



JUVENILE
COMPETITION
BOOKLET
2023

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Chairperson's Address:



On behalf of the Juvenile Committee of Athletics Ireland, I welcome you all to the 2023 program of events and look forward to a successful year ahead. It was gratifying to be able to facilitate a full schedule of Juvenile events in 2022 following the curtailment of competition during the Covid-19 pandemic and it was great to see the athletes and their families enjoying our events. We would like to thank parents, club officials and young athletes for their continuous support of our great sport.

To all the volunteers at Club, County, Regional and National Level, we owe a sincere word of gratitude for all your work promoting our sport.

This booklet contains information in regards to all aspects of juvenile athletes and thanks to Amanda Hynes for all her 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 [123.ie](https://www.123.ie) for their financial support, which we greatly appreciate.

While it has always been a busy calendar on the domestic scene, 2022 proved to be even more congested as we had International events including the Celtic Cross Country in Belfast last January, the u18 European Championships in Jerusalem where Fintan Dewhirst of Tir Chonaill AC took home the Silver medal in the 400m Hurdles and the u17 EYOF in Slovenia during July 2022 where Sean Cronin, Clonliffe AC won the Bronze medal in the 1500m. In August group of 43 Juvenile athletes travelled to the England AAA Championships in Bedford with outstanding results.

We look forward to the u18 EYOF in Slovenia again this year July 24th - 29th, details of selection for this event can be found on the High Performance section on the AAI website.

I wish to thank the AAI Competitions Department for all the work done in the office to coordinate the logistics for all events and welcome Ger Stewart to her new role as Director of Competition.

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 2023

Yours in sport
Evelyn O'Reilly
Chair – Juvenile Committee

Juvenile Committee:

| Title | Name | Contact Number | Email Address |
|---|------------------------|--------------------|--------------------------------------|
| Chairperson | Ms. Evelyn O'Reilly | 086 8520649 | evelynoreilly62@gmail.com |
| Deputy Chairperson | Mrs Bernie Dunne | 087 9830567 | berniedunne21@gmail.com |
| Track & Field Competition Secretary | Ms Amanda Hynes | 085 888 3383 | hynes245@hotmail.com |
| Connacht Rep & Secretary | Ms Anne McHugh | 087 2355103 | annebmchugh@gmail.com |
| Ulster Rep & Cross-Country Secretary | Mr Mark Connolly | 00 44 780 976 4733 | mark.athletics@gmail.com |
| Leinster Rep | Ms Catriona Duffy | 087 2192511 | catriona.athleticsleinster@gmail.com |
| Munster Rep | Mr. Tim Fitzpatrick | 022 48302 | liscarrollathletics@yahoo.co.uk |
| | Mr. John McGrath | 087 981 8473 | johnvmcgrath@hotmail.com |
| | Ms. Esther Fitzpatrick | 022 48302 | liscarrollathletics@yahoo.co.uk |
| | Mr. David Murphy | 086 839 0705 | davidmurf@gmail.com |
| Co-Optee | Mr Greg Duggan | 087 2838329 | gjduggan@eircom.net |
| Children's Officer for National Championships | Mr Matt Lynch | 086 2322102 | mattlynch@o2.ie |
| AAI National Children's Officer | Mr Kieron Stout | 086 2450134 | kieronstout@athleticsireland.ie |

Age Categories:

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

| Category | Birth Year |
|----------|------------|
| Under 9 | 2015 |
| Under 10 | 2014 |
| Under 11 | 2013 |
| Under 12 | 2012 |
| Under 13 | 2011 |
| Under 14 | 2010 |
| Under 15 | 2009 |
| Under 16 | 2008 |
| Under 17 | 2007 |
| Under 18 | 2006 |
| Under 19 | 2005 |

Notices:

This Booklet is subject to change.

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

Code of Ethics & Good Practice for Children's Sport

Policy Statement for the Athletic Association of Ireland

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

Code of Ethics and Good Practice for Children in Athletics

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

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

Protest/ Appeals Process

- 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 30 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 30 minutes following the decision of the Referee and shall be accompanied by a €20 fee 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.

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.

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

Section 1: Policies & Child Safeguarding

Athletics Ireland Child Protection Policy Statement

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

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

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

As part of our safeguarding policy Athletics Ireland will

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

Athletics Ireland Child Safeguarding Mandated Person for reporting concerns:

The Mandated Person for Athletics Ireland is Kieron Stout. If you have a query or a child safeguarding concern, please email the Athletics Ireland National Children's Officer at kieronstout@athleticsireland.ie or 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

Athletics Ireland Code of Conduct for Coaches & Officials

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

All coaches, officials and volunteers in athletics should:

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

The following should apply when communicating with juvenile athletes:

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

Athletics Ireland Code of Conduct for Parents & Carers

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

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

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

All parents and carers in athletics should:

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

Athletics Ireland Code of Conduct for Children and Young People

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

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

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

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

Athletics Ireland Code of Conduct for Parents, Coaches & Mentors

Parents/Guardians should lead by example:

- Adopt a positive attitude to their children's participation
- Respect officials' decisions and encourage children to do likewise
- Do not exert undue pressure on your child
- Never admonish your child or any other child for their performance
- Be realistic in their expectations
- Show approval for effort, not just results
- Never embarrass a child or use sarcastic remarks
- Applaud good performances from all children
- Do not criticise children's performances
- Do not seek to unfairly affect a result
- Do not enter the competition area unless specifically invited to by an official in charge
- Never use foul language or provocative gestures to officials
- Do not question an official's decisions or integrity
- Encourage children to respect and accept the judgment of officials
- Promote fair play
- Check the program for the Referee of Children Officers name – these are the people to speak to if you have a complaint
- Any Breach of this code may lead to your exclusion from future events

Athletics Ireland is fully committed to providing a positive, fair and safe environment for our children and officials. Athletics Ireland acknowledges that without the commitment of our officials who freely and generously give their time, it would not be possible to provide competitive opportunities for your children. Officials have a duty to be impartial, fair and fully informed of competition rules and regulations.

Section 2: Field Standard & Specifications for All Championships

Indoor Hurdle Specifications:

| Age Group | Distance | Height | Number | Approach | Interval | Finish |
|------------------|----------|--------------|--------|----------|----------|--------|
| Girls 13 | 60m | 68.6cm 2' 3" | 5 | 11.00m | 7.25m | 20.00m |
| Girls 14 | 60m | 68.6cm 2' 3" | 5 | 11.50m | 7.50m | 18.50m |
| Girls 15 | 60m | 76.2cm 2' 6" | 5 | 12.00m | 8.00m | 16.00m |
| Girls 16 | 60m | 76.2cm 2' 6" | 5 | 12.00m | 8.00m | 16.00m |
| Girls 17 | 60m | 76.2cm 2' 6" | 5 | 13.00m | 8.50m | 13.00m |
| Girls 18 & Youth | 60m | 76.2cm 2' 6" | 5 | 13.00m | 8.50m | 13.00m |
| Girls 19 | 60m | 84.0cm 2' 9" | 5 | 13.00m | 8.50m | 13.00m |
| Boys 13 | 60m | 68.6cm 2' 3" | 5 | 11.00m | 7.25m | 20.00m |
| Boys 14 | 60m | 76.2cm 2' 6" | 5 | 11.50m | 7.50m | 18.50m |
| Boys 15 | 60m | 84.0cm 2' 9" | 5 | 12.00m | 8.00m | 16.00m |
| Boys 16 | 60m | 84.0cm 2' 9" | 5 | 13.00m | 8.50m | 13.00m |
| Boys 17 | 60m | 91.4cm 3' 0" | 5 | 13.00m | 8.50m | 13.00m |
| Boys 18 & Youth | 60m | 91.4cm 3' 0" | 5 | 13.72m | 9.14m | 9.72m |
| Boys 19 | 60m | 99.0cm 3' 3" | 5 | 13.72m | 9.14m | 9.72m |

Outdoor Hurdle Specifications:

| Age Group | Distance | Height | Number | Approach | Interval | Finish |
|------------------|----------|--------------|--------|----------|----------|---------|
| Girls 13 | 60m | 68.6cm 2' 3" | 6 | 11.00m | 7.25m | 12.75m |
| Girls 14 | 75m | 68.6cm 2' 3" | 8 | 11.50m | 7.50m | 11.00m |
| Girls 15 | 80m | 76.2cm 2' 6" | 8 | 12.00m | 8.00m | 12.00m |
| Girls 15 | 250m | 68.6cm 2' 3" | 6 | 35.00m | 35.00m | 40.00m |
| Girls 16 | 80m | 76.2cm 2' 6" | 8 | 12.00m | 8.00m | 12.00m |
| Girls 16 | 250m | 68.6cm 2' 3" | 6 | 35.00m | 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 & Youth | 100m | 76.2cm 2' 6" | 10 | 13.00m | 8.50m | 10.50m |
| Girls 18 | 400m | 76.2cm 2' 6" | 10 | 45.00m | 35.00m | 40.00m |
| Girls 19 | 100m | 84.0cm 2' 9" | 10 | 13.00m | 8.50m | 10.50m |
| Girls 19 | 400m | 76.2cm 2' 6" | 10 | 45.00m | 35.00m | 40.00m |
| Boys 13 | 60m | 68.6cm 2' 3" | 6 | 11.00m | 7.25m | 12.75m |
| Boys 14 | 75m | 76.2cm 2' 6" | 8 | 11.50m | 7.50m | 11.00m |
| Boys 15 | 80m | 84.0cm 2' 9" | 8 | 12.00m | 8.00m | 12.00m |
| Boys 15 | 250m | 76.2cm 2' 6" | 6 | 35.00m | 35.00m | 40.00cm |
| Boys 16 | 100m | 84.0cm 2' 9" | 10 | 13.00m | 8.50m | 10.50m |
| Boys 16 | 250m | 76.2cm 2' 6" | 6 | 35.00m | 35.00m | 40.00m |
| Boys 17 | 100m | 91.4cm 3' 0" | 10 | 13.00m | 8.50m | 10.50m |
| Boys 17 | 300m | 76.2cm 2' 6" | 7 | 50.00m | 35.00m | 40.00m |
| Boys 18 & Youth | 110m | 91.4cm 3' 0" | 10 | 13.72m | 9.14m | 14.02m |
| Boys 18 | 400m | 84.0cm 2' 9" | 10 | 45.00m | 35.00m | 40.00m |
| Boys 19 | 110m | 99.0cm 3' 3" | 10 | 13.72m | 9.14m | 14.02m |
| Boys 19 | 400m | 91.4cm 3' 0" | 10 | 45.00m | 35.00m | 40.00m |

Pole Vault

| Age Category | Start Point | Condition |
|--------------|-------------|--|
| Girls U15 | 1.50m | up by 15cm to 2.10m thereafter by 10cm |
| Girls U16 | 1.50m | up by 15cm to 2.10m thereafter by 10cm |
| Girls U17 | 1.50m | up by 15cm to 2.65m thereafter by 10cm |
| Girls U18 | 1.50m | up by 15cm to 2.65m thereafter by 10cm |
| Girls U19 | 1.50m | up by 15cm to 2.65m thereafter by 10cm |
| Boys U15 | 2.15m | up by 15cm to 2.30m thereafter by 10cm |
| Boys U16 | 2.30m | up by 15cm to 2.45m thereafter by 10cm |
| Boys U17 | 2.30m | up by 15cm to 2.45m thereafter by 10cm |
| Boys U18 | 2.30m | up by 15cm to 2.45m thereafter by 10cm |
| Boys U19 | 2.30m | up by 15cm to 3.05m thereafter by 10cm |

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 |

High Jump Intervals:

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

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

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

Section 3: Indoor Season:

List of Competitions:

| Date | Competition | Location | Notes |
|----------------------------|--|--------------|---|
| 21st/22nd January 2023 | Juvenile Indoor Combined Events Day 1 & 2 | TUS, Athlone | Start: 10am Entry Fee: €10 Closing Date 11 th Jan Entries: Club Secretaries |
| 25th March 2023 | Juvenile Indoor Championships, Relays & Field Events (Day 1) | TUS, Athlone | Start: 10am Entry Fee: €5 Event/€10 Relay Team Closing Date 15 th March Entries: Regional Secretary |
| 1 st April 2023 | Juvenile Indoor Championships (Day 2) | TUS, Athlone | Start: 10am Entry Fee: €5 Event/€10 Relay Team Closing Date 22nd March Entries: Regional Secretary |
| 2 nd April 2023 | Juvenile Indoor Championships (Day 3) | TUS, Athlone | Start: 10am Entry Fee: €5 Event/€10 Relay Team Closing Date 22nd March Entries: Regional Secretary |

List of Events:

| All Events below are available to Girls and Boys* | | | | |
|---|---|---|---|---|
| 12 | 13 | 14 | 15 | 16 |
| 60m Sprint 600m Relay 4x200m High Jump Long Jump Shot Put | 60m Sprint 60m Hurdles 600m Relay 4x200m High Jump Long Jump Shot Put | 60m Sprint 60m Hurdles 800m 1000m Walk Relay 4x200m High Jump Long Jump Shot Put | 60m Sprint 60m Hurdles 800m 1000m Walk Relay 4x200m High Jump Long Jump Shot Put Pole Vault | 60m Sprint 60m Hurdles 200m 800m 1500m 1500m Walk Relay 4x200m High Jump Long Jump Triple Jump Shot Put Pole Vault |
| 17 | 18 | 19 | Multi Events | |
| 60m Sprint 60m Hurdles 200m 400m 800m 1500m 1500m Walk Relay 4x200m High Jump Long Jump Triple Jump Shot Put Pole Vault | 60m Sprint 60m Hurdles 200m 400m 800m 1500m 1500m Walk Relay 4x200m High Jump Long Jump Triple Jump Shot Put Pole Vault | 60m Sprint 60m Hurdles 200m 400m 800m 1500m 1500m Walk Relay 4x200m High Jump Long Jump Triple Jump Shot Put Pole Vault | Pentathlon Events (14-19) Hurdles High Jump Long Jump Shot Put 800m Heptathlon Events (Boys 17-19) * Day 1: 60m, Long Jump, Shot Put, High Jump Day 2: 60m Hurdles, Pole Vault, 1000m | |

List of Regulations: Indoors

1. No entries or change of entries will be accepted on the day of the Championship.
Individual Track & Field Championships for Boys and Girls ages 12-19.
2. Club Singlets and single colour shorts must be worn. (See Attire in Section 1 Policies)
3. The first four (4) from each region qualify for the National Championships, **except in the 600m** where three (3) qualify. **No substitutions will be allowed.**
4. Direct Entry: Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships, **entries through the Regional Secretaries by closing date**
5. An athlete may compete in three individual events plus the relay
6. Athletes are confined to their own age group (except for relays, see Relay Rules)
7. All entries must come through the Regional Secretary, a copy of the Regional results must be sent to the AAI office.

8. Check In Rules:

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

9. Warm Up Area Rules:

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

10. Call Room Rules:

- Track athletes report to call room immediately their event is called. Field athletes to report directly to their event when called.
- Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g: earphones, notebooks, tablets, iPods, smart phones etc.) in the competition area.
NOTE: The competition area starts at the assembly/call room.
- No spectators, no bags or gear to be left in the area

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

12. High Jump; a ticket will be presented to **one** coach/spectator for each athlete to allow them to access the area adjacent to the track at the high jump area.

13. Athletes U14 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used. Starting blocks are optional for U12 and U13, but a crouch start must be used instead. The commands for all sprints are "on

your marks" and "set"

14.False Starts

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

15.An athlete shall be excluded from participation in all further events in the competition, including relays, incases 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
- The duration of the competition that this rule pertains to is defined as being consecutive days, i.e Friday, Saturday, and Sunday of a single weekend.

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

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

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

19.Middle Distance:

- 600m, if **11 or less check in**, at the discretion of the track referee, a FINAL will be held at heat time, **if more than 11 check in** the winners will be declared from the heat times, there will be no final.
- 800m, if **11 or less check in**, at the discretion of the track referee, a FINAL will be held at heat time, **if more than 11 check in** there will be heats and finals.
- 1500m, if **15 or less check in**, at the discretion of the track referee, a FINAL will be held at heat time. **If more than 15 check in** the athletes will be placed into two heats as follows; Heat 1= 3rd and 4th place regional qualifiers and **ALL Direct Entries**. Heat 2= 1st and 2nd place regional qualifiers. The winners will be taken from the fastest times across the two heats.

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

21.Athletes 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, any parent or club official found on the track risk the possibility of their athlete and club being disqualified

24.Regional Competition Secretaries must be available for queries on days of competition.

25. Relay Competition:

- Relay teams qualify from region, three (3) teams per region per age category, teams must compete in order to qualify.
- An athlete may move up one age group.
- Athletes 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 for relays, all athletes may move up one age group.
- If a sub is present on the day and declared, medal will be presented
- If 6 teams or less check in, a Final will be held at Heat time
- Team names, DOB, registration numbers must be submitted with entry
- Declaration sheets must be completed for each individual team.
- Spot checks will be carried out on team declarations

26. Combined Events

- Entry is open, there are no qualifying criteria from the Regions.
- Entries are made online by the Club Secretaries.
- In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
- 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. They 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.

Please have respect for the stadium and its environs, adhere to all rules of the arena.
Please do not leave your personal belongings unattended.

Timetables:

25th March 2023, Juvenile Indoor Championships Relays & Field Events (Day 1):

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

| | | | | | | | | | |
|---|-------|----|----------|--------------------------------|--|--|--|--|--|
| Inter-Club Relays | | | | | | | | | |
| Check in closes 9.30 a.m. for 13 and 15, 10.00 a.m. for 17 and 19 | | | | | | | | | |
| Call room in operation for all track events, 20 mins prior to each event | | | | | | | | | |
| 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 | | | | | |
| <u>FINALS OF ABOVE</u> | | | | | | | | | |
| Check in closes 12.30 p.m. for 12 and 14, 12.00 p.m. for 16 and 18 | | | | | | | | | |
| 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 | | | | | |
| <u>FINALS OF ABOVE</u> | | | | | | | | | |
| <u>Field Events</u> | | | | | | | | | |
| <u>Check in Closes 1 hour prior to the start of each event</u> | | | | | | | | | |
| Shot Put | | | | | | | | | |
| 10:00 am | Boys | 17 | (5kg) | | | | | | |
| 10:45 am | Girls | 19 | (4kg) | | | | | | |
| 11:30 pm | Boys | 18 | (5kg) | | | | | | |
| 12:45 pm | Girls | 18 | (3kg) | | | | | | |
| 1:30 pm | Boys | 19 | (6kg) | | | | | | |
| 2:15 pm | Girls | 17 | (3kg) | | | | | | |
| Triple Jump | | | | | | | | | |
| 10:00 am | Girls | 18 | | | | | | | |
| 11:00 am | Boys | 18 | | | | | | | |
| 12:00 pm | Girls | 19 | | | | | | | |
| 1.00 pm | Boys | 19 | | | | | | | |

1st April 2023, Juvenile Indoor Championships (Day 2):

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

Check in closes 9.00 am (1500m)

10.00 a.m.

| | | |
|--------------|----|-------------|
| Girls & Boys | 16 | 1500m Heats |
| Girls & Boys | 17 | 1500m Heats |
| Girls & Boys | 18 | 1500m Heats |
| Girls & Boys | 19 | 1500m Heats |

Check in closes 10.00am (400m)

10.55 a.m.

| | | |
|--------------|----|------------|
| Girls & Boys | 17 | 400m Heats |
| Girls & Boys | 18 | 400m Heats |
| Girls & Boys | 19 | 400m Heats |

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

Check in closes 10.30 am for Boys (Walk)

11.45 am

| | | |
|------|----|------------|
| 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 BREAK ON THE TRACK AFTER THE BOYS WALK

Check in closes 11.30 am for Girls (Walk)

1.00 pm

| | | |
|-------|----|------------|
| 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 pm

| | | |
|--------------|----|-----------|
| 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 1 hour prior to each start time

Long Jump

| | | | |
|------------|-------|----|---------|
| 10.00 a.m. | Girls | 12 | (Pit 1) |
| | Boys | 12 | (Pit 2) |
| 11.15 a.m. | Girls | 13 | (Pit 1) |
| | Boys | 13 | (Pit 2) |
| 1.00 p.m. | Girls | 16 | (Pit 1) |
| 2.15 pm | Girls | 17 | (Pit 1) |
| 3.30 pm | Girls | 18 | (Pit 1) |
| 3.00 pm | Girls | 19 | (Pit 2) |

High Jump

| | | | | |
|------------|-------|-------|---------|--------|
| 10.00 a.m. | Girls | 15 | (Mat 1) | |
| | Boys | 15 | (Mat 2) | Middle |
| 11.30 a.m. | Girls | 14 | (Mat 1) | |
| | Boys | 14 | (Mat 2) | Middle |
| 1.30 p.m. | Girls | 18+19 | (Mat 1) | |
| 3.00 p.m. | Girls | 12 | (Mat 1) | |
| | Boys | 12 | (Mat 2) | Edge |

Shot Put

| | | | |
|------------|-------|----|---------|
| 10.00 a.m. | Girls | 14 | (2k) |
| 11.00 a.m. | Boys | 14 | (2.72k) |
| 12.00 p.m. | Girls | 12 | (2k) |
| 1.30 p.m. | Boys | 12 | (2k) |
| 2.30 p.m. | Boys | 15 | (3k) |

Triple Jump

| | | | |
|---------|------|----|---------|
| 1.00 pm | Boys | 16 | (Pit 2) |
| 2.00 pm | Boys | 17 | (Pit 2) |

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

| | | |
|------------|------|-------|
| 11.00 a.m. | Boys | 15-16 |
| 1.30 pm | Boys | 17-19 |

2nd April 2023, Juvenile Indoor Championships (Day 3):

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

Check in closes 9.00 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 Final | on times |
| Girls & Boys | 13 | 600m Final | on times |
| 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 | |

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

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

1.45 p.m. 200m Finals

Check in closes 1.15pm (Hurdles)

2.15 p.m.

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

FINALS 800m & HURDLES

Check in Closes 1 hour prior to each start time

Long Jump

| | | | |
|------------|-------|----|---------|
| 10.00 a.m. | Girls | 14 | (Pit 1) |
| | Boys | 14 | (Pit 2) |
| 11.15 a.m. | Boys | 15 | (Pit 1) |
| | Girls | 15 | (Pit 2) |
| 1.00 p.m. | Boys | 16 | (Pit 1) |
| 2.15 pm | Boys | 17 | (Pit 1) |
| 3.30 pm | Boys | 18 | (Pit 1) |
| 3.00 pm | Boys | 19 | (Pit 2) |

High Jump

| | | | | |
|------------|-------|-------|---------|--------|
| 10.00 a.m. | Boys | 13 | (Mat 1) | |
| | Boys | 18+19 | (Mat 2) | Middle |
| 11.30 pm | Girls | 16 | (Mat 1) | |
| | Boys | 16 | (Mat 2) | Middle |
| 1.00 pm | Boys | 17 | (Mat 2) | Middle |
| 1.30 p.m. | Girls | 17 | (Mat 1) | |
| 3.00 p.m. | Girls | 13 | (Mat 1) | |

Shot Put

| | | | |
|------------|-------|----|------|
| 10.00 a.m. | Girls | 15 | (3k) |
| 11.00 a.m. | Girls | 16 | (3k) |
| 12.00 p.m. | Girls | 13 | (2k) |
| 1.30 p.m. | Boys | 13 | (2k) |
| 2.30 p.m. | Boys | 16 | (4k) |

Triple Jump

| | | | |
|--------|-------|----|---------|
| 1.00pm | Girls | 16 | (Pit 2) |
| 2.00pm | Girls | 17 | (Pit 2) |

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

| | | |
|------------|-------|-------|
| 11.00 a.m. | Girls | 15-16 |
| 1.30 pm | Girls | 17-19 |

Section 4: Outdoor Season:

List of Competitions:

| Date | Competition | Location | Notes |
|-------------------------------------|--|-----------|---|
| 26 th March 2023 | Spring Throws (non- Championship) | TBC | Start: 10am Closing Date 15 th March Entries: Club Secretaries |
| 1st July 2023 | Children's Team Games (9-11), U12 & U13 Championships and Relays | Tullamore | Start: 10am Entry Fee: €10/Team Closing Date 21st June Entries: Regional Secretary U12 & U13 Relays; County Secretary |
| 8th July 2023 | Juvenile Outdoor Championships Day 1 | Tullamore | Start: 10am Entry Fee: €5 Event Closing Date 28th June Entries: Regional Secretary |
| 9 th July 2023 | Juvenile Inter Club Relays 14-19 | Tullamore | Start: 12pm Entry Fee: €10/Team Closing Date 28 th June Entries: County Secretaries |
| 9th July 2023 | Juvenile "B" Championships | Tullamore | Start: 10am Entry Fee: €5 event Closing Date 28 th June Entries: Club Secretaries |
| 22 nd July 2023 | Juvenile Outdoor Championships Day 2 | Tullamore | Start: 10am Entry Fee: €5/ event Closing Date 12 th July Entries: Regional Secretary |
| 23rd July 2023 | Juvenile Outdoor Championships Day 3 | Tullamore | Start: 10am Entry Fee: €5 Event Closing Date 12 th July Entries: Regional Secretary |
| 15 th /16th July 2023 | Combined Events Day 1 & Day 2 | Tullamore | Start: 10am Entry Fee: €10 Closing Date 5 th July Entries: Club Secretary |

List of Events: A Championships

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

All Events below are available to Boys

| 12 | 13 | 14 | 15 |
|---|--|--|--|
| 60m Sprint 600m Relay 4x100m High Jump Long Jump Shot Put Turbo Javelin | 80m Sprint 60m Hurdles 600m Relay 4x100m High Jump Long Jump Shot Put Javelin | 80m Sprint 75m Hurdles 200m 800m 1500m 2000m Walk Relay 4x100m High Jump Long Jump Shot Put Javelin Discus Hammer | 100m Sprint 80m Hurdles 250m Hurdles 200m 800m 1500m 2000m Walk Relay 4x100m High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer t |
| 16 | 17 | 18 | 19 |
| 100m Sprint 100m Hurdles 250m Hurdles 200m 800m 1500m 3000m 3000m Walk Relay 4x100m High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer | 100m Sprint 100m Hurdles 300m Hurdles 200m 400m 800m 1500m 3000m 2000m S/Chase 3000m Walk Relay 4x100m Relay 4x400m High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer | 100m Sprint 110m Hurdles 400m Hurdles 200m 400m 800m 1500m 3000m 3000m S/Chase 5000m Walk Relay 4x100m Relay 4x400m High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer | 100m Sprint 110m Hurdles 400m Hurdles 200m 400m 800m 1500m 3000m 3000m S/Chase 5000m Walk Relay 4x100m Relay 4x400m High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer |

List of Events: B Championships

| All Events below are available to Girls and Boys | | | | |
|---|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| 12 | 13 | 14 | 15 | 16 |
| 60m Sprint 600m | 80m Sprint 600m | 80m Sprint 800m | 100m Sprint 800m | 100m Sprint 800m |
| High Jump Long Jump Shot Put | High Jump Long Jump Shot Put | High Jump Long Jump Shot Put | High Jump Long Jump Shot Put | High Jump Long Jump Shot Put |
| Pentathlon Events available to Girls and Boys* | | | | |
| 14 | 15 | Girls 16* | Boys 16* | |
| 75m Hurdles 800m | 80m Hurdles 800m | 80m Hurdles 800m | 100m Hurdles 800m | |
| High Jump Long Jump Shot Put | High Jump Long Jump Shot Put | High Jump Long Jump Shot Put | High Jump Long Jump Shot Put | |
| Children's Team Games Events available to Girls and Boys | | | | |
| 9 | 10 | 11 | | |
| 60m 300m | 60m 500m | 60m 600m | | |
| Long Jump Turbo Javelin (300g) | Long Jump Turbo Javelin (300g) | Long Jump Turbo Javelin (300g) | | |
| Multi Events | | | | |
| Heptathlon/Decathlon Youth Girls (17&18) Day 1: 100m Hurdles, 200m, High Jump, Shot Put Day 2: 800m, Long Jump, Javelin Youth Boys (17&18) Day 1: 100m, 400m, High Jump, Long Jump, Shot Put Day 2: 110m Hurdles, 1500m, Pole Vault, Javelin, Discus U19 Girls Day 1: 100m Hurdles, 200m, High Jump, Shot Put Day 2: 800m, Long Jump, Javelin U19 Boys Day 1: 100m, 400m, High Jump, Long Jump, Shot Put Day 2: 110m Hurdles, 1500m, Pole Vault, Javelin, Discus | | | | |

List of Regulations: Outdoor T&F

1. Individual Track & Field Championships for Boys and Girls aged 12-19.
Children's Team Games for Boys and Girls aged 9-11.
2. Club Singlets and single colour shorts must be worn. (See Attire)
3. The first four (4) from each region to qualify for the National Championships except in the 600m where three (3) qualify. **No substitutions will be allowed.**
4. Ages 12, 13, 14, 15 and 16 are limited to 3 events plus relay.
Ages 17, 18 and 19 are limited to 4 events plus relay.
5. Direct Entry: 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
6. All entries must come through the Regional Secretary, a copy of the Regional results should be sent to the AAI office.

7. Check In Rules:

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

8. Warm Up Area Rules: (if allocated)

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

9. Call Room Rules:

- Track athletes report to call room immediately their event is called. Field athletes to report directly to their event when called.
- Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g: earphones, notebooks, tablets, iPods, smart phones etc.) in the competition area.
NOTE: The competition area starts at the assembly/call room.
- No spectators, no bags or gear to be left in the area

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

11. Athletes U14 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used. Starting blocks are optional for U12 and U13, but a crouch start must be used instead. The commands for all sprints are "on your marks" and "set"

12. False Starts

- WA False Start Rules apply.

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

13. 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
- The duration of the competition that this rule pertains to is defined as being consecutive days, i.e. Friday, Saturday, and Sunday of a single weekend.

14. Warm up marks for field events should be completed where possible before the time schedule.
15. Individual Championships: all athletes will be allowed 3 trials at field events, the top 8 athletes will be allowed a further 3 trials, except for high jump and pole vault.
16. Turbo Javelin rules and format are as javelin competition. 3 individual throws per athlete. Top 8 to final.
17. Where a heat is listed and if insufficient competitors check in a Final will be held at heat time.

18. Middle Distance:

- iv) 600m, if 15 or less check in, at the discretion of the track referee, a FINAL will be held at heat time, if more than 15 check in then the winners will be declared from the heat times, there will be no final.
- v) 800m, if 15 or less check in, at the discretion of the track referee, a FINAL will be held at heat time, if more than 15 check in then there will be heats and finals.
- vi) 1500m, if 15 or less check in, at the discretion of the track referee, a FINAL will be held at heat time. If more than 15 check in then the athletes will be placed into two heats as follows; Heat 1= 3rd and 4th place regional qualifiers and ALL Direct Entries. Heat 2= 1st and 2nd place regional qualifiers

19. **Race Walking:** A Penalty Zone will be in use for the Championships, an athlete will be required to enter the zone and remain there for 30 seconds once they have received 3 Red Cards. If an athlete receives a third Red Card and it is no longer practicable to direct them to the Penalty Zone before the end of the race, the Referee shall add the 30 seconds to their finishing time.
20. An athlete must inform the Chief Judge when leaving the competition area.
21. Athletes 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. Regional Competition Secretaries must be available for queries on days of competition.

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

Please do not leave your personal belongings unattended.

Relays: (Excluding U9-U11)

- Qualification: Three (3) teams per county per age group, Teams qualify from the County.
- Entries must be made online via the County Secretary
- An athlete may move up one age group
- U16 may NOT compete in 4 x 400m Relays.
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age, except for 17, 18, 19 age groups where all athletes may move up one age group.
- Minimum break of 45 minutes for 4 x 100m and 90 minutes for 4 x 400m relays.
- Athletes may compete in a **maximum of 3** relay teams on the day.
- A sub must be present for medal presentation.
- All team names, registration numbers and DOB must be on entry sheets at closing date.
- Declaration sheets must be filled in on day of competition.
- Spot checks may take place.
- NOTE: Teams should be checked in 60 minutes prior to the start of each session of the competition
- Session start times can be moved forward by up to 45 minutes.
- For U12 and U13, 1st, 2nd and 3rd place will be determined as HEAT DECLARED WINNERS, no finals.

Relays: Inter Club U9-U11

- Qualification: Three (3) teams per region per age group, teams qualify through the Region.
- Athletes may step up one (1) age group only and may compete in two (2) relays on the day **except U9 athletes who must be born in year 2015**
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age
- Team names, DOB, registration numbers must be submitted with entry
- Declaration Sheets must be completed for each individual team.
- Spot checks may take place.
- 1st, 2nd, 3rd place will be determined as HEAT DECLARED WINNERS, no finals for U9, U10, U11 age groups.

Combined Events:

- Entry is open, there are no qualifying criteria from the Regions.
- Entries are made online by the Club Secretaries
 - In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
 - 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. They 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.

Children's Games:

- Qualification: Three (3) teams qualify per Region per age group.
- Two (2) athletes per team.
- Each athlete may compete in two events only, *with the same or two different partners.*
- Athletes compete in their own age group **(U9 must be born 2015)**
- Each team's combined distances or combined times are added for team scoring.
- Medals for 1st, 2nd and 3rd teams (2 medals) in each event.
- In the U9 and 10 Long Jump competition, no board will be used and the athlete must take off before the edge of the pit. U11 Long Jump competition is from the board. 3 Jumps only per athlete.
- Turbo Javelin throw as per javelin throw (tip must hit ground), one throw per athlete per round with the throw measured to where tip first touches ground.
- 60m, 300m, 500m, 600m are on times - no finals.
- Standing or crouch start is optional. The standing start command for all sprints are "on your marks" and "set"
- Persistent false starts may lead to disqualification.
- No entry or change of entry on the day of competition. Athletes qualify as a pair from their Region and must compete as this pair. In the event of a pair being unable to attend the Games the next Regional qualifier is entitled to attend provided they are entered online by the Regional secretary before the closing date. In the event of illness on the day ONE athlete of the pair may be substituted.
- Club singlets must be worn – no tracksuits.
- The Committee reserve the right to alter the timetable.
- Relays are not part of the scoring for team competition.
- *Clubs with more than one team per age group MUST declare the members of each team at check-in. Failure to do this will mean the teams will be scored as entered.*

B Championships:

- An athlete who **DID NOT** qualify for the National 'A' Championships in **ANY** event is eligible to compete in the B Championships.
- All entries online through club secretaries.
- Athletes may compete in 2 events only.
- Athletes must compete in their own age group.
- All Field Event Athletes must be technically proficient in the event, in the interest of safety.

Timetables:

1st July 2023, Children's Games, U12/13 Championships:

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

Check-in closes 9.15 am (Sprints)

10.00 am

| | | |
|-------|----|-----------|
| Girls | 13 | 80m Heats |
| Boys | 13 | 80m Heats |
| Girls | 12 | 60m Heats |
| Boys | 12 | 60m Heats |
| Girls | 9 | 60m |
| Boys | 9 | 60m |
| Girls | 10 | 60m |
| Boys | 10 | 60m |
| Girls | 11 | 60m |
| Boys | 11 | 60m |

FINALS 12/13 60/80m

Check in Closes 1 hour prior to each start time

Long Jump

| | | | |
|------------|-------|----|---------|
| 10.00 a.m. | Girls | 11 | (Pit 1) |
| | Boys | 11 | (Pit 2) |
| 11.00 a.m. | Girls | 9 | (Pit 1) |
| | Boys | 9 | (Pit 2) |
| 12.00 pm | Girls | 12 | (Pit 1) |
| | Boys | 12 | (Pit 1) |
| 2.00 pm | Girls | 10 | (Pit 1) |
| | Boys | 10 | (Pit 2) |
| 3.00 pm | Girls | 13 | (Pit 1) |
| | Boys | 13 | (Pit 2) |

Check-in closes 12.00 pm (Middle Distance)*

1.00 pm

| | | |
|-------|----|------|
| Girls | 12 | 600m |
| Boys | 12 | 600m |
| Girls | 13 | 600m |
| Boys | 13 | 600m |
| Girls | 11 | 600m |
| Boys | 11 | 600m |
| Girls | 9 | 300m |
| Boys | 9 | 300m |
| Girls | 10 | 500m |
| Boys | 10 | 500m |

Turbo Javelin/Javelin

| | | | |
|------------|-------|----|----------|
| 10.00 a.m. | Girls | 9 | (Area 1) |
| | Boys | 9 | (Area 2) |
| 11.00 a.m. | Girls | 10 | (Area 1) |
| | Boys | 10 | (Area 2) |
| 12.00 pm | Girls | 13 | (Area 1) |
| | Boys | 13 | (Area 2) |
| 2.00 pm | Girls | 12 | (Area 1) |
| | Boys | 12 | (Area 2) |
| 3.00 pm | Girls | 11 | (Area 1) |
| | Boys | 11 | (Area 2) |

Check-in closes 1.30 pm (Relays)*

2.30 pm

| | | |
|-------|----|--------|
| Girls | 12 | 4x100m |
| Boys | 12 | 4x100m |
| Girls | 11 | 4x100m |
| Boys | 11 | 4x100m |
| Girls | 13 | 4x100m |
| Boys | 13 | 4x100m |
| Girls | 9 | 4x100m |
| Boys | 9 | 4x100m |
| Girls | 10 | 4x100m |
| Boys | 10 | 4x100m |

High Jump

| | | |
|----------|-------|----|
| 10.00 am | Boys | 12 |
| 11.30 am | Girls | 13 |
| 1.00 pm | Boys | 13 |
| 2.30 pm | Girls | 12 |

Shot Put

| | | |
|----------|-------|----|
| 10.00 am | Girls | 13 |
| 11.00 am | Boys | 13 |
| 12.00 pm | Boys | 12 |
| 1.00 pm | Girls | 12 |

** 1st, 2nd and 3rd place will be determined as Heat Declared Winners, ie No Finals*

8th July 2023 Juvenile Track & Field Championships: (Day 1)

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

Check in closes 9.15 a.m. (Hurdles)

10.00 a.m.

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

Finals to be held at heat time if heats not required

HURDLE FINALS

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

1.00

p.m.

| | | | |
|-------|----|------|---|
| Girls | 14 | 800m | H |
| Boys | 14 | 800m | H |
| Girls | 15 | 800m | H |
| Boys | 15 | 800m | H |
| Girls | 16 | 800m | H |
| Boys | 16 | 800m | H |
| Girls | 17 | 800m | H |
| Boys | 17 | 800m | H |
| Girls | 18 | 800m | H |
| Boys | 18 | 800m | H |
| Girls | 19 | 800m | H |
| Boys | 19 | 800m | H |

Finals to be held at heat time if heats not required

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 (2'9") | Final |
| Boys | 18/19 | 3000 S/C | Final |

4.30 pm 600m/800m FINALS

Check in Closes 1 hour

prior to each start time

Discus

| | | |
|-----------------|----|-------|
| 10.00 am | 15 | Girls |
| 11.30 am | 18 | Boys |
| 1.30 pm | 15 | Boys |
| 3.00 pm | 18 | Girls |

Hammer

| | | |
|-----------------|----|-------|
| 10.00 am | 14 | Girls |
| 11.30 am | 19 | Boys |
| 1.30 pm | 14 | Boys |
| 3.00 pm | 19 | Girls |

Shot Put

| | | |
|-----------------|----|-------|
| 10.00 am | 14 | Boys |
| 11.30 am | 19 | Girls |
| 1.30 pm | 14 | Girls |
| 3.00 pm | 19 | Boys |

Javelin

| | | |
|-----------------|----|-------|
| 10.00 am | 15 | Boys |
| 11.30 am | 18 | Girls |
| 1.30 pm | 15 | Girls |
| 3.00 pm | 18 | Boys |

Long Jump

| | | |
|-----------------|----|-------|
| 10.00 am | 18 | Boys |
| 11.30 am | 15 | Girls |
| 1.30 pm | 19 | Girls |
| 3.00 pm | 15 | Boys |

Triple Jump

| | | |
|-----------------|----|-------|
| 10.00 am | 19 | Girls |
| 11.30 am | 15 | Boys |
| 1.30 pm | 18 | Boys |
| 3.00 pm | 15 | Girls |

High Jump

| | | |
|-----------------|----|-------|
| 10.00 am | 18 | Girls |
| 11.30 am | 18 | Boys |
| 1.30 pm | 19 | Boys |
| 3.00 pm | 19 | Girls |

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.

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22nd July 2023 Juvenile Track & Field Championships: (Day 2)

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

Check in closes 9.15 a.m. Girls Walks

10.00 a.m.

| | | |
|-------|----|------------------|
| Girls | 14 | 2000m Walk Final |
| Girls | 15 | 2000m Walk Final |
| Girls | 16 | 2000m Walk Final |
| Girls | 17 | 3000m Walk Final |
| Girls | 18 | 3000m Walk Final |
| Girls | 19 | 3000m Walk Final |

Check in closes 10.30 a.m. 400m

11.15 a.m.

| | | |
|-------|----|------------|
| Girls | 17 | 400m Heats |
| Boys | 17 | 400m Heats |
| Girls | 18 | 400m Heats |
| Boys | 18 | 400m Heats |
| Girls | 19 | 400m Heats |
| Boys | 19 | 400m Heats |

Check in closes 11.15 a.m. Boys Walks

12:00 p.m.

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

1.30 p.m. 400m Finals

Check in closes 12:30 p.m. Sprints

1.45 p.m.

| | | |
|-------|----|------------|
| Girls | 14 | 80m Heats |
| Boys | 14 | 80m Heats |
| Girls | 15 | 100m Heats |
| Boys | 15 | 100m Heats |
| Girls | 16 | 100m Heats |
| Boys | 16 | 100m Heats |
| Girls | 17 | 100m Heats |
| Boys | 17 | 100m Heats |
| Girls | 18 | 100m Heats |
| Boys | 18 | 100m Heats |
| Girls | 19 | 100m Heats |
| Boys | 19 | 100m Heats |

Check in closes 3.00 p.m. 3000m

3.45 p.m.

| | | |
|-------|----|-------------|
| Girls | 16 | 3000m Final |
| Boys | 16 | 3000m Final |
| Girls | 17 | 3000m Final |
| Boys | 17 | 3000m Final |
| Girls | 18 | 3000m Final |
| Boys | 18 | 3000m Final |
| Girls | 19 | 3000m Final |
| Boys | 19 | 3000m Final |

5.00 pm. Sprint Finals

Check in Closes 1 hour prior to each start time

| | | |
|--------------------|----|-------|
| Discus | | |
| 10.00 am | 14 | Girls |
| 11.30 am | 19 | Boys |
| 1.30 pm | 14 | Boys |
| 3.00 pm | 19 | Girls |
| Hammer | | |
| 10.00 am | 16 | Girls |
| 11.30 am | 17 | Boys |
| 1.30 pm | 16 | Boys |
| 3.00 pm | 17 | Girls |
| Shot Put | | |
| 10.00 am | 16 | Boys |
| 11.30 am | 17 | Girls |
| 1.30 pm | 16 | Girls |
| 3.00 pm | 17 | Boys |
| Javelin | | |
| 10.00 am | 14 | Boys |
| 11.30 am | 19 | Girls |
| 1.30 pm | 14 | Girls |
| 3.00 pm | 19 | Boys |
| Long Jump | | |
| 10.00 am | 17 | Boys |
| 11.30 am | 16 | Boys |
| 1.30 pm | 14 | Girls |
| 3.00 pm | 14 | Boys |
| Triple Jump | | |
| 10.00 am | | |
| 11.30 am | | |
| 1.30 pm | 17 | Boys |
| 3.00 pm | 16 | Boys |
| High Jump | | |
| 10.00 am | 14 | Girls |
| 11.30 am | 14 | Boys |
| 1.30 pm | 15 | Girls |
| 3.00 pm | 16 | Girls |
| Pole Vault | | |
| 10.00 am | 15 | Girls |
| 1.30 pm | 16 | Girls |
| | 17 | Girls |
| | 18 | Girls |
| | 19 | Girls |

23rd July 2023 Juvenile Track & Field Championships: (Day 3)

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

Check-in closes 9.15 am 200m

10.00 a.m.

| | | |
|-------|----|------------|
| Girls | 14 | 200m Heats |
| Boys | 14 | 200m Heats |
| Girls | 15 | 200m Heats |
| Boys | 15 | 200m Heats |
| Girls | 16 | 200m Heats |
| Boys | 16 | 200m Heats |
| Girls | 17 | 200m Heats |
| Boys | 17 | 200m Heats |
| Girls | 18 | 200m Heats |
| Boys | 18 | 200m Heats |
| Girls | 19 | 200m Heats |
| Boys | 19 | 200m Heats |

Finals to be held at heat time if heats not required

Check in closes 10.30 a.m. 1500m

11:30 a.m.

| | | |
|-------|----|-------------|
| Girls | 14 | 1500m Heats |
| Boys | 14 | 1500m Heats |
| Girls | 15 | 1500m Heats |
| Boys | 15 | 1500m Heats |
| Girls | 16 | 1500m Heats |
| Boys | 16 | 1500m Heats |
| Girls | 17 | 1500m Heats |
| Boys | 17 | 1500m Heats |
| Girls | 18 | 1500m Heats |
| Boys | 18 | 1500m Heats |
| Girls | 19 | 1500m Heats |
| Boys | 19 | 1500m Heats |

1.30 pm 200m Finals

Check in closes 1.00 p.m. Hurdles

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 |

Finals to be held at heat time if heats not required

HURDLE FINALS IN SAME ORDER

Check in Closes 1 hour

prior to each start time

Discus

| | | |
|----------|----|-------|
| 10.00 am | 17 | Girls |
| 11.30 am | 16 | Boys |
| 1.30 pm | 17 | Boys |
| 3.00 pm | 16 | Girls |

Hammer

| | | |
|----------|----|-------|
| 10.00 am | 15 | Girls |
| 11.30 am | 18 | Boys |
| 1.30 pm | 15 | Boys |
| 3.00 pm | 18 | Girls |

Shot Put

| | | |
|----------|----|-------|
| 10.00 am | 15 | Boys |
| 11.30 am | 18 | Girls |
| 1.30 pm | 15 | Girls |
| 3.00 pm | 18 | Boys |

Javelin

| | | |
|----------|----|-------|
| 10.00 am | 17 | Boys |
| 11.30 am | 16 | Girls |
| 1.30 pm | 17 | Girls |
| 3.00 pm | 16 | Boys |

Long Jump

| | | |
|----------|----|-------|
| 10.00 am | 16 | Girls |
| 11.30 am | 17 | Girls |
| 1.30 pm | 18 | Girls |
| 3.00 pm | 19 | Boys |

Triple Jump

| | | |
|----------|----|-------|
| 10.00 am | 19 | Boys |
| 11.30 am | 18 | Girls |
| 1.30 pm | 16 | Girls |
| 3.00 pm | 17 | Girls |

High Jump

| | | |
|----------|----|-------|
| 10.00 am | 17 | Girls |
| 11.30 am | 17 | Boys |
| 1.30 pm | 15 | Boys |
| 3.00 pm | 16 | Boys |

Pole Vault

| | | |
|----------|----|------|
| 10.00 am | 15 | Boys |
| | 16 | Boys |
| 1.30 pm | 17 | Boys |
| | 18 | Boys |
| | 19 | Boys |

Section 5: Cross Country Championships:

List of Competitions:

| Date | Competition | Location | Notes |
|--------------------------------|--|--------------------|---|
| 12 th February 2023 | Juvenile B Cross Country | Gowran, Kilkenny | Start: 11:30am Entry Fee: €5 Individual €15 Club Team €20 County Team Closing Date 1st February Entries: Online Club Secretaries |
| 15 th October 2023 | Juvenile Inter Club Relays | Abbottstown Dublin | Start: 1:00pm Entry Fee: €15 Team Closing Date 4 th October Entries: Online Club Secretaries |
| 19 th November 2023 | Juvenile "A" Championships Even Ages | TBC | Start: 11:30am Entry Fee: €5 Individual €15 Club Team €20 County Team €25 Regional Closing Date: 8 th November Entries: Online Regional/County/Club Secretaries |
| 3 rd December 2023 | Juvenile "A" Championships Uneven Ages | TBC | Start: 11:30am Entry Fee: €5 Individual €15 Club Team €20 County Team €25 Regional Closing Date: 22 nd November Entries: Online Regional/County/Club Secretaries |

List of Events:

| <u>All Distances below are available to Girls</u> | | | | | |
|--|-----------|-----------|-----------|-----------|-----------|
| Age Category | 11 | 12 | 13 | 14 | 15 |
| A Cross Country Distance | 1500m | 2000m | 2500m | 3000m | 3500m |
| B Cross Country Distance | 1000m | | 1500m | | 2500m |
| Inter Club Relay Distance | 4x500m | | 4x500m | | 4x1000m |
| Age Category | 16 | 17 | 18 | 19 | |
| A Cross Country Distance | 4000m | 4000m | 4000m | 4000m | |
| B Cross Country Distance | | 3000m | | | |
| <u>All Distances below are available to Boys</u> | | | | | |
| Age Category | 11 | 12 | 13 | 14 | 15 |
| A Cross Country Distance | 1500m | 2000m | 2500m | 3000m | 3500m |
| B Cross Country Distance | 1000m | | 1500m | | 2500m |
| Inter Club Relay Distance | 4x500m | | 4x500m | | 4x1000m |
| Age Category | 16 | 17 | 18 | 19 | |
| A Cross Country Distance | 4000m | 5000m | 6000m | 6000m | |
| B Cross Country Distance | | 3000m | | | |

List of Regulations:

1. WA Rules apply.

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

2. Qualifiers:

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

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

3. Teams:

- Province, 12 athletes to run with 6 to score
- County, 10 athletes to run with 6 to score
- Club, 6 athletes to run with 4 to score
- **NOTE: U19 Girls**
 - Province, 12 athletes to run with 6 to score
 - County, 8 athletes to run with 4 to score
 - Club, 6 athletes to run with 3 to score
- U18 Athletes can enter both U18 and Junior race and score on Club and County teams in both age categories as long as they are entered in both age groups. U18 athletes are considered for the Junior Euro Cross team based on their finishing position in the race.
- Athletes must be registered
- Pacing of athletes will mean disqualification. Please inform club officials and parents.
- Only athletes declared on the team sheets will score.
- Spot Checks will be undertaken
- It is strongly recommended that all athletes wear the correct footwear. No earphones should be worn at any time in call area or competition.

4. Medals:

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

5. B Championships:

- Juvenile "B" Championships are open to athletes **who have not received** an Individual, Regional, County or Club Cross Country medal at the National 'A' Championships.
- All athletes must be registered in 2023. (2022 Ages apply for February Comp)

- All competing athletes **must** be entered online either by their club or county whether competing as an individual or on a team.
- Club teams; 6 to run, 4 to score.
- County teams, 6 to score.
- To score, a county team must be entered online by the County Secretary, they may choose to enter individual athletes' names or allow the result to be determined by the first 6 county athletes across the line who have all been entered by their own clubs.
- **NOTE:** *in order to get a race number every athlete must be entered with their name, either by their club or their county, even if on an undeclared County team.*

6. Inter Club Relays

- No Entries on the day of competition
- All teams must be pre-entered online by Club Secretaries, Clubs may enter more than one team in each age group.
- First three teams receive medals; a sub must be declared and present on the day to receive medal.
- Club singlets must be worn.
- There will be a 20m changeover zone with the passing of a baton.

Section 6: Juvenile Indoor Records:

Girls under 12

| | | | | |
|---------------|---------|--------------------|-----------------------|------|
| 60m | 8.3 | Niamh Foley | St. Mary's (Limerick) | 2013 |
| 600m | 1.44.38 | Saoirse Fitzgearld | Lucan Harriers | 2018 |
| High Jump | 1.42 | Caoimhe McGonagle | Rosses | 2022 |
| Long Jump | 4.47 | Sophie Meridith | St. Mary's (Limerick) | 2012 |
| Shot Put (2k) | 10.2 | Megan Lenihan | North Cork | 2014 |
| 4x100m | 56.43 | Dooneen | | 2013 |
| 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 | 1.4 | Jack Murphy | Leevale A.C. | 2009 |
| High Jump | 1.4 | Ryan Onoh | Leevale A.C. | 2019 |
| Long Jump | 4.75 | Ryan Onoh | Leevale A.C. | 2019 |
| Shot Put (2k) | 10.5 | Cian Crampton | Edenderry | 2018 |
| 4x100m | 54.78 | Dooneen | | 2017 |
| 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 Put (2k) | 12.79 | Megan Lenihan | North Cork | 2015 |
| 4x100m | 53.81 | Galway City Harriers | | 2015 |
| 4x200m | 1.59.4 | Inbhear Dee | | 2000 |
| 300m | 46.42 | Laura Scanlon | Metro St Brigids | 2000 |

Boys under 13

| | | | | |
|---------------|---------|------------------|----------------------|------|
| 60m | 7.84 | Shane Gevero | Cabinteely | 2016 |
| 600m | 1.37.69 | Padraic Spillane | St Lawrence O'Tooles | 2017 |
| 60m Hurdles | 9.26 | John Cashman | Leevale | 2018 |
| High Jump | 1.65 | Kyle Ettah | Leevale | 2017 |
| Long Jump | 5.11 | Kyle Ettah | Leevale | 2017 |
| Shot Put (2k) | 14.51 | James Kelly | Finn Valley | 2012 |
| 4x100m | 53.16 | Galway City Hrs | | 2011 |
| 4x200m | 1.57.21 | Midleton | | 2022 |
| 300m | 43 | Gary Dunphy | St Pauls | 2000 |

Girls under 14

| | | | | |
|---------------|----------|-----------------------|-----------------------|------|
| 60m Hurdles | 9 | Molly Scott | St Lawrence O'Tooles | 2012 |
| 60m | 7.85 | Katie Monteith | City of Lisburn | 2016 |
| 800m | 2.16.12 | Corrine Kenny | St Lawrence O'Tooles | 2015 |
| Walk 1000m | 4.47.97 | Sarah Mulvanney Kelly | North Leitrim | 2022 |
| High Jump | 1.63 | Caitriona Farrell | Craughwell | 2005 |
| Long Jump | 5.39 | Sophie Meridith | St. Mary's (Limerick) | 2014 |
| Shot Put (2k) | 14.64 | Aoibhin McMahon | Blackrick (Louth) | 2016 |
| 4x200m | 1.48.57 | Dooneen | | 2022 |
| CE | 3201 | Sophie Meridith | St. Mary's (Limerick) | 2014 |
| 60m | 7.8 H | Susan Larkin | Dom Savio | 1994 |
| Walk 1000m | 4.45.9 H | Ann O'Malley | Bilboa | 1996 |

Boys under 14

| | | | | |
|-------------------|----------|--------------------|--------------------|------|
| 60m Hurdles | 8.82 | John Cashman | Leevale | 2019 |
| 60m | 7.47 | Shane Gevero | Cabinteely | 2017 |
| 800m | 2.11.45 | Liam Markham | St. Mary's (Clare) | 2005 |
| Walk 1000m | 4.46.8 H | Christopher Dalton | Hacketstown | 2000 |
| High Jump | 1.68 | Mark Rogers | St. Peter's A.C. | 2009 |
| Long Jump | 5.83 | Danny Kelly | Belgooly | 2017 |
| Shot Putt (2.72k) | 15.38 | James Kelly | Finn Valley A.C. | 2013 |
| 4x200m | 1.47.07 | Portmarnock | | 2015 |
| CE | 2892 | Harry Nevin | Leevale | 2017 |
| 1000m | 2.56.1 H | Patrick Holbrook | St. Josephs | 1996 |
| Walk 1000m | 4.45.9 H | Seamus O'Donnell | St. Fionas | 1994 |

Girls under 15

| | | | | |
|------------------|----------|-------------------|----------------------|------|
| 60m Hurdles | 8.78 | Ella Scott | Leevale | 2018 |
| 60m | 7.6 | Ann O'Shea | Ferrybank A.C. | 2009 |
| 800m | 2.13.16 | Emma Moore | Galway City Harriers | 2018 |
| Walk 1000m | 4.29.04 | Kate Veale | West Waterford | 2008 |
| High Jump | 1.66 | Ciara Kennelly | Kilarny Valley | 2016 |
| Long Jump | 5.49 | Ciara Giles Doran | Ferrybank A.C. | 2009 |
| Pole Vault | 2.6 | Ava Rochford | Ennis TC | 2019 |
| Shot Put (2.72k) | 14.18 | Casey Mulvey | Inny Vale | 2017 |
| 4x200 | 1.46.80 | | Dooneen | 2022 |
| CE | 3204 | Hannah Falvey | Belgooly | 2020 |
| 1000m | 2.59.9 H | Emer O'Shea | St. Michaels | 1995 |
| Long Jump | 5.5 | Ciara Kearns | Celbridge | 1998 |

Boys under 15

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|-------------|-----------|------------------|--------------------|------|
| 60m Hurdles | 8.60 (ET) | Harry Nevin | Leevale | 2018 |
| 60m Hurdles | 8.5H | Daniel Ryan | Moycarkey Coolcree | 2013 |
| 60m | 7.26 | Michael Farrelly | Portmarnock | 2016 |
| 800m | 2.03.85 | Shane Fitzsimons | Mullingar hrs. | 2009 |

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|------------------|----------|----------------------|----------------------|------|
| Walk 1000m | 4.05.43 | Matthew Newell | Clare River Harriers | 2022 |
| High Jump | 1.86 | Jason Harvey | Lagan Valley | 2005 |
| Long Jump | 6.14 | Daniel Ryan | Moycarkey Coolcroe | 2013 |
| Pole Vault | 2.91 | James Rochford | Ennis Track | 2022 |
| Shot Putt (3k) | 16.32 | Karlis Kaugars | Dunleer | 2019 |
| 4x200m | 1.40.92 | St Lawrence O'Tooles | | 2014 |
| CE | 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 Put (3.25k) | 16.78 | James Kelly | Finn Valley | 2014 |

Girls under 16

| | | | | |
|------------------|---------|---------------------|----------------------|------|
| 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 |
| Triple Jump | 10.05 | Clodagh Donohoe | Nenagh Olympic | 2022 |
| Pole Vault | 3 | Una Brice | Leevale | 2019 |
| Shot Put (3k) | 14.67 | Casey Mulvey | Inny Vale | 2018 |
| 4x200m | 1.43.93 | Ferrybank | | 2009 |
| CE | 3551 | Elizabeth Morland | Cushinstown | 2013 |
| Shot Put (3.25k) | 12.15 | Kathleen Fitzgearld | Leevale | 2002 |

Boys under 16

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|----------------|----------|-----------------|----------------------|------|
| 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 |
| Triple Jump | 13.02 | Michael Kent | DMP | 2022 |
| Pole Vault | 3.5 | Adam Nolan | St Lawrence O'Tooles | 2019 |
| Shot Putt (4k) | 17.6 | James Kelly | Finn Valley | 2015 |
| 4x200m | 1.35.21 | Leevale | | 2017 |
| CE | 3687 | Daniel Ryan | Moycarkey Coolcroe | 2014 |
| 1500m | 4.07.8 H | James Nolan | Ferbane | 1992 |

Girls under 17

| | | | | |
|---------------|---------|----------------------|----------------------|------|
| 60m Hurdles | 8.5 | Megan Maars | City of Lisburn | 2013 |
| 60m | 7.43 | Rhasidat Adeleke | Tallaght | 2018 |
| 200m | 23.98 | Rhasidat Adeleke | Tallaght | 2018 |
| 400m | 58.21 | Hollie Kilroe | Suck Valley | 2022 |
| 800m | 2.12.50 | Elizabeth McWilliams | Ballymena & Antrim | 2003 |
| 1500m | 4.37.96 | Lucy Foster | Willowfield Harriers | 2022 |
| Walk 1500m | 6.18.54 | Kate Veale | West Waterford | 2010 |
| High Jump | 1.76 | Elizabeth Morland | Cushinstown | 2014 |
| Long Jump | 5.76 | Ciara Kearns | Celbridge | 2000 |
| Triple Jump | 10.76 | Orla O'Sullivan | Leevale | 2022 |
| Pole Vault | 3.25 | Emma Coffey | Carraig-Na-Bhfear | 2017 |
| Shot Put (3k) | 15.08 | Micheala Walsh | Swinford | 2014 |
| 4x200m | 1.42.12 | | Ratoath | 2022 |
| CE | 3877 | Kate O'Connor | Dundalk St Gerards | 2016 |
| Shot Put | 13.91 | Claire Fitzgerald | Tralee Hrs | 2007 |

Boys under 17

| | | | | |
|---------------|-------------|---------------------|-----------------------|-------------|
| 60m Hurdles | 8.14 | Daniel Ryan | Moycarkey Coolcree | 2015 |
| 60m | 6.98 | Israel Olotunde | Dundalk | 2018 |
| 200m | 21.97 | Aaron Sexton | North Down | 2016 |
| 400m | 52 | Luke Timlin | Crusaders | 2022 |
| 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 |
| Triple Jump | 12.21 | Daniel Quirke | Greystones & District | 2022 |
| Pole Vault | 3.71 | Adam O'Dwyer | Moycarkey Coolcree | 2018 |
| Shot Put (5k) | 16.09 | James Kelly | Finn Valley | 2016 |
| 4x200m | 1.33.16 | Leevale | | 2014 |
| CE | 4601 | Michael Kent | DMP | 2023 |
| 60m Hurdles | 8.1 H | Timothy Flannery | Nenagh Olympic | 1998 |
| 60m | 6.9 H | David Nolan | Bray Striders | 1994 |
| 400m | 51.04 | 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 | 2.13.63 | Kirsti Charlotte Foster | Willowfield Harriers | 2022 |
| 1500m | 4.33.64 | Kirsti Charlotte Foster | Willowfield Harriers | 2022 |
| Walk 1500m | 6.07.67 | Kate Veale | West Waterford | 2011 |

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|------------------|---------|----------------------|--------------------|------|
| 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 | 6.1 | Kelly Proper | Ferrybank | 2005 |
| Triple Jump | 11.86 | Caoimhe King | Westport A.C. | 2009 |
| Pole Vault | 3.45 | Ava Rochford | Nenagh Olympic | 2022 |
| Shot Put (3k) | 15.58 | Micheala Walsh | Swinford | 2015 |
| 4x200m | 1.43.11 | Ferrybank | | 2005 |
| CE | 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 Put (3.25k) | 13.17 | Fionnuala Lombard | Leevale | 2000 |

Boys under 18

| | | | | |
|---------------|----------|------------------|--------------------|------|
| 60m Hurdles | 8.04 | Andrew Creamer | Annalee | 2012 |
| 60m | 6.9 | Israel Olatunde | Dundealga | 2019 |
| 200m | 21.77 | David McDonald | Menapians | 2016 |
| 400m | 49.59 | John Fitzsimons | Kildare | 2015 |
| 800m | 1.52.38 | Jack Kelly | Tallaght | 2022 |
| 1500m | 3.53.37 | Shane Fitzsimons | Mullingar Harriers | 2012 |
| 1500m Walk | 6.11.90 | Gearoid McMahon | Shannon | 2017 |
| High Jump | 2.1 | 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 | Shane Martin | Ballymena & Antrim | 2016 |
| Shot Ptt (5k) | 18.11 | John Kelly | Finn Valley | 2013 |
| 4x200m | 1.30.57 | Tallaght | | 2014 |
| CE | 4138 | Fintan Dewhirst | Tir Chonaill | 2022 |
| 800m | 1.50.15 | James Nolan | Ferbane | 1994 |
| 1500m Walk | 5.59.9 H | Colin Griffin | Ballinamore | 1999 |
| Long Jump | 7.7 | Kevin Burke | Dooneen | 1998 |

Girls under 19

| | | | | |
|---------------|---------|-------------------|----------------|------|
| 60m Hurdles | 8.44 | Elizabeth Morland | Cushinstown | 2016 |
| 60m | 7.43 | Lucy-May Sleeman | Leevale | 2022 |
| 200m | 24.24 | Lucy-May Sleeman | Leevale | 2022 |
| 400m | 55.28 | Jenna Bromell | Emerald | 2015 |
| 800m | 2.08.80 | Maeve O'Neill | Doheny | 2022 |
| 1500m | 4.40.24 | Shona O'Brien | Gneeveguilla | 2018 |
| Walk 1500m | 6.12.49 | Kate Veale | West Waterford | 2012 |
| High Jump | 1.77 | Catriona Farrell | Craughwell | 2010 |
| Long Jump | 5.85 | Elizabeth Morland | Cushinstown | 2016 |
| Triple Jump | 12.29 | Caoimhe King | Westport | 2010 |
| Pole Vault | 3.5 | Una Brice | Leevale | 2022 |
| Shot Put (4k) | 14.78 | Michaela Walsh | Swinford | 2016 |
| 4x200m | 1.42.52 | | Leevale | 2022 |

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|-----|------|---------------|--------------------|------|
| CE | 4108 | Kate O'Connor | Dundalk St Gerards | 2018 |
| 60m | 7.5 | Ciara Sheehy | West Dublin | 1998 |

Boys under 19

| | | | | |
|---------------|---------|--------------------|----------------------|------|
| 60m Hurdles | 8.08 | Adam Nolan | St Lawrence O'Toole | 2022 |
| 60m | 6.7 H | Marcus Lawlor | St Lawrence O'Toole | 2013 |
| 200m | 21.29 | Marcus Lawlor | St Lawrence O'Toole | 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 | 2.1 | Barry Pender | St. Abbans | 2008 |
| High Jump | 2.1 | 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 | 4.35 | Conor Callinan | Leevale | 2022 |
| Shot Put (6k) | 17.8 | John Kelly | Finn Valley | 2014 |
| 4x200m | 1.31.08 | Tallaght | | 2015 |
| CE | 3362 | Simon Doyle | St Lawrence O'Tooles | 2011 |
| 60m Hurdles | 7.9 H | Alan Delaney | Castlereagh | 1998 |

Section 7: Juvenile Outdoor Records:

Girls under 12

| | | | | |
|------------------|-------------|-------------------|--------------------------|-------------|
| 60m | 8.29 (+0.3) | Niamh Foley | St Mary's AC (Limerick) | 2013 |
| 600m | 1.40.74 | Aimee Wallace | Mullingar Harriers | 2017 |
| Turbo Javelin | 31.9 | Amy Whelan | Liscarroll | 2015 |
| High Jump | 1.48 | Ava Wilson | Bree | 2022 |
| Long Jump | 4.82 | Sophie Meredith | St Mary's AC (Limerick) | 2012 |
| Shot (2 kg) | 11.39 | Megan Leinhan | North Cork | 2014 |
| 4x100m | 55.31 | | Crookstown Millview A.C. | 2018 |

Boys under 12

| | | | | |
|---------------|-------------|-----------------|---------------------|------|
| 60m | 8.14 (-1.1) | John Ikpotokin | St Michael's AC | 2016 |
| 600m | 1.37.75 | Thomas Bolton | Metro St Brigids AC | 2017 |
| 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 |

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 |
| High Jump | 1.55 | Cara Ryan | Clonmel | 2022 |
| 4x100m | 52.63 | | Galway City Harriers | 2015 |

Boys under 13

| | | | | |
|----------------|-------------|------------------|----------------|------|
| 80m | 9.88 | Shane Gevero | Cabinteely | 2016 |
| 600m | 1.35.21 | Francis Doran | South Sligo AC | 2019 |
| 60m Hurdles | 9.41 (-0.3) | David Mc Donald | Menapians | 2011 |
| 60m Hurdles | 9.2 H | Garbhan McKenna | Glaslough Hrs | 2008 |
| Javelin (400g) | 44.09 | Blaine Lynch | Finn Valley | 2018 |
| Shot (2.72 kg) | 15.58 | Cian Crampton | Edenderry AC | 2019 |
| Long Jump | 5.35 | David Mc Donald | Menapians | 2011 |
| High Jump | 1.56 | Daragh Kelly | Craughwell AC | 2019 |
| High Jump | 1.56 | Sean Kavanagh | Midilton | 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 |

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|--------|-------|--|----------------------|------|
| 4x100m | 52.06 | | Galway City Harriers | 2011 |
|--------|-------|--|----------------------|------|

Girls under 14

| | | | | |
|------------------|--------------|----------------------|--------------------------|------|
| 80m | 10.02 (+0.5) | Niamh Foley | St Mary's (Limerick) | 2015 |
| 200m | 24.97 (-0.8) | Anne O'Shea | Ferrybank | 2008 |
| 800m | 2.13.86 | Erinn Leavy | Dunleer AC | 2019 |
| 1500m | 04:38.2 | Faye Mannion | Ennis Track Club | 2022 |
| 2000m Walk | 10:03.4 | Sarah Mulvaney Kelly | North Leitrim | 2022 |
| 75m Hurdles | 11.25 (+1.6) | Seren O'Toole | Galway City Harriers | 2015 |
| Hammer (2.5kg) | 46.59 | Jade Williams | Shercock | 2014 |
| Javelin (400g) | 41.73 | Amy Whelan | Liscarroll | 2017 |
| Shot (2 kg) | 15.16 | Aoibhin McMahon | Blackrock (Louth) | 2016 |
| Discus (0.75 kg) | 39.36 | Megan Lenihan | North Cork | 2016 |
| Long Jump | 5.27 | Mila Clancy | Corran | 2022 |
| High Jump | 1.62 | Leona Byrne | St Lawrence O'Toole's AC | 2000 |
| 4x100m Relay | 51.41 | | St Lawrence O'Toole's AC | 2014 |
| Combined Events | 3003 | Ava Rochford | Ennis Track Club | 2018 |

Boys under 14

| | | | | |
|------------------|--------------|------------------|------------------------|------|
| 80m | 9.49 (+1.4) | Matthew Buckley | Rataoth | 2015 |
| 80m | 9.4 H | Leighton Wilson | Ballymena/Antrim | 2003 |
| 200m | 24.11 (-0.2) | John Cashman | Leevale AC | 2019 |
| 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 Coolcree | 2014 |
| Discus (0.75 kg) | 49.02 | Jack Hallahan | Midleton AC | 2013 |
| Hammer (2.5kg) | 59.12 | Thomas Williams | Shercock AC | 2021 |
| Javelin (400g) | 55.63 | Karlis Kaugars | Dunleer | 2018 |
| Shot (2.72 kg) | 15.52 | James Kelly | Finn Valley | 2013 |
| Long Jump | 5.81 | Harry Nevin | Leevale | 2017 |
| High Jump | 1.73 | Jason Harvey | Campbell College | 2004 |
| 4x100m Relay | 49.92 | | Cabinteely | 2017 |
| Combined Events | 3246 | Finn O'Neill | City of Derry Spartans | 2018 |

Girls under 15

| | | | | |
|----------------|--------------|---------------------|---------------------------|------|
| 100m | 12.10 (+0.8) | Patience Jumbo-Gula | Dundalk St Gerards | 2015 |
| 200m | 25.18 (-0.1) | Niamh Foley | St Mary's A.C. (Limerick) | 2016 |
| 800m | 2.11.98 | Emma Moore | Galway City Harriers | 2018 |
| 1500m | 04:35.5 | Emily Bolton | Donore Harriers | 2022 |
| 2000m Walk | 9.37.0 | Kate Veale | West Waterford A.C. | 2008 |
| 80m Hurdles | 11.54 | Kate McGowan | Tir Chonaill | 2011 |
| 250m Hurdles | 34.9 | Miriam Daly | Carrick-on-Suir | 2015 |
| Hammer (2.5kg) | 53.21 | Jade Williams | Shercock | 2015 |
| Javelin (400g) | 42.41 | Aoibhin McMahon | Blackrock (Louth) | 2017 |
| Shot (2.72 kg) | 13.93 | Ciara Sheehy | Liscarroll | 2016 |

| | | | | |
|-------------------|-------------|----------------------|---------------------------|-------------|
| Discus (0.75kg) | 42.52 | Megan Lenihan | North Cork AC | 2017 |
| High Jump | 1.68 | Tara O'Connor | Dundalk St Gerards | 2021 |
| Long Jump | 5.85 | Sophie Meredith | St Mary's A.C. (Limerick) | 2015 |
| Pole Vault | 2.71 | Maeve Corkery | Midleton | 2022 |
| 4x100m Relay | 49.98 | | Ferrybank | 2003 |
| Combined Events | 3426 | Sophie Meredith | St Mary's A.C. (Limerick) | 2015 |

Boys under 15

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

Girls under 16

| | | | | |
|-----------------------|----------------|----------------------|---------------------------|-------------|
| 100m | 11.98 (+0.0) | Rhasidat Adeleke | Tallaght | 2017 |
| 200m | 24.93 (+1.4) | Niamh Whelan | Ferrybank A.C. | 2005 |
| 800m | 2.11.63 | Aimee Hayde | Newport | 2018 |
| 1500m | 4.30.91 | Aimee Hayde | Newport | 2018 |
| 3000m | 10:20.3 | Julie Cleary | Donore Harriers | 2022 |
| 2000m Walk | 8.38.73 | Kate Veale | West Waterford A.C. | 2009 |
| 80m Hurdles | 11.47 (+2.0) | Elizabeth Morland | Cushinstown | 2013 |
| 250m Hurdles | 34.25 | Ciara Giles Doran | Ferrybank A.C. | 2010 |
| Discus (1 kg) | 39.71 | Kayleigh Cronin | Spa Muckcross | 2011 |
| Javelin (500g) | 44.71 | Enya Silkena | Dundalk St Gerards | 2022 |
| Shot Put (3k) | 14.14 | Aoibhin McMahon | Blackrock (Louth) | 2018 |
| Shot Put (3.25k) | 12.3 | | | 2006 |
| Hammer (3k) | 54.33 | Jade Williams | Shercock | 2016 |
| Hammer (3.25k) | 56.34 | Rachel Akers | East Clare | 2000 |
| Triple Jump | 10.64 (+1.0) | Ellen McNally | Greystones & District | 2018 |
| High Jump | 1.73 | Tara O'Connor | Dundalk St Gerards | 2022 |
| Long Jump | 5.96 (-0.8) | Laura Frawley | St Mary's (Limerick) AC | 2019 |
| Pole Vault | 3.16 | Una Brice | Leevale AC | 2019 |

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|-----------------|------|---------------|--------------------|------|
| 4x100m Relay | 49.4 | | Galway City Hrs | 2003 |
| Combined Events | 3512 | Kate O'Connor | Dundalk St Gerards | 2015 |

Boys under 16

| | | | | |
|----------------------|--------------|----------------------|-----------------------|-------------|
| 100m | 11.13 (+0.4) | Michael Farrelly | Portmarnock | 2017 |
| 200m | 22.67 (-0.7) | David Murphy | Gowran | 2015 |
| 800m | 1.56.07 | Karl Griffen | Tir Chonaill | 2010 |
| 1500m | 4.00.76 | Shane Quinn | Ferrybank | 2007 |
| 3000m | 9.00.34 | Cormac Dixon | Tallaght AC | 2021 |
| 3000m Walk | 13.51.93 | Oisin Lane | Mullingar Harriers | 2017 |
| 100m Hurdles | 13.3 | Daniel Ryan | Moycarkey Coolcree | 2014 |
| 250m Hurdles | 31.74 | Iarlaith Goulding | St Colmans South Mayo | 2017 |
| Hammer (4kg) | 72.24 | Adam King | Iveragh A.C. | 2012 |
| Javelin (600g) | 63.04 | Conor Cusack | Lake District | 2017 |
| Shot Putt (4kg) | 16.94 | John Kelly | Finn Valley | 2011 |
| Discus (1 kg) | 63.25 | Cian Crampton | Edenderry | 2022 |
| Pole Vault | 4.01 | Conor Callinan | Leevale AC | 2019 |
| Long Jump | 6.62 (-0.8) | David Ryan | Moycarkey Coolcree | 2015 |
| High Jump | 1.95 | Geoffrey Joy O'Regan | Sun Hill Harriers | 2019 |
| Triple Jump | 13.51 | Michael Kent | DMP | 2022 |
| 4x100m Relay | 44.6 | | Leevale | 2017 |
| Combined Events | 4146 | Conor Hoade | Galway City Harriers | 2019 |

Girls under 17

| | | | | |
|---------------------|-----------------|-------------------------|-------------------------|-------------|
| 100m | 12.03 (+1.8) | Johanna Mills | Ballymena & Antrim | 2009 |
| 200m | 24.73 (+0.5) | Lauren Ryan | Dooneen | 2015 |
| 400m | 56.13 | Davicia Patterson | Beechmount Harriers | 2016 |
| 800m | 2.10.99 | Aimee Hayde | Newport | 2019 |
| 1500m | 4.31.50 | Kirsti Charlotte Foster | Willowfield Harriers AC | 2021 |
| 3000m | 10:05.49 | Annabel Morrison | Enniskillen | 2022 |
| 3000m Walk | 13.16.19 | Kate Veale | West Waterford A.C. | 2010 |
| 2000m S/C | 7.06.73 | Roisin O'Reilly | Menapians | 2018 |
| 100m Hurdles | 13.98 (+1.3) | Anna McAuley | City of Lisburn | 2017 |
| 300m Hurdles | 41.84 | Ciara Giles Doran | Ferrybank A.C. | 2011 |
| Discus (1 kg) | 41.04 | Ciara Sheehy | Emerald A.C. | 2018 |
| Hammer (3k) | 60.83 | Michaela Walsh | Swinford | 2014 |
| Hammer (3.25 k) | 55.73 | Rachel Akers | Unattached | 2001 |
| Shot Putt (3 kg) | 15.13 | Michaela Walsh | Swinford | 2014 |
| Shot Putt (3.25 kg) | 12.67 | Laura McSweeney | Bandon | 2011 |
| Javelin (500g) | 44.23 | Orlaith O'Brien | Ferrybank | 2015 |
| Javelin (600g) | 35.87 | Olivia McDonald | St Peter's AC | 2006 |
| Long Jump | 5.99 | Johanna Mills | Ballymena & Antrim | 2009 |
| Pole Vault | 3.3 | Emma Coffey | Carraig-Na-Bhfear A.C. | 2017 |
| Triple Jump | 11.79 | Maria Carey | Newport | 2014 |
| High Jump | 1.74 | Sommer Lecky | Finn Valley | 2016 |
| 4x100m Relay | 49.37 | | Carrick-on-Suir A.C. | 2016 |

| | | | | |
|-----------------|---------|--------------|--------------------------|------|
| 4x100m Relay | 49.0H | | Emerald A.C. | 2010 |
| 4 x 400m Relay | 4.01.79 | | St Lawrence O'Toole's AC | 2017 |
| Combined Events | 4172 | Molly Curran | Carmen Runners | 2019 |

Boys under 17

| | | | | |
|------------------|----------------|---------------------|-----------------------|-------------|
| 100m | 11.03 (-0.5) | Aaron Sexton | North Down | 2016 |
| 100m | 11.0 H | John Laffey | Clonliffe Harriers | 2001 |
| 200m | 21.65 (+1.3) | Aaron Sexton | North Down | 2016 |
| 400m | 49.66 | Joseph Dowling | Dundrum South Dublin | 2009 |
| 800m | 1.52.73 | Karl Griffin | Tir Chonaill | 2011 |
| 1500m | 4.00.41 | Shane Fitzsimons | Mullingar Hrs | 2011 |
| 3000m | 08:35.1 | Cormac Dixon | Tallaght | 2022 |
| 3000m Walk | 13.04.30 | Matthew Glennon | Mullingar Harriers | 2019 |
| 2000m S/C | 6.20.51 | Dalton Mc Guigan | Finn Valley | 2011 |
| 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) | 16.8 | John Kelly | Finn Valley | 2012 |
| Hammer (5kg) | 66.05 | Fellán McGuigan | Finn Valley | 2012 |
| Discus (1.5kg) | 47.47 | Andrew Barkley | City of Lisburn | 2013 |
| Javelin (700g) | 58.35 | Conor Cusack | Lake District | 2018 |
| Long Jump | 6.62 | David Cussan | Old Abbey | 2012 |
| High Jump | 2.08 | Ryan Carthy Walshe | Adamstown | 2015 |
| Triple Jump | 13.73 | Jordan Hoang | Tullamore Harriers | 2014 |
| Pole Vault | 3.91 | Thomas Houlihan | West Waterford A.C. | 2008 |
| 4x100m Relay | 43.73 | | Leevale | 2017 |
| 4x400m Relay | 3.32.02 | | Dundrum South Dublin | 2017 |
| Combined Events | | | | |

Girls under 18

| | | | | |
|----------------|---------------|----------------------|---------------------------|------|
| 100m | 12.09 (-2.2) | Sarah Murray | Fingallians AC | 2010 |
| 200m | 24.81 (-2.71) | Roseanna McGuickian | City of Lisburn | 2014 |
| 400m | 55.51 | Ciara Deely | Kilkenny City Harriers | 2017 |
| 800m | 2.12.43 | Laura Scriven | St Lawrence O'Toole's AC | 2005 |
| 1500m | 4.31.21 | Suzanne Huet | Dundrum South Dublin | 2007 |
| 3000m | 9.32.04 | C. Ffrench O'Carroll | DSD | 2007 |
| 3000m Walk | 12.18.86 | Kate Veale | West Waterford | 2011 |
| 2000m S/C | 6.58.38 | Laura Nicholson | Bandon | 2017 |
| 100m Hurdles | 13.76 (+0.2) | Elizabeth Morland | Cushinstown | 2015 |
| 400m Hurdles | 61.22 | Kelly-Ann Doyle | Carrick-on-Suir | 2014 |
| Hammer (3k) | 60.90 | Adrienne Gallen | Lifford Strabane AC | 2021 |
| Hammer (4 k) | 51.07 | Rachel Akers | Marian | 2002 |
| Shot (3 kg) | 16.43 | Michaela Walsh | Swinford | 2015 |
| Shot Putt (4k) | 12.85 | Laura Cogan | Newbridge | 2006 |
| Discus | 42.39 | Niamh Fogerty | North Westmeath | 2016 |
| Javelin (500g) | 46.57 | Grace Casey | Eire Og Corra Choill A.C. | 2016 |
| Javelin (600g) | 39.56 | Lisa Fryer | Lagan Valley | 2001 |

| | | | | |
|-----------------|-------------|----------------|----------------------|------|
| Long Jump | 6.00 (-1.0) | Sarah McCarthy | Mid-Sutton AC | 2012 |
| Pole Vault | 3.5 | Una Brice | Leevale A.C. | 2021 |
| Triple Jump | 11.86 | Caoimhe King | Westport | 2009 |
| High Jump | 1.74 | Kate O'Connor | Dundalk St Gerards | 2017 |
| 4x100m Relay | 48.76 | | Ferrybank AC | 2006 |
| 4 x 400m | 3.59.73 | | Galway City Harriers | 2019 |
| Combined Events | 4135 | Maeve Hayes | St Pauls AC | 2019 |

Boys under 18

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

Girls under 19

| | | | | |
|----------------------|----------------|-----------------------|------------------------------|-------------|
| 100m | 12.03 (+0.7) | Lauren Cadden | Sligo AC | 2018 |
| 200m | 24.48 (+0.0) | Lauren Cadden | Sligo AC | 2018 |
| 400m | 54.83 | Kate O'Connell | Lucan Harriers | 2022 |
| 800m | 2.07.7 H | Aislinn Crossey | Newry AC | 2013 |
| 1500m | 4.32.54 | Azmera Gebrezgi | Celtic | 2004 |
| 3000m | 09:49.3 | Hannah Kehoe | Thomastown | 2022 |
| 3000m Walk | 14.05.42 | Maeve Curley | Craughwell A.C. | 2010 |
| 3000m S/C | 11.35.64 | Alison Armstrong | Celtic DCH | 2015 |
| 100m Hurdles | 14.42 (+0.3) | Mairead Murphy | Ferrybank A.C. | 2007 |
| 400m Hurdles | 61.59 | Jessie Barr | Ferrybank A.C. | 2007 |
| Shot (4 kg) | 13.3 | Claire Fitzgerald | Tralee Harriers | 2009 |
| Discus (1 kg) | 45.95 | Anna Gavigan | Lambay Sports Academy | 2022 |
| Hammer (4 kg) | 60.08 | Nicola Tuthill | Bandon AC | 2021 |
| Javelin (600g) | 43.85 | Grace Casey | Eire Og Corra Choill A.C. | 2017 |
| Long Jump | 6.14 | Kelly Proper | Ferrybank | 2006 |

| | | | | |
|-----------------|--------------|----------------|----------------------|------|
| Triple Jump | 11.76 (-2.5) | Saragh Buggy | St Abban's AC | 2012 |
| High Jump | 1.73 | Sorcha Murphy | Ferrybank | 2012 |
| High Jump | 1.73 | Sharon Heveran | Westport AC | 2003 |
| Pole Vault | 3.55 | Una Brice | Leevale | 2022 |
| 4x100m Relay | 48.79 | | Ferrybank | 2017 |
| 4x400m Relay | 3.59.43 | | Dundrum South Dublin | 2016 |
| Combined Events | 3141 | Caoimhe Rowe | Trim | 2019 |

Boys under 19

| | | | | |
|-----------------|--------------|-----------------------|------------------------|------|
| 100m | 10.83 (-2.3) | Paul Whelan | Dublin Striders | 2010 |
| 200m | 21.59 (+0.7) | Christopher O'Donnell | North Sligo | 2016 |
| 400m | 48.02 | Mark English | Letterkenny A.C. | 2011 |
| 800m | 1.52.58 | Louis O'Loughlin | Donore Harriers | 2019 |
| 1500m | 3.58.12 | Niall Tuohy | Ferrybank AC | 2007 |
| 3000m | 8.36.30 | Cathal O'Reilly | Kilkenny City Harriers | 2021 |
| 3000m S/C | 9.40.28 | Brian Flanagan | Clonliffe Harriers | 2015 |
| 5000m Walk | 21.36.03 | Peter Muldoon | Shercock | 2005 |
| 110m Hurdles | 14.20 (-0.0) | James Ezenou | Leevale AC | 2021 |
| 400m Hurdles | 54.45 | Evan Mcguire | Galway City Harriers | 2013 |
| Shot (6kg) | 17.14 | James Kelly | Finn Valley | 2018 |
| Discus (1.75kg) | 55 | Marco Pons | DMP | 2011 |
| Hammer (6kg) | 65.75 | Owen Russell | St Andrew's AC | 2015 |
| Javelin (800g) | 58.63 | Danny Mullen | Strabane TC | 2007 |
| High Jump | 2.1 | Ryan Carthy Walshe | Adamstown | 2017 |
| Long Jump | 7.25 (+1.5) | Eoin Hannon | Tullamore Harriers | 2007 |
| Pole Vault | 4.41 | Peter O'Brien | Raheny Shamrocks | 2013 |
| Triple Jump | 13.84 (+2.0) | Brendan Lynch | Loughrea | 2017 |
| 4x100m Relay | 42.79 | | Galway City Harriers | 2016 |
| 4x400m Relay | 3.26.15 | | Leevale AC | 2004 |

Section 8: Motions:

CHANGES POST CONGRESS 2021 (Virtual)

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

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

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

Recommendations:

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

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

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

CHANGES POST CONGRESS 2018 (Carrick on Shannon)

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

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

CHANGES POST CONGRESS 2016 (Tullamore)

Motions carried at Congress pertaining to Juvenile Competition Rules will come into effect starting January 2017.

5. THAT: the decision of the AGM 2015 to discontinue the U19 Cross Country Championships be rescinded and that the championships be reinstated into the juvenile competition program with immediate effect.

7. THAT: the Inter County Cross Country Relays be amended to the Inter Club Cross Country Relays for a trial period of 2 years. Current distances to remain as is, i.e.: 4x500m

8. THAT: a 3k event for girls U16 and U17 be added to the track and field program, bringing it in line with the same event for boys and with the Schools Athletics program and this be added to the 2017 program.

10. THAT: The first four (4) individuals from each region qualify for the National Juvenile Championships except for the 600m where the first three (3) will qualify.

15. THAT: The Boys U17 Hurdles outdoor race be changed to the following specification: Distance – 100m, Approach – 13m, Spacing – 8.5m, Number of Hurdles – 10, Height – 3'0.

17. THAT: The Boys U15 and U17 Indoor Hurdles have the same approach and spacing between hurdles as outdoors.

24. THAT: In the Hammer, athletes are allowed to use their own implements and if they so wish, are allowed exclusive use of such implements. Such implements must comply and conform to the applicable specifications and must be presented to the event organizers for approval.

25. THAT: In the Discus, athletes are allowed to use their own implements and if they so wish, are allowed exclusive use of such implements. Such implements must comply and conform to the applicable specifications and must be presented to the event organizers for approval.

32. THAT: In the case of Combined Age Categories in Inter-Club Cross Country where U18 and Junior athletes compete in the one race, that the U18 category athletes can score on both teams if declared.

Recommendations:

9. THAT: In order to provide greater competitive opportunities in longer distance events, the juvenile committee review the current programme, indoors and outdoors, for all ages' boys and girls.

11. THAT: The opening height for u12 boy's high jump be reduced from 1.15m to 1.05m in both indoor and outdoor track and field competition.

12. THAT: The opening height for u13 boy's high jump be reduced from 1.20m to 1.15m in both indoor and outdoor track and field competition.

60. THAT: Where a designated warm-up area with controlled access is in operation, the Competition organizers have a Coach check-in and accreditation and that registered coaches can have access to warm-up areas.

CONGRESS CHANGES POST 2015 AGM (Dublin)

For Juvenile Cross Country, age category U19 will be discontinued from 2015 season onwards.

CHANGES POST CONGRESS 2014 (Cork)

The following are the motions passed at Congress 2014 in relation to Juvenile competition

57. THAT: The Inter County 4x100m track relay competition be discontinued.

58. THAT: In the existing outdoor Combined Events Championship for Youth Boys, the Octathlon be replaced with the Decathlon in line with IAAF rule 200.2.

59. THAT: the Boys under 15 Shot Put and Hammer weight be changed to 3kg for National Championship competitions.

65. THAT: the Juvenile Committee introduces an Indoor Pole Vault Competition for Girls and Boys U15, U16, U17, U18 & U19.

63. THAT: The name Development Competition/Championships be changed back to 'B' Championships or renamed another more suitable/acceptable name.

67. THAT: the Juvenile Committee amends their current Track and Field Pole Vault competition to include Girls under 15 and 16.

69. THAT: Athletes U13 may use starting blocks; athletes U14 upwards must use starting blocks.

73. THAT: the age for the Girls Triple Jump be reduced from U17 to U16 in Track & Field. *(NOTE: this applied to outdoor only as U17 is not an age category indoors for Triple Jump)*

74. THAT: the Turbo Javelin in the National Juvenile Team Competition be contested in the standard format i.e. one throw per athlete per round as against the current procedure of three consecutive throws.

76. THAT: the under 14 boys & girls Hurdles in both Track & Field and Combined Events (Outdoor) be standardised for Boys and Girls as either 75m or 80m in both competitions *(NOTE: the distance for U14 Hurdles will be 75m)*

76a - That: the boys' under 17 100 metres hurdles/60 metres hurdles be in line with IAAF youth rules.

CHANGES POST CONGRESS 2012 (Cavan)

40. That a National Spring Throwing Competition be introduced by Athletics Ireland for the Discus, Javelin and Hammer at Juvenile, Junior, U23 and Senior level.

55. That Athletics Ireland rename Juvenile B Track & Field Championships to Development Events.

56. That Athletics Ireland Rename Juvenile B Cross Country Championships to Development Events.

58. That the National Juvenile B Championships Cross Country & Track & Field should commence at the same age as the A Championships.

That the National Development Track & Field Championships should commence at the same age as the A Championships. Athletes must compete in their own age category.

59. That Athletics Ireland present medals to the first 12 athletes in the All-Ireland Development Cross Country Championship and in the Inter Club Awards that six medals be presented to the winning club teams.

63. That teams qualifying for the Athletics Ireland Children's Games be permitted to replace a team member with a reserve for the purpose of competition.

64. That the Ball Throw in juvenile competition be replaced with the Turbo Javelin effective from 2013.

66. That the 300m under 17 and 18 girls Track & Field be increased to 400m with immediate effect to bring in line with IAAF distances for that age.

67. That the 300m under 18 girls Indoor be increased to 400m with immediate effect to bring in line with IAAF distances.

68. That the 300m hurdles under 18 Girls Track & Field events be increased to 400m hurdles with immediate effect to bring in line with IAAF distances

69. That the under 18 Boys & Girls and the under 19 Girls relay be increased to 4x 400m with immediate effect to bring in line with IAAF distances for that age.

70. That the existing combined events championships for boys and girls under 17, under 18 and under 19 be deleted and replaced as follows:

1. Youth & Junior Boys' combined events championships be held with immediate effect as follows:

Octathlon (outdoors) and Pentathlon (indoors) as per IAAF Rules, 141, 200 and 222.

2. Youth & Junior Girls' combined events championships be held with immediate effect as follows: Heptathlon (outdoors) and Pentathlon (indoors) as per IAAF Rules, 141, 200 & 222

That the boys and girls under 19 be deleted and included in the Junior Category Decathlon (outdoors) and Heptathlon (indoors)

72. That girls under 16, 17 and 18 weights be realigned to reflect IAAF changes in youth weights with immediate effect.

Shot 3kg

Hammer 3kg

Javelin 500gr

73. That Girls Hammer under 14 and 15, Boys Hammer under 14 short wire to be discontinued with immediate effect.

75. That Cross Country distances for Girls under 17, 18 & 19 be reduced to 4000m to bring in line with Junior distances.

76. That Cross Country distance for Boys under 19 be reduced to 6000m to bring in line with Junior distances.

CHANGES POST CONGRESS 2010 (Sligo)

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

Girls & Boys under 17: 2000m

Girls & Boys under 20: 3000m

Height for Boys / Men: 0.914m (3'.0")

Height for Girls/Women: 0.762m (2' 6")

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

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

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

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

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

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

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

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

CHANGES POST CONGRESS 2008 (Dublin)

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

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

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

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

That the distances for Steeplechase for Girls be as follows:

- o Under 17 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

STAR AWARD WINNERS FROM EACH COUNTY

+

Breda Synott Awards (International Youth)
Marian Feehan Award for Combined Events
Aine Pobjoy U16 Athlete Award
Eamon Gilbert Award for Vertical Jumps
Bill Battersby Award for Horizontal Jumps
Keara O'Hart Award for Sprints
Matt McGrath Award for Throws
Robin Sykes Award (Outstanding Achievement)
Roisin O Callaghan Award for Walks
International Award
Juvenile Committee Special Recognition Award
Overall Athlete of the Year

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 the Juvenile Committee