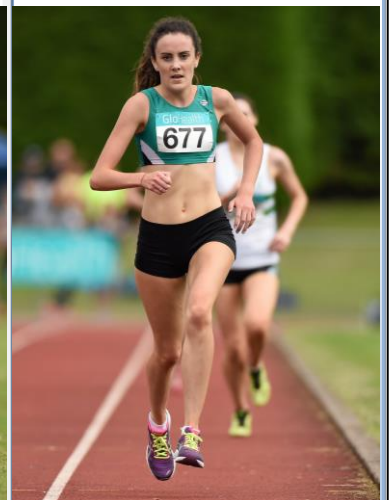


ATHLETICS IRELAND



Juvenile Competition Booklet

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19 Northwood Court, Santry, Dublin9



ATHLETICS IRELAND

HOST

CELTIC CROSS COUNTRY

JANUARY 18th 2015

DUNBOYNE

CELTIC GAMES TRACK AND FIELD 2015

SCOTLAND

SELECTION CRITERIA

Based on 2015 Track and Field results

Competing Countries

Scotland / Wales / Ireland

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Chairpersons Address

As chairperson of the juvenile committee of Athletics Ireland I wish to thank everyone for their continued work for the promotion of juvenile athletics in Ireland.

I would also like to take this opportunity to thank most sincerely all the parents/guardians, Club Coaches, County, Regional and National Officials for all their voluntary work and encouragement of our youth in our sport, which is very much appreciated.

This booklet is a wealth of information in regards to all aspects of juvenile athletics and much credit goes to Ciaran Doyle for his time and effort in putting this very comprehensive booklet together. It will be of great benefit to athletes, coaches and parents during 2015.

2015 is a very important year on the international front for juvenile athletics with the staging of the Celtic Games track & field in Scotland in August, and I look forwards to many of our athletes performing in these events.

On the domestic scene there is a very large programme of events and it promises to be another very busy and enjoyable year for all involved in juvenile athletics.

I wish to thank most sincerely Moira Aston Competition Manager for her brilliant work in that strenuous and stressful position and also Conor Greally for all his assistance setting up for competition.

I wish to thank all members of the juvenile committee for their continued work and help in the promotion of athletics.

Finally I wish all the competitors the very best of luck in 2015

Jim Ryan
Chairperson
Juvenile Athletics

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 which 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 5 members with three sitting during an appeal. The Jury of Appeal will be the four provisional representatives currently elected to the Juvenile Committee and one from the Dublin region who will also be a member of the Juvenile Committee. Advice will be obtained from a member of the Technical Committee when and if required.

Attire

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

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

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

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

Competition Code of Conduct for Parents, Coaches and Mentors

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

Motions carried at Congress pertaining to Juvenile Competition Rules will come into effect starting January 2015.

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.

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.

- **The Juvenile Cross Country program may change depending on motions presented to and passed at Congress 2015.**
- **Please also note dates for outdoor Combined Events competitions:**
Saturday 23rd/Sunday 24th May Youths (U17 + U18) and Juniors (U19)
Saturday 27th June U14, U15, U16
- **The Children's Games (U9-U11) and Combined Events (U14-U16) will be run on the same day (Saturday 27th June)**
- **The Track and Field B Championships and Inter-Club Relays will be run on the same day (Saturday 18th July)**

Chairperson:

Mr. Jim Ryan
Kilbeg
Claremorris-
Co. Mayo-
Ph: 094-9371213-
Mobile: 087 6733481-
Email: jimryanw@eircom.net

Deputy Chairperson:

Ms. Evelyn O'Reilly
Drumahurk
Butlersbridge
Co. Cavan
Ph : 049 4361572
Mobile: 086 8520649
Email : cianor@eircom.net

Cross Country Secretary:

Ms. Evelyn O'Reilly
Drumahurk
Butlersbridge
Co. Cavan
Ph : 049 4361572
Mobile: 086 8520649
Email : cianor@eircom.net

Secretary:

Ms Colette Quinn
122 Foxfield Park
Raheny
Dublin 5
Ph : 087-6435822
Email : colettequi@eircom.net

Competition Secretary:

Mr. Ciaran Doyle
43 Boyne Hall
Slane Road
Drogheda
Mobile: 086 8512039
Email : Ciaran.Doyle@xerox.com
Co Louth.

Child Officer:

Mr. Matt Lynch
5 Hillcrest
Grange Road
Kilkenny City
Ph: 056-7765847
email: mattlynch@o2.ie

COMMITTEE MEMBERS

Mr. Tim Fitzpatrick
"Ashling"
Daisypark
Liscarroll
Mallow
Co. Cork
Ph: 022 48302
mail: liscarrollathletics@yahoo.co.uk

Mr. Pat Fitzgibbon
Turloghmore
Taughmaconnell
Ballinasloe
Co. Roscommon
Mobile: 087-2483352
Email: 2013coach@gmail.com

Patsy Kelly
Stramore,
Emyvale,
Monaghan
Mobile: 086 0586289
Email: annckelly@eircom.net

Jim Corcoran
Ferryarrig
Co. Wexford
Ph: 053-9176177

Ms Esther Fitzpatrick
"Ashling"
Daisypark
Liscarroll
Mallow
Co. Cork
Ph: 022 48302
mail: liscarrollathletics@yahoo.co.uk

Mrs Bernie Dunne
14 Marley Grove
Rathfarnham
Dublin 16
Mobile: 087 9830567
Email: berniedunne21@gmail.com

Brian Corcoran
47 Verbena Lawn
Bayside
Dublin 13
087-6881425

2015 Age Categories

1. Age categories calculated from 31st 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 2007
Age 10	Born 2006
Age 11	Born 2005
Age 12	Born 2004
Age 13	Born 2003
Age 14	Born 2002
Age 15	Born 2001
Age 16	Born 2000
Age 17	Born 1999
Age 18	Born 1998
Age 19	Born 1997

Juvenile Programme 2015

Cross Country & Indoor Championships

Date	Event	Venue
January 17 th	Indoor Juvenile Combined Events	Athlone IT
January 18 th	Celtic Cross Country	Dunboyne
February 8 th	“B” Cross Country	Tuam
February 28 th	Star Awards	Tullamore Court
March 1 st	Inter County Cross Country Relays	Kilbroney Park, Rostrevor
March 21 st /22 nd	Juvenile Indoor Championships	Athlone IT
March 28 th	Juvenile Indoor Championships	Athlone IT
November 23 rd	Cross Country Even Ages	TBC
December 7 th	Cross Country Uneven Ages	TBC

Track & Field Championships

March 29 th	Spring Throws	Athlone
May 23 rd /24 th	Combined Events Youth, Junior	TBC
June 27 th	Team Competition 9, 10, 11	Tullamore
June 27 th	Combined Events 14, 15, 16	Tullamore
July 4 th	Juvenile Championships 12-19	Tullamore
July 11 th /12 th	Juvenile Championships 12-19	Tullamore
July 18 th	Inter Club Relays + ‘B’ Championships	Tullamore
August 1 st	Celtic Games	Scotland

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

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 must be worn.
4. The first three (3) from each region qualify for the National Championships.
5. An athlete may compete in three individual events plus the relay.
6. Athletes are confined to their own age group.
7. In the Indoor Relays an athlete may move up one age group.
8. At least 2 members of a competing relay team, participating in that event on that day must be of the correct age.
9. 17,18,19 age groups for relays, all athletes may move up one age group.
10. All entries must come through the Regional Secretary.
11. A copy of all Regional results plus a copy of all entries must go to Head office and to the Track & Field Secretary.
12. **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
 - All athletes must collect a competition number
 - All athletes must collect number 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 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
30. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships, **entries through the Regional Secretaries by closing date to** Athletic Association of Ireland, Unit 19, Northwood Court, Northwood Business Campus, Santry, Dublin 9
31. **Regional Competition Secretaries must be available for queries on days of competition.**
32. Please have respect for the stadium and its environs and adhere to all rules of the arena.
33. Please do not leave your personal belongings unattended.

Table of Hurdle and Shot Specifications

INDOOR

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

SHOT WEIGHTS

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

Venue: Athlone IT
Date: Sunday 17th January 2015
Time: 10 a.m.
Entry Fee: 10 Euro (no late entries)
Check in: Opens 9.00 a.m.
Closing date: 9th January 2015 (Strictly no entry on the day)

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	1.00m	Girls	15	1.05m	Girls	16	1.15m
Boys	14	1.15m	Boys	15	1.15m	Boys	16	1.15m

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

Entries online

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, please be alert.

TRACK EVENTS

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

FIELD EVENTS

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

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

Venue: Athlone IT
Dates: 21st/22nd March and 28th March 2015
Check In : Commences 9.00am. Please check individual days for start
Entry Fee: 5 Euro per event, 10 euro per relay team
Late Entry: Championships are qualification events, no late entries
Closing Date: 13th March 2015
Entries: Online via Regional Competition Secretary

All athletes must be registered.

EVENTS

GIRLS 12

60m Sprint
 60m
 600m
 Relay 4 x 100m
 High Jump
 Long Jump
 Shot Put

GIRLS 13

60m Sprint
 60m Hurdles
 600m
 Relay 4 x 100m
 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

BOYS 12

60m Sprint

600m

Relay 4 x 100m

High Jump

Long Jump

Shot Put

BOYS 13

60m Sprint

60m Hurdles

600m

Relay 4 x 100m

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.

Check in opens 9.00 a.m.

Inter-Club Relays

10.30 a.m.

Girls	13	4 x 100m	Heats
Boys	13	4 x 100m	Heats
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 100m	Heats
	Boys	12	4 x 100m	Heats
	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

11:00 AM	Pole Vault	U15-U19 Girls
13:30 PM	Pole Vault	U15-U19 Boys

10:00 AM	High Jump	U15 Boys	U15 Girls
11:00 AM	High Jump	U16 Boys	U16 Girls
12:00 PM	High Jump	U17 Boys	U17 Girls
1:00 PM	High Jump	U18 Boys	U18 Girls
2:00 PM	High Jump	U19 Boys	U19 Girls

10:00 AM	Shot Putt	U19 Boys (6k)
11:00 AM	Shot Putt	U19 Girls (4k)
12:00 PM	Shot Putt	U18 Boys (5k)
1:00 PM	Shot Putt	U18 Girls (3k)
2:00 PM	Shot Putt	U17 Boys (5k)
3:00 PM	Shot Putt	U17 Girls (3k)

PLEASE NOTE:

- All relays will be held on the 1st 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
- For 4 x 100 relays – the third athlete breaks.
- **Relay teams qualify from region, 3 teams per region per age category**
- If 4 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**

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. (Sprints)

10.00 a.m.

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

FINALS 60M SPRINTS

Check in closes 12.30 p.m. (1500m)

1.30 p.m.

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

Check in closes 1.15 p.m. (600m)

2.15 p.m.

Girls & Boys	12	600m
Girls & Boys	13	600m

Check in closes 2.00 p.m.

2.45 p.m.

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

Check in closes 2.30 p.m. (Walks)

3.15 p.m.

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

4.15 p.m.

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

5.15 p.m. Finals 1500m, 400m

Check in Closes 9.30 a.m. first field events

Long Jump

10.00 a.m.	Girls	(Pit 1)	16
	Boys	(Pit 2)	19
11.00 a.m.	Girls	(Pit 1)	12
	Boys	(Pit 2)	12
12.00	Girls	(Pit 1)	15
	Boys	(Pit 2)	18
1.30 p.m.	Girls	(Pit 1)	13
2.30 p.m.	Boys	(Pit 1)	13

Triple Jump

1.30 p.m.	Girls	(Pit 2)	18
2.30 p.m.	Girls	(Pit 2)	19

Shot Putt

10.00 a.m.	Boys	13 (2k)
11.00	Girls	13 (2k)
12.00 p.m.	Boys	12 (2k)
1.00	Girls	12 (2k)
2.00	Girls	16 (3k)

High Jump

10.00 a.m.	Girls	13
11.00 a.m.	Boys	13
12.00 p.m.	Girls	14
1.00 p.m.	Boys	14
2.00 p.m.	Girls	12
3.00 p.m.	Boys	12

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 9.15a.m Hurdles

10.00 a.m.

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

FINALS HURDLES

Check in closes 12.30 (800m)

1.30 p.m.

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

Check in closes 2.15 (200m)

3.15 a.m.

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

4.30 p.m.

800m Finals

5.30 p.m.

200m Finals

Check in Closes 9.45 a.m. first field event

Long Jump

10.30	Girls	(Pit 1)	18
	Boys	(Pit 2)	16
11.30	Girls	(Pit 1)	19
	Boys	(Pit 2)	15
1.30	Girls	(Pit 1)	17
	Boys	(Pit 2)	17
2.30	Girls	(Pit 1)	14
3.30	Boys	(Pit 1)	14

Triple Jump

2.30	Boys	(Pit 2)	18
3.30	Boys	(Pit 2)	19

Shot Putt

10.00	Girls	14	(2k)
11.00	Boys	14	(2.72k)
12.00	Girls	15	(2.72k)
1.00	Boys	15	(3k)
2.00	Boys	16	(4k)

Venue: Athlone IT
Dates: 29th March 2015
Time: 10.00 a.m.
Entry Fee: 5 Euro per event
Entries: **Online via club entry page**
Closing Date 20th March 2015

Javelin	U16 Boys (600g)	U16 Girls (500g)
	U17 Boys (700g)	U17 Girls (500g)
	U18 Boys (700g)	U18 Girls (500g)
	U19 Boys (800g)	U19 Girls (600g)

Hammer	U16 Boys (4k)	U16 Girls (3k)
	U17 Boys (5k)	U17 Girls (3k)
	U18 Boys (5k)	U18 Girls (3k)
	U19 Boys (6k)	U19 Girls (4k)

Discus	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)

Venue: TBC
Dates: 23rd/24th May 2015
Time: 10.00 a.m. (on both days)
Entry Fee: 10 Euro per event
Late Entry: No Late Entry (Strictly no entry on the day)
Entries **Online via club entry page**
Closing Date 15th May 2015

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

Day 1 100m Hurdles
High Jump
Shot Putt
200m

Day 2 Long Jump
Javelin
800m

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

Day 1 100m
Long Jump
Shot Putt
High Jump
400m

Day 2 110m Hurdles
Discus
Pole Vault
Javelin
1500m

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.

Venue: Tullamore, Co. Offaly
Date: 27th June 2015
Time: 10.00 a.m.
 Check in open 8.45 a.m.
Entry Fee: €8 per team
Closing Date: 19th June 2015 (no late entries)
Entries : Online via Regional Competition Secretary

**U9 Girls & Boys
Born 2007**

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

**U10 Girls & Boys
Born 2006**

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

**U11 Girls & Boys
Born 2005**

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

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 2007**)
4. Each teams combined distances or combined times are added for team scoring.
5. Medals for 1st, 2nd, 3rd team members in each event.
6. Three (3) teams per event per region, qualifying through Regional/Provincial Secretary.
7. U9, 10 Long Jump competition, athletes may jump anywhere from the sand. U11 Long Jump competition is from the board. 3 Jumps only per athlete.
8. Turbo Javelin throw as per javelin throw (tip must hit ground)
One throw per athlete per round with the throw measured to where tip first touches ground.
9. 60m, 300m, 500m, 600m are on times - no finals.
10. Standing or crouch start is optional. The standing start command for all sprints are "on your marks" and "set"
11. Persistent false starts may lead to disqualification.
12. No entry or change of entry on the day of competition (**In the event of one team member being unable to attend they may be replaced by a reserve member**)
13. Club singlets must be worn – no tracksuits.
14. The Committee reserve the right to alter the timetable.
15. Relays are not part of the scoring for team competition.
16. All athletes **MUST** check in at the Check-in desk after collecting their numbers. **Collecting your number does not mean you are checked in.**
17. **A Call Area will be in operation. Athletes must report to the Call Area when announced over the PA.**
18. **Clubs with more than one team per age group MUST declare the members of each team at check-in. Failure to do this will mean the teams will be scored as entered.**

U9-U11 Inter-Club Relays

- No entry on the day of competition. Entries come through Regional/Provincial Secretary
- Athletes may step up ONE (1) age group only and may compete in TWO (2) relays on the day **except U9 athletes must be born in year 2007**
- 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 2007**
- Relay teams qualify from region, 3 teams per region
- Team names, DOB, registration numbers must be submitted with entry
- **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM**
- Spot checks may take place.

Venue: Tullamore
Dates: 27th June 2015
Time: 10.00 a.m. (on both days)
Entry Fee: 10 Euro per event
Late Entry: No Late Entry (Strictly no entry on the day)
Entries **Online via club entry page**
Closing Date 19th June 2015

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	1.00m	Girls	15	1.05m	Girls	16	1.15m
Boys	14	1.15m	Boys	15	1.15m	Boys	16	1.15m

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.

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.

Juvenile Track & Field Children's Games + Combined Events Timetable

TRACK

10:00 U14 G 75 m Hurdles 2'3
 U14 B 75 m Hurdles 2'6
 U15 G 80 m Hurdles 2'6
 U16 G 80 m Hurdles 2'6
 U15 B 80 m Hurdles 2'9
 U16 B 100 m Hurdles 2'9

11:00 U9 Girls 60m
 U9 Boys 60m
 U10 Girls 60m
 U10 Boys 60m
 U11 Girls 60m
 U11 Boys 60m

13:00 U9 Girls 300m
 U9 Boys 300m
 U10 Girls 500m
 U10 Boys 500m
 U11 Girls 600m
 U11 Boys 600m

14:30 U9 Girls 4x100m
 U9 Boys 4x100m
 U10 Girls 4x100m
 U10 Boys 4x100m
 U11 Girls 4x100m
 U11 Boys 4x100m

RELAY FINALS

CE 800m as available

FIELD

10:00 U9 Girls Long Jump 2
 U9 Boys Long Jump 3

11:00 U11 Girls Long Jump 2
 U11 Boys Long Jump 3

12:00 U10 Girls Long Jump 2
 U10 Boys Long Jump 3

10:00 U10 Girls Turbo Javelin 1
 U10 Boys Turbo Javelin 2

11:15 U9 Girls Turbo Javelin 1
 U9 Boys Turbo Javelin 2

12:00 U11 Girls Turbo Javelin 1
 U11 Boys Turbo Javelin 2

10:15 U14 Girls High Jump
 U14 Boys High Jump
 U15 Girls High Jump
 U15 Boys High Jump
 U16 Girls High Jump
 U16 Boys High Jump

10:45 U16 Girls Long Jump 1
 U16 Boys Long Jump 1
 U14 Girls Long Jump 1
 U14 Boys Long Jump 1
 U15 Girls Long Jump 1
 U15 Boys Long Jump 1

10:30 U15 Girls Shot Putt
 U15 Boys Shot Putt
 U16 Girls Shot Putt
 U16 Boys Shot Putt
 U14 Girls Shot Putt
 U14 Boys Shot Putt

CHECK IN FOR RELAYS CLOSES AT 1.00 PM

Day 1	Track and Field U12 to U19	4th July 2015
Day 2	Track and Field U12 to U19	11th July 2015
Day 3	Track and Field U12 to U19	12th July 2015
Day 4	B Championships + Inter Club Relays	18th July 2015

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

Closing Date: 26th June 2015 Day 1 T&F
3rd July 2015 Day 2 & 3 T&F
10th July 2015 Relays/B Championships

Entries: Entries for “A” championships through Regional Secretaries
 Entries for “B” Championships through Club Secretaries
 Entries for U12-U19 Relays through County Secretaries

All entries can be made online

Age Group	Distance	Height	No.	Approach	Interval	Finish
Girls 13	60m	68.6cm 2' 3"	5	11.00m	7.25m	12.75m
Girls 14	75m	68.6cm 2' 3"	8	11.50m	7.50m	11.00m
Girls 15	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls 15	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
Girls 16	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls 16	250m	68.6cm 2' 3"	6	35.00m	8.00m	40.00m
Girls 17	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls 17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Girls 18	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls 18	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Girls 19	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Girls 19	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Boys 13	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
Boys 14	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.00m
Boys 15	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
Boys 15	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00cm
Boys 16	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Boys 16	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
Boys 17	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
Boys 17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Boys 18	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
Boys 18	400m	84.0cm 2' 9"	10	45.00m	35.00m	40.00m
Boys 19	110m	99.0cm 3' 3"	10	13.72m	9.14m	14.02m
Boys 19	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m

Table of Throwing Implements

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

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

- 1 Individual Track & Field Championships for Boys and Girls ages 12-19.
- 2 The first four (4) from each region qualify for the National Championships.
- 3 **The first three (3) in the 600m due to safety regulations.**
- 4 Athletes are confined to their own age group.
- 5 Ages 12, 13, 14, 15 and 16 are limited to 3 events plus relay.
- 6 Ages 17, 18 and 19 are limited to 4 events plus relay
- 7 Club Singlets must be worn.
- 8 All entries must come through the Regional Secretary.
- 9 A copy of all Regional results plus a copy of all entries to go Head office and to the Track & Field Secretary.
- 10 **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
 - All athletes must collect a competition number
 - All athletes must collect number 1 hour prior to their event minimum
 - **All athletes Track & Field must check in at the REGISTRATION AREA and collect a number and report to call room or field event when called.**
- 11 **ONLY 5mm SPIKES MAY BE USED**
- 12 Only starting blocks provided by the organising committee may be used.
- 13 U12 all must do a crouched start. Below that 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.
- 26 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*
- 27 **Regional Competition Secretaries must be available for queries on the days of competition.**
- 28 Please have respect for the stadium and its environs.
- 29 Please do not leave your personal belongings unattended.
- 30 **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.**
- 31 **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 fide effort to compete in an event**

GIRLS 12

60m Sprint

600m
High Jump
Long Jump
Shot Put
Turbo Javelin

GIRLS 14

80m Sprint
75m Hurdles

200m
800m
1500m
2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Shot Put

GIRLS 17

100m Sprint
100m Hurdles
300m Hurdles
200m
400m
800m
1500m

2000m S/Chase (2'6")
3000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump

GIRLS 13

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

GIRLS 15

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

GIRLS 18

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

GIRLS 16

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

GIRLS 19

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

BOYS 12

60m Sprint

600m
High Jump
Long Jump
Shot Put
Turbo Javelin

BOYS 13

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

BOYS 14

80m Sprint
75m Hurdles

200m
800m
1500m

2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump

Shot Put

BOYS 15

100m Sprint
80m Hurdles
250m Hurdles
200m
800m
1500m

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

BOYS 16

100m Sprint
100m Hurdles
250m Hurdles
200m
800m
1500m
3000m

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

BOYS 17

100m Sprint
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

Check in Opens 8.30am

The 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. Steeplechase

1.00 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

Check in closes 1.30 p.m. 600m/800m

2.30 p.m.

Girls & Boys	12	600m	Heats
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

600m/800m FINALS

10.00 a.m.

Boys	16	Discus
Girls	15	Hammer (2.5k)
Girls	16	High Jump
Girls	18	Long Jump (Pit 1)
Boys	12	Long Jump (Pit 2)
Boys	17	Shot Putt
Girls	12	Turbo Javelin

11.00 a.m.

Girls	16	Discus
Boys	14	Hammer
Boys	16	High Jump
Boys	15	Javelin
Girls	19	Long Jump (Pit 1)
Boys	19	Long Jump (Pit 2)
Girls	17	Shot Putt

12.00 p.m.

Girls	14	Hammer
Girls	12	High Jump
Boys	13	Javelin
Girls	17	Long Jump (Pit 1)
Boys	18	Long Jump (Pit 2)
Girls	18	Shot Putt

1.00 p.m.

Girls	17	Discus
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1.30 p.m.

Boys	18	Javelin
Boys	15	Hammer
Girls	15	High Jump
Girls	16	Long Jump (Pit 1)
Boys	17	Long Jump (Pit 2)
Boys	12	Shot Putt

2.00 p.m.

Boys	17	Discus
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2.30 p.m.

Boys	13	High Jump
Girls	14	Javelin
Girls	12	Long Jump (Pit 1)
Boys	16	Long Jump (Pit 2)
Girls	13	Shot Putt

3.30 p.m.

Girls	14	High Jump
Boys	14	Javelin
Boys	19	Shot Putt

Check in Opens 8.30am

The Committee reserve the right to alter the timetable.

Check in Closes 9.15 a.m. Girls Walks

10.00 a.m.

Girls 14,15,16 2000m Walks Finals
Girls 17,18,19 3000m Walks Finals

Check in closes 10.30 a.m. 400m

11.15 a.m.

Girls 17, 18 & 19 400m Heats
Boys 17, 18 & 19 400m Heats

Check in closes 11.15 a.m. Boys Walks

12:00 p.m.

Boys 14, 15 2000m Walks Finals
Boys 16, 17 3000m Walks Finals
Boys 18, 19 5000m Walks Finals

Check in closes 12:15 p.m. Sprints

1.30 p.m.

400m FINALS

1.45 p.m.

Girls & Boys 12 60m Heats
Girls & Boys 13 80m Heats
Girls & Boys 14 80m Heats
Girls & Boys 15 100m Heats
Girls & Boys 16 100m Heats
Girls & Boys 17 100m Heats
Girls & Boys 18 100m Heats
Girls & Boys 19 100m Heats

Check in closes 3.00 p.m. 3000m

3.45 p.m.

Boys 16,17,18,19 3000m
Girls 18, 19 3000m

5.00 pm. SPRINT FINALS

10.00 a.m.

Girls 15 Discus
Girls 16 Hammer
Boys 17 High Jump
Boys 15 Long Jump (Pit 1)
Boys 13 Long Jump (Pit 2)
Boys 14 Shot Putt
Boys 12 Turbo Javelin

11.00 a.m.

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

12.00 p.m.

Girls 18 Discus
Girls 17 Hammer
Girls 13 High Jump
Boys 17 Javelin
Boys 14 Long Jump (Pit 1)
Girls 12 Shot Putt
Boys 16 Triple Jump

13.30 p.m.

Girls 14 Discus
Boys 18 Hammer
Boys 12 High Jump
Boys 19 Javelin
Girls 15 Long Jump (Pit 1)
Boys 13 Shot Putt
Girls 17 Triple Jump

14.30 p.m.

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

Check in opens 8.30

The Committee reserve the right to alter the timetable.

Check in closes 9.15a.m. Hurdles

10.00 a.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

Check in closes 11.15a.m. 1500m

12:00 p.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

Check in closes 1.00 p.m. 200m

2.00 p.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

3.30 p.m.

1500m	FINALS
200m	FINALS

10.00 a.m.

Boys	18	Discus
Girls	19	Hammer
Boys	15	High Jump
Girls	18	Javelin
Girls	14	Shot Putt
Boys	19	Triple Jump

11.00 a.m.

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

12.00 p.m.

Boys	14	Discus
Boys	17	Hammer
Girls	17	High Jump
Girls	19	Javelin
Boys	16	Shot Putt
Boys	18	Triple Jump

13.30 p.m.

Boys	19	Discus
Girls	18	Hammer
Boys	18	High Jump
Boys	16	Javelin
Boys	15	Shot Putt
Girls	19	Triple Jump

14.30 p.m.

Girls	18	High Jump
Girls	15	Javelin
Girls	19	Shot Putt
Boys	15	Triple Jump

Venue: Tullamore Harriers Stadium
Date: 18th July 2015
Time: 10.00 a.m.
Entry Fee: 10 Euro per team
No late entries
Entries through County Secretary
Closing Date: 10th July 2015

Check-in Opens 9.00 a.m.

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

- 1 Athletes born in **2000 (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 2 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 online.**
- 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.

Venue: Tullamore
Date: 18th July 2015
Time: 10.00 a.m.
Entry Fee: 5 Euro per event
Closing Date: 10th July 2015 (Strictly no entries on the day)
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 who has competed in the Regional Championships and not qualified for the National Juvenile championships in any event is eligible to complete in this Event.
2. Entries through club secretaries to National Head Office by closing date.
3. Athletes may enter **2 events** and compete in their own age.
4. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**

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

**FINALS TO BE HELD IN SAME
ORDER**

11:30	4x400m	U18 Girls
	4x400m	U18 Boys
	4x100m	U13 Girls
	4x100m	U13 Boys
	4x100m	U15 Girls
	4x100m	U15 Boys
	4x100m	U17 Girls
	4x100m	U17 Boys
	4x100m	U19 Girls
	4x100m	U19 Boys

**FINALS TO BE HELD IN SAME
ORDER**

13:30	600m Heats	U12 Girls
		U12 Boys
		U13 Girls
		U13 Boys
	800m Heats	U14 Girls
		U14 Boys
		U15 Girls
		U15 Boys
		U16 Girls
		U16 Boys

14:30	4x400m	U17 Girls
	4x400m	U17 Boys
	4x400m	U19 Girls
	4x400m	U19 Boys
	4x100m	U12 Girls
	4x100m	U12 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**

FIELD

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

10:15	Long Jump 1	U12 Girls
		U13 Girls
		U14 Girls
		U15 Girls
		U16 Girls

10:15	Long Jump 2	U12 Boys
		U13 Boys
		U14 Boys
		U15 Boys
		U16 Boys

10:00	High Jump	U13 Girls
		U13 Boys
		U12 Girls
		U12 Boys
		U16 Girls
		U16 Boys
		U15 Girls
		U15 Boys
		U14 Girls
		U14 Boys

Regulations Juvenile Cross Country Championships

- Regions must forward a copy of the regional club results to Head Office
- Start time 11.30
- 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 competed in the Provincial/Regional Cross Country Championships. Open entries must be with National at closing date for competition, entries through Provincial Secretary ONLY

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
Girls 19: 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.**
- **Fees:**

Club	15 Euro
County	20 Euro
Province/Regional	25 Euro
Individual	5 Euro
- **Juvenile 'B' Championships are open to athletes who HAVE NOT WON an Individual, Regional, County or Club Cross Country medal at the National Championships.**
- Entries through club or county secretary for 'B' Championships
- Entries through county secretary for Inter County Relay, county singlets must be worn

- **8th February 2015** **Juvenile ‘B’ Championships Cross Country,**
- **1st March 2015** **Juvenile Inter County Relays**
- **23rd November 2015** **“A” Championships**
Even Ages
- **7th December 2015** **“A” Championships**
Uneven Ages

Medals:	“A” Championships	First 12 individuals
		First 3 Regional, County, Club teams
	‘B’ Championships	First 12 individuals
		First 3 County and Club teams
Fees:	Club	€15
	County	€20
	Province/Region	€25
	Individual	€5
	Relay Teams	€10

A Cross Country Distances

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

‘B’ Cross Country Distances

11	1000m	11	1000m
13	1500m	13	1500m
15	2500m	15	2500m
17	3000m	17	3000m

- All athletes must be registered. (2014 Ages apply)
- Entries through county secretary for Relay Championships
- County singlet must be worn.
- No Entries on the day
- All teams must be pre-entered with team list, date of birth, registration number
- First 3 teams receive medals; A sub must be declared and present on the day to receive medal.
- **1 team per County per age group**

Cross Country Inter County Relays

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

This competition will be held with Inter Clubs Cross Country

Field Standard for National Championships

HIGH JUMP

Girls

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

Boys

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

Starting Heights High Jump Combined Events

Girls	14	1.00m	Girls	15	1.05m	Girls	16	1.15m
Boys	14	1.15m	Boys	15	1.15m	Boys	16	1.15m

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

POLE VAULT

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

**2015 Celtic Games Cross Country,
Ireland
January 2015**

Selection Criteria

First four (4) from under 16 Boys and Girls 2014 National Juvenile Cross Country Championships

Notification via Juvenile Secretary

Celtic Games Track & Field 1st August 2015 (Scotland)

Selection Criteria

1. Based on Results of 2015 National Track & Field Championships
2. Athletes away on International duty representing Ireland are taken into consideration
3. Selection by Juvenile Athletic Committee
4. Notification via Juvenile Secretary
5. Acceptance of selection is subject to clean bill of health signed by coach

Celtic Games - 2015 Events

Girls under 18	Boys under 18	Girls under 16	Boys under 16
100m H	110m H	80m H	100m H
400m H	400m H		
100m	100m		100m
200m	200m	200m	
400m	400m		
800m	800m		800m
1500m	1500m	1500m	
2000m St chase	3000m		
4 x 100m Relay	4 x 100m Relay	*4 x 100m Mixed Relay 2 Boys + 2 Girls	
4 x 400m Relay	4 x 400m Relay		
High Jump	High Jump	High Jump	
Long Jump	Long Jump		Long Jump
Triple Jump	Triple Jump		
Pole Vault	Pole Vault		
Shot	Shot		Shot
Discus	Discus	Discus	
Hammer	Hammer		
Javelin	Javelin		Javelin

***Athletes for Mixed Relay MUST compete in individual team events**

Juvenile Star Awards 2014

Tullamore Court Hotel

List of Award Winners

Antrim	Matthew Dalton	City of Lisburn
Carlow	Marcus Lawler	St Laurence O Toole's
Cavan	Garbhan McKenna	Shercock
Clare	Kevin Mulcaire	Ennis Track Club
Cork	Jack Murphy	Leevale
Derry	Naoimi Morgan	City Of Derry
Donegal	Kelly McGrory	Tir Chonaill
Down	Aislinn Crossey	Newry AC
Dublin	Ethan Bannon	Raheny Shamrocks
Galway	Evan Maguire	Galway City Harriers
Kerry	Eoin O Carroll	Tralee Harriers
Kildare	Vivian Fleischer	Celbridge
Kilkenny	Clíodhna Manning	Kilkenny City Harriers
Laois	Siobhan Nash	St Abbans
Leitrim	Dervla Beirne	Mohill
Limerick	Aisling Croke	Dooneen
Louth	Mark Rogers	St Peters
Mayo	Michaela Walsh	Swinford
Meath	Elizabeth Morland	Cushinstown
Monaghan	Niamh Malone	Monaghan Phoenix
Offaly	James Mulligan	Tullamore Harriers
Roscommon	Marie Kiernan	St Ronans
Sligo	Odhran Byrne-Gildea	Sligo AC
Tipperary	Daniel Ryan	Moycarkey Coolcroe
Tyrone	Daryl Crawford	Strabane Track
Waterford	Paul Murphy	Ferrybank
Westmeath	Eoin Sheridan	North Westmeath
Wexford	Colin Nolan	Enniscorthy
Wicklow	Conor Dempsey	Greystones & District



AWARDS

Eamon Gilbert Award:	David Cussen	Old Abbey
Bill Battersby Award:	Sam Healy	Leevale
Keara O'Hart Award:	Marcus Lawler	St Laurence O Toole
Matt Mc Grath Award:	John Kelly	Finn Valley
Robin Sykes Award:	Alison Armstrong	Celtic/DCH
Roisin O Callaghan Award:	Aaron Egan	Clonmel
International:	Louise Shanahan	Leevale

Overall Athlete of the Year 2013

Marcus Lawlor (St Laurence O Toole AC)

Selection Criteria

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



JUVENILE STAR AWARDS 2014

TULLAMORE COURT HOTEL

28th FEBRUARY 2015

7.30 P.M.

STAR AWARD WINNER FROM EACH COUNTY

