

**Athletic Association of Ireland**  
**Antrim Forum**  
**Track & Field 13 – 19 years**  
**Day 1 – Saturday 5<sup>th</sup> July**

**Check in Opens 9.00am**     *The Committee reserve the right to alter the timetable.*

*Check in closes 9.30 a.m. Hurdles*

**10.00 a.m. Hurdles**

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

**HURDLE FINALS**

*Check in closes 12,30 a.m. Walks*

**1.30 p.m.**

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

*Check in closes 1.30 p.m. Sprints*

**2.30 p.m.**

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

*Check in closes 3.00pm Steeplechase FINALS*

**4.00 p.m.**

Girls 17	1200 S/C	Final
Girls 18	1500 S/C	Final
Girls 19	2000 S/C	Final
Boys 17	1500 S/C	Final
Boys 18/19	2000 S/C	Final

**SPRINT FINALS**

**10.00 a.m.**

Girls	14	Hammer (2.5k)SW
Boys	14	Hammer (2.5k)SW
Girls	15	Hammer (2.5k)SW

**10.00 a.m. Pole Vault**

Girls	16,17,18 & 19
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**10.a.m.**

Boys & Girls	14	Long Jump
Girls	16	High Jump
Boys	15	Shot
Girls	19	Discus
Boys	16	Javelin

**11.00 a.m.**

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

**12.30 p.m**

Boys & Girls	15	Long Jump
Boys	13	High Jump
Girls	14	Shot
Boys	14	Discus
Girls	16	Javelin
Boys	18	Triple Jump

**2.00 p.m.**

Boys	17	High Jump
Girls	19	Shot
Boys	19	Discus
Boys	18	Javelin
Girls	18	Triple Jump

**3.00pm**

Boys	15	Javelin
Girls	15	High Jump

# Athletic Association of Ireland 2008

## Antrim Forum

### Track & Field 13 – 19 years

#### Day 2 – Sunday 6<sup>th</sup> July

### Check in Opens 9.30am

The Committee reserve the right to alter the timetable.

### Check in Closes 10.00 a.m Hurdles

#### 10.30 a.m.

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

#### HURDLE FINALS

### Check in closes 11.30 a.m 300m/400m

#### 12.30 p.m

Girls 17 & 18	300m	Heats
Boys 17,18 & 19	400m	Heats
Girls 19	400m	Heats

### Check in 800n closes 12.30p.m. 600m/800m

#### 1.30 p.m.

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

#### 3.00 p.m.

#### 300m, 400m FINALS

### Check in closes 2.30 p.m. 3000m

#### 3.30 p.m. FINALS

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

#### 4.30 pm.

#### 600m, 800m FINALS

#### 10.00 a.m.

Girls	18	Hammer (4kg)
Boys	16	Hammer (4kg)
Girls	19	Hammer (4kg)
Boys	17	Hammer (5kg)
Boys	18	Hammer (5kg)

#### 10.00 a.m.

#### Pole Vault

Boys	15,16,17,18 & 19
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#### 10.00a.m.

Girls	16	Long Jump
Girls	14	High Jump
Boys	14	Shot
Girls	17	Discus
Boys	13	Javelin
Boys	15	Triple Jump

#### 11.30 a.m

Girls	19	High Jump
Boys	13	Shot
Girls	18	Discus
Boys	14	Javelin
Boys	19	Triple Jump

#### 1.00 p.m.

Boys	16	Long Jump
Girls	13	Shot
Boys	14	High Jump
Girls	13	Javelin
Girls	14	Discus

#### 2.30 p.m.

Girls	13	Long Jump
Girls	16	Shot
Girls	14	Javelin
Boys	15	High Jump

#### 3.30 p.m.

Boys	13	Long Jump
Boys	19	Shot
Boys	17	Triple Jump
Girls	13	High Jump

***Athletic Association of Ireland***  
***Track & Field 13 – 19 years***  
***Day 3 – Sunday 13<sup>th</sup> July 2008 - Tullamore Stadium***

**Check in opens 9.00am**

**The Committee reserve the right to alter the timetable.**

**Check in closes 9.30a.m 1500m**

**10.00 a.m**

Girls & Boys 14	1500m	Heats
Girls & Boys 15	1500m	Heats
Girls & Boys 16	1500m	Heats
Girls & Boys 17	1500m	Heats
Girls & Boys 18	1500m	Heats
Girls & Boys 19	1500m	Heats

**10.00 a.m**

Girls	16	Hammer (3.25k)
Boys	15	Hammer (3.25k)
Girls	17	Hammer (3.25k)
Boys	19	Hammer (6kg)

**10.00 a.m**

Boys	19	Long Jump
Boys	17	Discus
Girls	17	Shot
Girls	18	Javelin
Girls	19	Long Jump

**Check in closes 10.30 200m**

**11.30 a.m**

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

**11.00 a.m.**

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

**12.00 noon**

Boys	19	High Jump
Boys	16	Shot
16	Discus	
Girls	15	Javelin
Girls	17	Triple Jump

**Check in closes 12.00 noon Walks**

**1.00 p.m**

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

**2.00 p.m.**

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

**2.30 p.m.**

**1500m FINALS**  
**200m FINALS**

**3.00 p.m.**

Girls	19	Javelin
Boys	18	Long Jump
Boys	18	Discus
Girls	18	Shot
Girls	18	High Jump

# Athletic Association of Ireland

## Saturday 26<sup>th</sup> July Inter Club Relays

### Tullamore Harriers Stadium

**Check-in Opens 9.00 a.m.**

#### Order of Events

**10.30 a.m.**

			<b>Age</b>	<b>Event</b>	
1	Girls	18		4 x 300	Heats
2	Boys	18		4 x 400	Heats
7	Girls	13		4 x 100m	Heats
8	Boys	13		4 x 100m	Heats
9	Girls	15		4 x 100m	Heats
10	Boys	15		4 x 100m	Heats
11	Girls	17		4 x 100m	Heats
12	Boys	17		4 x 100m	Heats
13	Girls	19		4 x 100m	Heats
14	Boys	19		4 x 100m	Heats

#### Finals in the same order

**1.30 p.m.**

15	Girls	17		4 x 300m	Heats
16	Boys	17		4 x 400m	Heats
17	Girls	19		4 x 400m	Heats
18	Boys	19		4 x 400m	Heats
23	Girls	14		4 x 100m	Heats
24	Boys	14		4 x 100m	Heats
25	Girls	16		4 x 100m	Heats
26	Boys	16		4 x 100m	Heats
27	Girls	18		4 x 100m	Heats
28	Boys	18		4 x 100m	Heats

#### Finals in the same order

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

- 1 Athletes born in **1993** may not compete in either the 4x300m or 4x400m relays
- 2 Minimum break of 45 for 100m relays and 90 mins. for 300m and 400m relays
- 3 Athletes may move up one age group but can only compete in a maximum of 3.
- 4 At least 2 members of a competing relay team, participating in that event on that day must be of the correct age, if sub is present and declared on the day sub medal will be presented
- 5 Three (3) teams per county per age group, **Teams qualify from the County.**
- 6 Entry Forms for 13-19's will be sent to County Secretaries.
- 7 All team names; reg numbers and DOB must be on entry sheets at closing date.
- 8 Declaration sheets must be filled in on day of competition.
- 9 **Spot checks may take place.**

## Regulations

- 1 **NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIP.**
- 2 Individual Track & Field Championships for Boys and Girls ages 13-19.
- 3 The first four (4) from each region qualify for the National Championships.
- 4 **The first three (3) in the 600m due to safety regulations.**
- 5 Athletes are confined to their own age group.
- 6 Ages 13, 14, 15 and 16 are limited to 3 events plus relay.
- 7 Ages 17, 18 and 19 are limited to 4 events plus relay
- 8 Club Singlets must be worn.
- 9 All entries must come through the Regional Secretary.
- 10 A copy of all Regional results plus a copy of all entries to go Head office and to the Track & Field Secretary.
- 11 **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
  - All athletes must collect a competition number
  - All athletes must collect number 1 hour prior to their event minimum
  - Field athletes check in at their event when event is called
  - Track athletes CHECK IN at the check in area (Call area)
- 12 **ONLY 5mm SPIKES MAY BE USED**
- 13 Only starting blocks provided by the organising committee may be used.
- 14 Athletes from U16 upwards must use Starting Blocks and False Start Rules apply.
- 15 Athlete must leave the arena when their event is complete.
- 16 Winning athletes must report for medal presentation 20 minutes after their event where possible.
- 17 Coaches and parents are not allowed on the track at any time.
- 18 Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
- 19 The guidelines for middle distance events are
  - A final will be held if there are 16 or less in the 600m, 800m
  - 20 or less in the 1500m
- 20 **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
- 21 In all field events except the High Jump and Pole Vault 3 attempts, 3 final throws/jumps for the 8 best athletes
- 22 22. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships, *entries through the Regional Secretaries by closing date to* Association of Ireland, Unit 19, Northwood Court  
Northwood Business Campus, Santry, Dublin 9
- 23 **Regional Competition Secretaries must be present on days of competition.**
- 24 Please have respect for the stadium and its environs.

**Please do not leave your personal belongings unattended**