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#NATIONALJUVENILES

123.ie

Indoor
Championships



123.ie National Juvenile
Indoor Championships

TUS International Arena, Athlone

Sat March 23rd & Sat 6th April - Sun 7th April 2024

www.athleticsireland.ie

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Chair Welcome



On behalf of the Juvenile Committee, I would like to welcome everyone to the National Indoor Championships for 2024 in the fabulous TUS Arena.

Congratulations to all of the athletes who have qualified to be here, you have put in the training and deserve your place here at the National Finals. You are here not only through your own efforts but also those of your parents, coaches and mentors; take a moment to offer your appreciation to them.

Thank you to our sponsors, 123.ie your support is welcomed. Thanks to all of the volunteers at Club, County, Regional and National level for their great work encouraging and promoting the development of the young athletes. Thanks also go to the officials working at the Championships, they give of their time freely to ensure the smooth running of the events and this is very much appreciated.

I would also like to offer my thanks to the members of the Juvenile Committee for their continued support and acknowledge the hard work that goes on behind the scenes to further the development of Juvenile athletics. We are aided in no small part by the Competition Department lead by Ger Stewart, ably assisted by David Daly, Valerie O'Brien and James Welsh.

I wish all a very enjoyable Championship here in Athlone and look forward to the excitement of the competition. Win or lose, you have already attained a great deal and should be rightly proud of yourselves. Best of luck.

Best wishes,
Amanda Hynes
Chair of the Juvenile Committee

Child Safeguarding Policy

[Click here for our Policy](#)

Code of Contact for Coaches & Officials

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

All coaches, officials and volunteers in athletics should:

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

The background of the page features two white silhouettes on a dark blue background. On the left, a runner is shown from the waist up, wearing a bib with the number '1002'. On the right, a hand is shown holding a ball, possibly a basketball or volleyball. The title 'Code of Contact for Parents & Carers' is written in white text over the top left portion of the image.

Code of Contact for Parents & Carers

- Everyone involved in sport, children, parents/guardians and sportsleaders should accepttheir role and responsibilities and undertake to commit to maintaining an enjoyable and safe environment for all participants.
- 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 childto learn the rules and play within them.
 - Discourage unfair play and arguingwith 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 makingmistakes.
 - Publicly accept AthleticsIreland officials' judgments.
 - Use correct and proper language at all times.
 - Encourage and guideperformers to acceptresponsibility for their own performance and behaviour.



Filming and Photography Policy & Guidelines

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

[Click here for our Policy](#)

- Our aim is to make our Juvenile competitions safe and accessible for all while minimising the risk of any inappropriate use of images. An approved list of photographers will be prepared at the start of the competition season by the event organiser.
- Where possible all photographers/streaming companies wishing to take pictures within the stadium environ should apply in advance of the competition. They should provide an in date Self Declaration form/Proof of Garda Vetting and their press/media credentials.
- Bibs (€20 returnable deposit) will be assigned on a first come first served basis when the approved photographer registers with the Juvenile Child Welfare Officer at check-in.
- Photographers put forward by the AAI Marketing Department will be nominated prior to the event and this will be communicated to the Juvenile Child Welfare Officer. A list of these photographers/videographers is maintained by AAI and their Self Declaration Status updated where required. Additional checks are performed as per internal policies.
- For Indoor Competition, a maximum of three photographers, in addition to the live streaming company, will be admitted, a minimum of one will be appointed by the AAI Marketing Department.
- For Outdoor Competition, a maximum of five photographers, in addition to the live streaming company, will be admitted, a minimum of one will be appointed by the AAI Marketing Department.
- It is noted that for some live streaming events there will be additional attendees put forward from the Marketing Department with advance notification given.

Inter Club Uneven Age Relays

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

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

FINALS OF ABOVE

Inter Club Even Age Relays

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

FINALS OF ABOVE

CHECK-IN CLOSES @ 12:30PM FOR ALL EVENTS

Athletes may compete in TWO relays on the day.

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

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

Field Events

10:00am	Boys	U17	Shot Put	(5kg)
10:45am	Girls	U19	Shot Put	(4kg)
11:30am	Boys	U18	Shot Put	(5kg)
12:50pm	Girls	U18	Shot Put	(3kg)
2:10pm	Boys	U19	Shot Put	(6kg)
2:45pm	Girls	U17	Shot Put	(3kg)

10:00am	Girls	U15	Triple Jump
11:00am	Boys	U15	Triple Jump
12:00am	Girls	U18	Triple Jump
1:45pm	Boys	U18	Triple Jump
2:45pm	Girls	U19	Triple Jump
3:30pm	Boys	U19	Triple Jump

11.00 a.m.	Boys	U12	High Jump
12.00 a.m.	Girls	U12	High Jump
1.00 p.m.	Boys	U13	High Jump
2.00 p.m.	Girls	U13	High Jump

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

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

Track

Check in closes 9.00 am (400m)

10:00 am

Girls & Boys	U17	400m Heats
Girls & Boys	U18	400m Heats
Girls & Boys	U19	400m Heats

Check in closes 10.00am (1500m)

10:45 am

Girls & Boys	U16	1500m Final
Girls & Boys	U17	1500m Final
Girls & Boys	U18	1500m Final
Girls & Boys	U19	1500m Final

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

Check in closes 11:00 am for Boys (Walk)

12:00 pm

Boys	U16	1500m Walk
Boys	U17	1500m Walk
Boys	U18	1500m Walk
Boys	U19	1500m Walk
Boys	U14	1000m Walk
Boys	U15	1000m Walk

Check in closes 12.00 p.m. (60m)

1:10pm

Girls & Boys	U12	60m Heats
Girls & Boys	U13	60m Heats
Girls & Boys	U14	60m Heats
Girls & Boys	U15	60m Heats
Girls & Boys	U16	60m Heats
Girls & Boys	U17	60m Heats
Girls & Boys	U18	60m Heats
Girls & Boys	U19	60m Heats

3.50 p.m. Finals 400m

Check in closes 3.30 am for Girls (Walk)

4:15pm

Girls	U14	1000m Walk
Girls	U15	1000m Walk
Girls	U16	1500m Walk
Girls	U17	1500m Walk
Girls	U18	1500m Walk
Girls	U19	1500m Walk

5:15pm Finals 60m Sprint

Field

Check in Closes 1 hour prior to each start time

Long Jump

10:00 am	Girls	U12	(Pit 1)
	Boys	U12	(Pit 2)
11:15 am	Girls	U13	(Pit 1)
	Boys	U13	(Pit 2)
1:00 pm	Girls	U16	(Pit 1)
	Girls	U17	(Pit 2)
2:15pm	Girls	U18	(Pit 1)
	Girls	U19	(Pit 1)

Triple Jump

2:15pm	Boys	U16	(Pit 2)
3:15pm	Boys	U17	(Pit 2)

High Jump

coach access by sticker only

10:00 am	Girls	U15
	Boys	U15
11:30 am	Girls	U18-U19
3:00 pm	Girls	U14
	Boys	U14

Shot Put

10:00 am	Girls	U14	(2k)
11:00 am	Boys	U14	(2.72k)
12:00 pm	Girls	U12	(2k)
2:00 pm	Boys	U12	(2k)
3:00 pm	Boys	U15	(3k)

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

11.00 a.m.	Boys	U15-U16
2:00pm	Boys	U17-U19

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

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

Track

Field

Check in closes 9.00 am (200m)

10.00 am

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

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

11.30 pm

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

1.30 pm 200m Finals

Finals will be held at heat time if heats not required

Check in closes 1.15 pm (Hurdles)

2.15 pm

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

4.15 pm 800m Final

5.00 pm Hurdle Finals

Check in Closes 1 hour prior to each start time

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

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

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

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

Check-In & Call Room/Warm-Up Track

Check-In

- Each athlete must collect their own number and check-in for their event/events.
- All athletes must collect a competition number and check in for each event on that day, if competing across both days of a weekend or qualifying for a final on day 2 you must re-register for that event. The same bib number will be kept for day 2 (or 3 if the competition commences on Friday).
- All athletes must check in a minimum of one (1) hour prior to their track event.
- Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g: earphones, notebooks, tablets, iPods, smart phones etc.) in the competition area, this includes all Field Events.

Call Room/Warm-Up Track Protocol

- All athletes must enter the call room/warm-up track using the concrete stairs at the top of the arena (start of the sprint lanes)
- No adults or personnel belongings will be allowed beyond the barrier on the warm-up track. There is a one-way system and it is to be used only for athletes warming up prior to their event.
- Once called, athletes make their way to the call room through the warm-up track. No personnel items must be brought into the call room.
- After their event, no athletes will be allowed back into the call room via the stairs at the end of the sprint lanes, access is only via the stairs at the top of the arena if belongings need to be collected.

Protests/Appeals

- Any protest in the first instance shall be made orally to the Referee by the athlete or someone acting on their behalf.
- Protests shall be made within 20 minutes of the completion of the event/posting of the result.
- The Referee may decide the protest or refer it to the Jury of Appeal. To arrive at a fair decision the Referee should use any available evidence they feel is necessary.
- The appeal to the Jury should only come after a decision by the Referee.
- The appeal to the Jury shall be in writing signed by a responsible club official on behalf of the athlete or team and shall be made within 20 minutes following the decision of the Referee and shall be accompanied by a €20 fee in cash which will be forfeited if the appeal is unsuccessful.
- The Jury of Appeal shall consist of a representative of each of the five regions, three of whom will sit during the appeal.
- Advice will be obtained from a member of the Technical Committee when and if required.
- The decision of the Jury of Appeal shall be final.

Attire

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



123.ie National Juvenile Indoor Championships

Event Entries



[Click here for Event Entries](#)

123.ie National Juvenile Indoor Championships

Live Results

[Click here for Live Results](#)



123.ie National Juvenile Indoor Championships

Championship Best Performances



Juvenile Indoor CBP's

Day 1 - Saturday 23rd March 2024

Event Officials

Competition Director	Amanda Hynes		
Technical Manager	Michael Godley		
Starts Referee			
Track Referee	Michael Quinlan		
Field Referee: Jumps	Jackie Mulhall		
Field Referee: Throws	Seamus Flynn		
Admission	Majella McGrath	Patsy Kelly	
Child Welfare Officer	Matt Lynch		
Check In	Cecil Johnson	Shirley Murray	Margaret Daly
Announcer	John Connors		
Jury of Appeal Chair	Greg Duggan (C) Dublin	Connacht Leinster	Munster Ulster
Call Room/Warm Up Track	Martin Heery (Referee)	Hugh Kelly	Olivia Archbold
Start Team	John Hayes Jennifer McCann	Joseph Walsh	Tom Thompson
Track Assistants/blocks	Aonghus O'Connor	Sheila Hughes	
Umpires / Track Team	Greg Duggan	PJ O'Rourke	John McGrath
Photo Finish Finish Judges	Marion McEvelly Georgina Drumm Michael Kennedy	Margaret Cronin Brid Golden Ronan O'Hart	
Timing Results	John Sheehan Karl O'Connell	Bernie Dunne	Orla Fitzgerald
Presentations	Catriona Duffy	Pat Whelan	John Cronin
High Jump	Jim Corcoran Rebecca Carolan	Brian McGonagle	Antoinette Holland
Triple Jump	David Murphy Rosemary Dewhirst	Catherine Kenny Bernard McAree	Cormac McGarvey
EDM Field Tablet	Shay Murphy Eoghan McGrath		
Shot Putt	Roseleen McGarvey David Deniffe	John Meagher	Eamon Harvey
EDM Field Tablet	Fintan Kenny		

Day 2 & 3 - Saturday 6th & Sunday 7th April 2024

Event Officials

Competition Director	Amanda Hynes		
Technical Manager	Evelyn O'Reilly		
Track Referee	Michael Quinlan		
Field Referee	Martin Wilkinson		
Admission	Majella McGrath	Catriona Duffy	Pat Whelan
Child Welfare Officer	Matt Lynch		
Announcers	John Connors		
Jury of Appeal Chair	Greg Duggan (Chair)	Seamus Lynch	Pat Whelan
	Niamh Fitzgerald	Martin Heery	Mark Connolly
Presentations	Catriona Duffy	Pat Whelan	John Cronin
Check In	Cecil Johnson	Shirley Murray	Margaret Daly
Call Room/Warm Up Track	Martin Heery	Hugh Kelly	Marita Ward
	Mark Connolly	Denise Roddy (Sat)	
Results	Karl O'Connell	Ronan O'Hart	Michael Godley (Sat)
	Simon Allen		
Field Tablets			
Photo Finish	Marion McEvilly	Iain Shaw	
Finish Judges	Georgina Drumm	Michael Kennedy	Teresa Kinane
	Brid Golden (Sun)		
Timing	John Sheehan		
Lap Control	Dermot McGranaghan	John McGrath (Sun)	
	(Sat)		
Umpires	Greg Duggan	PJ O'Rourke	John McGrath (Sat)
Track Assistants/blocks/hurdles	Niamh Fitzgerald		
	(Sun)		
Walks Judges (Saturday)	Zusana Costin	David Kidd	Antoinette Holland
	Deirdre Gallagher		

Day 2 & 3 - Saturday 6th & Sunday 7th April 2024

Event Officials

Runners	Niamh Fitzgerald (Sat) Simon Allen		
Start Team	Tom Thompson	John Hayes	Cyril Smyth (Sun)
	Jackie Mulhall (Sun)	Joan Shields (Sat)	Joseph Walsh (Sat)
Pole Vault	Eamonn Flanagan Derek Neff	Eamonn McBride	Seamus Flynn
High Jump Mat 1 (Board /Clock)	Jim Corcoran	Colette Quinn	Rebecca Carolan (Sat)
	Colin Byrne (Sat)	Rosemary Dewhirst (Sun)	Eoaghan McGrath (Sun)
High Jump Mat 2 (Board/Clock)	Brian McGonagle	Sarah Kearns	Deirdre McTaggart
	Olivia Archbold (Sat)	Antoinette Holland (Sun)	
Long Jump (Pit 1)	Bernard McAree	Lorraine Doherty	Eoaghan McGrath (Sat)
	Pat Power	Aonghus O'Connor (Sun)	
EDM	Shay Murphy		
Long/Triple Jump (Pit 2)	Catherine Kenny	David Murphy (Sun)	Cormac McGarvey
	Rosemary Dewhirst (Sat)	Frank Kilrane	Anne Brennan (Sun)
Shot Put	Eamon Harvey	John Meagher	Roseleen McGarvey
	David Deniffe	Christain Maas	Rob Kennan
EDM	Fintan Kenny		
First Aid	Order of Malta Athlone		

Thank You & Sponsors

Thank you to all our Officials, Volunteers, Staff, Athletes, Coaches and Sponsors, without whom this event could not have taken place.

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