

Athletics Ireland

**International Information Booklet
2009**

INTRODUCTION

In 2008 the 4 year cycle that is the Olympic Games was the focus for the sport while 2009 is the beginning of yet another cycle which will bring us to London 2012, Beijing now being a memory. Hence this booklet outlines the opportunity for a varied range of aspiring youth, junior, development and senior athletes in a varied number of locations throughout 2009. Thankfully the vast majority of these events are in Europe.

The EYOF, European Junior and under 23, World Youths, European Indoors, European Cup Walks, World Cross Country, World Half Marathon, World Student Games culminating in Berlin for World T&F Championships are amongst the main opportunities. We retain a positive memory of the previous world T/F in Osaka and the challenge is to add to that.

The year will conclude with Athletics Ireland hosting the European Cross Country in Santry. This is an exciting prospect and a big impact on home ground would end the season on a high note. Preparation has begun for the upcoming season both by the athletes and by the federation. The intention is to meet the challenge and achieve strong results in what will be a hectic period. Every best wish is extended to athletes and coaches and this reference booklet will hopefully help on the journey through 2009 and beyond.

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Irish Medal Winners 2004 – 2008

Event	G	S	B	Athlete	Event
2008					
World University Cross Country	0	1	0	Fionnuala Britton	Cross Country
World University Cross Country	0	0	1	Womens Team	Cross Country
2007					
European Indoors	1	0	0	David Gillick	400m
World University Games	0	1	0	Eileen O'Keeffe	Hammer
European Youth Olympics	0	1	0	Noel Collins	2000m s/c
European Youth Olympics	0	1	0	Charlotte Ffrench-O'Carroll	3000m
European Youth Olympics	0	0	1	Niamh Whelan	100m
European Youth Olympics	0	0	0	Koroush Foroughi	High Jump
2006	0	0	0		
World Indoors	1	0	0	Derval O'Rourke	60m Hurdles
European Championships	0	1	0	Derval O'Rourke	100m Hurdles
European Cross Country U23	0	1	0	Fionnuala Britton	6000m XC
2005	0	0	0		
European Indoors	1	0	0	Alistair Cragg	3,000m
European Indoors	1	0	0	David Gillick	400m
European Juniors	1	0	0	Colin Costello	1,500m
European Juniors	0	1	0	Danny Darcy	1,500m
European Youth Olympics	0	1	0	Amy Foster	100m
European Youth Olympics	0	1	0	David McCarthy	800m
European Youth Olympics	0	0	1	Ciaran O'Lionaird	1,500m
European Youth Olympics	0	0	1	Eoin Healy	2000m s/c
World University Games	0	1	0	Ailis McSweeney	100m
World University Games	0	0	1	Derval O'Rourke	100m H
World University Games	0	0	1	Paul Hession	200m
World University Games	0	0	1	Jolene Byrne	1,500m
World University Games	0	0	1	Women's Relay	4 x 100m
2004	0	0	0		
World Indoor Champs	0	0	1	Mens Relay	4 x 400m
European Cross Country	0	1	0	Junior Men	6000m XC
European U23 Champs	0	0	1	Robert Connolly	5,000m
European Cross Country	0	1	0	Senior Women	6000m XC

European Indoor Championships 2009
Turin, Italy. March 6th - 8th

QUALIFICATION STANDARDS

- An athlete should achieve the qualification standards below in order to be considered for selection.
- Performances must be achieved in an IAAF sanctioned event in conformity with IAAF rules.
- Hand timed performances will not be accepted.
- Performances on oversized tracks will not be accepted.

Men	Event	Women
6.75	60m	7.40
7.78	60mH	8.20
47.20	400m	53.70
1.48.80	800m	2.04.00
3.43.00	1500m	4.16.00
7.54.00	3000m	9.05.00
2.25	High Jump	1.88
5.55	Pole Vault	4.20
7.80	Long Jump	6.40
16.50	Triple Jump	13.50
19.00	Shot	17.00



SELECTION GUIDELINES

- The provisional team will be selected following the National Championships in the Odyssey, Belfast, on February 7th and 8th. Final team selected on Feb 22nd.
- The winner of National Championships will be selected provided the standard has been achieved.
- Selection consideration will be based on the display of current form and performance at national championships.
- Selection consideration may be given to an athlete who achieved the standard in 2008 provided current form has been displayed.

36th IAAF World Cross Country Championships 2009. Amman, Jordan. 28th March.

SELECTION GUIDELINES

- Selections will be made after the National Inter-Club Championships on March 1st.
- The winners of the Men's and Women's Senior races in the Championships will be selected automatically.
- An athlete having a top 10 finish in the European Cross Country 2008 in the same category as they intend to compete in the World Cross Country 2009 will be provisionally selected dependent on current fitness.
- Additional individuals may be selected by the selection committee, based on performance. Participation in National Inter-Club Championships and current form are critical.

13th European Cup 10,000m Ribeira Brava (Madeira), Portugal. June 6th 2009.

TEAM COMPOSITION

- Individual athletes will be selected based on performance.

QUALIFICATION STANDARDS

- The qualification standards are not yet available. The standards will be reviewed by AAI on receipt from EAA and communicated immediately.

SELECTION CRITERIA

- Athletes must achieve qualification standards in order to be selected.
- Current form will be critical in securing selection.

**8th European Cup Race Walking
Metz, France. May 24th 2009.**

QUALIFICATION STANDARDS

- Individual Athletes must achieve the following standards in order to be considered for selection.
- The period of qualification is from 01.01.2008 to 10.05.2009.
- Standards must be achieved on IAAF accredited courses.

MEN	SENIOR	WOMEN
1.27.00	20km	1.38.00
4.08.00	50km	-
	Junior	
46.00	10km	53.00

SELECTION CRITERIA

- The team will be announced on May 16th
- Selection will be based on the display of current form and medical fitness.



**European Team Championships 2nd League
Banska Bystrica (SVK). June 20th – 21st 2009**

SELECTION GUIDELINES

- Preliminary team will be selected after AAI games on May 17th.
- Final team will be selected on June 7th.
- All athletes must be available for selection for this event.

Competing Nations

Austria, Bulgaria, Croatia, Cyprus, Ireland, Latvia, Lithuania, Slovak Republic



8th European Mountain Running Championships 2009
Telfes im Stubai, Austria. July 12th 2009

SELECTION GUIDELINES
TBC

European Cup Combined Events, 2nd League
Maribor / SLO, June 27-28, 2009

SELECTION GUIDELINES
TBC

European Youth Olympic Festival 2009
Tampere, Finland, July 20th – 26th

Team Composition

- 14 Members.

Guideline Standards

- The qualification period is from January 1st 2008 to May 30th 2009.
- The team will be selected immediately following the Irish Schools' Championships in Tullamore on the 30th May and subsequently forwarded to the Olympic Council of Ireland for formal ratification.
- In order to be considered for selection an athletes performance must be achieved in an IAAF sanctioned event in conformity with IAAF rules.
- Wind assisted performances will not be accepted.
- Hand timed performances will not be accepted.
- Indoor performances will be considered.
- Performances in mixed events will not be accepted.

MEN	EVENT	WOMEN
11.10	100m	12.20
22.40	200m	25.20
50.00	400m	56.50
1.56.00	800m	2.12.00
3.59.00	1500m	4.33.00
8.40	3000m	9.50.00
6.07.00 (0.914)	2000 s/c	7.00.00 (0.762)
14.80 (0.914)	110mH / 100mH	14.40 (0.762)
54.80 (0.840)	400mH	62.00 (0.762)
	300mH	43.00
2.02	High Jump	1.73
4.50	Pole Vault	3.30
6.85	Long Jump	5.80
14.30	Triple Jump	11.90
16.00 (5kg)	Shot	12.50
48.00 (1.5kg)	Discus	41.00
58.00 (700gr)	Javelin	44.00
52.00 (5kg)	Hammer	45.00

World Youth Championships 2009
Bressanone, Italy July 8th – 12th

QUALIFICATION STANDARDS

- An athlete cannot be considered for selection without achieving the standards outlined. The achievement of a standard does not guarantee selection.
- Performances must be achieved in an IAAF sanctioned event in conformity with IAAF rules.
- Wind assisted performances will not be accepted.
- Hand timed performances will not be accepted.
- Performances in mixed events will not be accepted.
- Indoor performances will be considered.

SELECTION CRITERIA

- The focus for the year is on the EYOF, only exceptional athletes will be selected in consultation with their coach.
- Selection will be based on proof of current form and medical fitness.
- A preliminary selection will be made in conjunction with selection of the EYOF team.

MEN	EVENT	WOMEN
10.95	100m	12.20
22.00	200m	25.20
49.20	400m	56.50
1.54.50	800m	2.12.00
3.56.00	1500m	4.33.00
8.35.00	3000m	9.50.00
6.02.00	2000m s/c	6.50.00
14.30 (.914)	110mH / 100mH	14.20 (0.766)
54.50 (0.840)	400mH	61.50 (0.762)
47.10.00	10000m / 5000m walk	25.00.00
2.05	High Jump	1.75
4.60	Pole Vault	3.65
7.10	Long Jump	5.95
14.60	Triple Jump	12.25
17.40	Shot	13.50
52.00	Discus	43.00
60.00 (5kg)	Hammer	49.00
60.00	Javelin	44.00
5500	Combined Events	4750

European Junior Championships 2009
Novi-Sad, Serbia, July 23rd – 26th

QUALIFICATION STANDARDS

- An athlete cannot be considered for selection without achieving the standards outlined. The achievement of a standard does not guarantee selection.
- The standard must be achieved between January 1st 2008 and July 13th 2009.
- Performances must be achieved in an IAAF sanctioned event in conformity with IAAF rules.
- Wind assisted performances will not be accepted.
- Hand timed performances will not be accepted.
- Performances in mixed events will not be accepted.
- Indoor performances will be considered.

SELECTION GUIDELINES

- Team selection will be made on June 28th after the National Junior Championships in Tullamore.
- An athlete must participate in the Irish National Championships in order to be considered for selection.
- A maximum of three athletes can compete in each event.
- Selection will be based on current form.
- Athletes must be born in 1990, 1991 and 1992 to qualify for selection.
- Athletes cannot compete in both U23 and Junior European Championship events.

MEN	EVENT	WOMEN
10.75	100m	12.00
21.75	200m	24.60
48.50	400m	55.30
1.51.50	800m	2.09.00
3.51.00	1500m	4.27.00
-	3000m	9.46.00
14.45.00	5000m	17.00.00
31.00.00	10000m	-
9.12.00	3000m s/c	10.45.00
14.80 (1.067) 14.35 (0.99)	110mH / 100mH	14.20
53.75	400mH	61.00
2.12	High Jump	1.79
5.00	Pole Vault	3.80
7.40	Long Jump	6.05
15.30	Triple Jump	12.80
16.00 = 7.26kg / 17.60 = 6kg	Shot	13.80
50.00 = 2kg / 54.00 = 1.75kg	Discus	47.00
60.00 = 7.26kg / 65.00 = 6kg	Hammer	55.00
66.00	Javelin	48.50
Junior Implements 7000	Decathlon / Heptathlon	
Senior Implements 6850		5150
45.00.00	10000m walk	52.00.00
NES	4 x 100m & 4 x 400m	NES

European U23 Championships 2009
Kaunas, Lithuania. July 16th – 19th.

QUALIFICATION STANDARDS

- An athlete cannot be considered for selection without achieving the standards outlined. The achievement of a standard does not guarantee selection.
- Standards must be achieved between January 1st 2008 and July 6th 2009.
- Performances must be achieved in an IAAF sanctioned event in conformity with IAAF rules.
- Wind assisted performances will not be accepted.
- Hand timed performances will not be accepted.
- Performances in mixed events will not be accepted.
- Indoor performances will be considered.

SELECTION CRITERIA

- Team selection will be made on June 28th after the National U23 Championships in Tullamore.
- An athlete must participate in the Irish National Championships in order to be considered for selection.
- A maximum of three athletes can compete in each event.
- Selection will be based on current form.

MEN	EVENT	WOMEN
10.60	100m	11.85
21.40	200m	24.10
47.40	400m	54.20
1.49.20	800m	2.08.00
3.45.00	1500m	4.25.00
14.12.50	5000m	16.50.00
29.45.00	10000m	35.00.00
8.55.00	3000m s/c	10.30.00
14.30	110mH / 100mH	13.85
52.20	400mH	59.50
2.18	High Jump	1.83
5.25	Pole Vault	3.85
7.65	Long Jump	6.15
15.80	Triple Jump	13.00
17.60	Shot	15.00
55.00	Discus	50.00
65.00	Hammer	60.00
70.00	Javelin	50.00
7400	Decathlon / Heptathlon	5500
1.28.00	20km Walk	1.43.00
NES	4 x 100m & 4 x 400m	NES

FISU Universiade – World University Games 2009
Belgrade, Serbia. July 6th – 11th.

QUALIFICATION STANDARDS

- The achievement of a standard does not guarantee selection.
- Standards must be achieved between Jan 1st 2008 and June 21st 2009.
- Performances must be achieved in an IAAF sanctioned event in conformity with IAAF rules.
- Wind assisted performances will not be accepted.

MEN	EVENT	WOMEN
10.50	100m	11.70
21.10	200m	23.70
46.90	400m	53.30
1.48.50	800m	2.03.50
3.42.00	1500m	4.14.50
13.50.00	5000m	16.00.00
29.00.00	10000m	33.30.00
1.07.00	Half Marathon	1.18.00
8.45.00	3000m s/c	10.20.00
14.00	110mH / 100mH	13.50
51.20	400mH	58.00
2.20	High Jump	1.85
5.25	Pole Vault	4.10
7.80	Long Jump	6.30
16.00	Triple Jump	13.30
18.00	Shot	16.50
58.00	Discus	53.00
70.00	Hammer	62.00
73.00	Javelin	53.00
7400	Decathlon / Heptathlon	5750
1.27.00	20km Walk	1.41.00
40.00	4 x 100m	45.50
3.10.00	4 x 400m	3.35.00

SELECTION CRITERIA

- Athletes must comply with the eligibility guidelines as issued by CUSAI.
- The team will be selected on June 21st 2009.
- A maximum of two athletes can compete in each event.
- Selection will be based on current form

12th IAAF World Championship in Athletics
Berlin, Germany. August 15th – 23rd.

QUALIFICATION STANDARDS

- An athlete will not be considered for selection without achieving the qualification standard below.
- The standard should be achieved from Jan 1st 2008 to August 2nd 2009.
- Qualification events for Walks, Marathon and relays on IAAF website.
- <http://www.iaaf.org/wch09/index.html> (see entry standards section)

MEN			WOMEN	
A Standard	B Standard	Event	A Standard	B Standard
10.21	10.28	100m	11.30	11.40
20.59	20.75	200m	23.00	23.30
45.55	45.95	400m	51.50	52.30
1.45.40	1.46.60	800m	2.00.00	2.01.30
3.36.2	3.39.20	1500m	4.06.00	4.09.00
13.20.00	13.29.00	5000m	15.10.00	15.25.00
27.47.00	28.12.00	10000m	31.45.00	32.20.00
2.15.00		Marathon	2.35.00	
8.23.00	8.33.50	3000m s/c	9.40.00	9.48.00
13.55	13.62	110mH / 100mH	12.96	13.11
49.25	49.80	400mH	55.50	56.55
2.31	2.28	High Jump	1.95	1.91
5.70	5.55	Pole Vault	4.45	4.35
8.15	8.05	Long Jump	6.72	6.62
17.10	16.65	Triple Jump	14.20	14.00
20.30	19.90	Shot	18.20	17.20
64.50	62.50	Discus	62.00	58.50
77.50	74.30	Hammer	70.00	67.50
81.00	78.00	Javelin	61.00	59.00
8000	7730	Decathlon / Heptathlon	6100	5900
1.22.30	1.24.20	20km walk	1.33.30	1.38.00
3.58.00	4.02.00	50 km walk		
39.10		4 x 100m	43.90	
3.03.30		4 x 400m	3.31.00	

SELECTION CRITERIA

- The team will be finalised after the National Championships on August 1st and 2nd.
- The achievement of a standard does not guarantee selection.
- A maximum of three athletes can be entered in any one event.
- One athlete per event only can be sent on a B standard
- The winner in the National Championships gains automatic selection once the A standard has been attained.
- Current form will be important in securing selection.
- Athletes must participate in the Irish National Championships in order to be considered for selection.

European Cross Country Championships 2009
Santry, Dublin. December 13th.

TEAM COMPOSITION

The team for the European Cross Country will comprise of a full team of six athletes in each of the following categories:

Junior Men & Junior Women
U23 Men & U23 Women
Senior Men & Senior Women

SELECTION GUIDELINES

- The team will be selected after the National Inter County Championships.
- First three across the line will be automatically selected in each event – in the case of the U23 event the top three U23 athletes in the senior race will be selected.
- Three additional athletes will be selected by the selection committee.
- Current form and participation in National Championships is important for selection.
- Any athlete who does not fulfill the above selection criteria will not be selected.

16th World Half Marathon Championships 2009
Birmingham, UK. October 11th.

QUALIFICATION STANDARDS

- The winners of the National Half Marathon Championships will be automatically selected.
- The achievement of a standard does not guarantee selection.
- Performances must be achieved in an IAAF sanctioned event in conformity with IAAF rules.

	MEN		WOMEN	
	10 miles	Half marathon	10 miles	Half marathon
Individual	48.30	64.00	56.00	74.00
Team	49.30	65.30	58.00	76.00

PREPARATION INTERNATIONAL COMPETITION PROGRAMME 2009

Celtic Cross Country Cardiff. January 18th

U17, U20 and U23 teams will be selected for the Celtic Cross Country.

SELECTION GUIDELINES

- U17 team selection will be based on the U16 Cross Country Championships.
- U20 team selection will be based on the U19 Cross Country Championships.
- U23 team selection will be based on the U23 race at the Inter County Cross Country Championships.

Indoor Classic Vienna Vienna, Austria. February 3rd

COMPETITION DETAILS

- Men 60, 400, 800, 1500, 60H, PV, LJ, TJ.
- Women 60, 400, 800, 1500, 60H, PV, LJ.

Elan Indoor Meeting Bratislava Bratislava, Slovakia. February 5th. DETAILS TBA

Budapest International Indoor Meeting Budapest, Hungary. February 14th DETAILS TBA

Celtic Indoor Games, Cardiff, Wales. February 22

SELECTION GUIDELINES

- The team will be selected after the National Indoor Championships in Belfast on February 7th – 8th.
- Maximum of one athlete per event.

COMPETITION DETAILS

Men 60, 400, 800, 1500, 60H, 4 x 400 (Sen), 4 x 200m (Jun), LJ, HJ, TJ, PV, SP.
Women 60, 400, 800, 1500, 60H, 4 x 400 (Sen), 4 x 200(Jun), LJ, HJ, TJ, PV, SP.

UK Senior Indoor Championships Sheffield, England. Feb 14th – 15th.

EVENT DETAILS

- Invitations will be issued directly from AAA's to athletes who have achieved the qualification standard for this event.

England Athletics U17 & U20 Indoor Championships
Birmingham, England. February 14th – 15th

SELECTION GUIDELINES

Team will be selected on January 25th .

Bedford International Games
Bedford, England. May 31st 2009.

SELECTION GUIDELINES

- Selection will be based on performance, following AAI games.

COMPETITION DETAILS

- TBC

Jumps International
Apeldoorn, Netherlands. February 28th 2009
TBA

Cork City Sports
Cork. July 4th

By invitation of Cork City Sports organizing Committee.

2010 EVENTS

13th IAAF World Indoor Championships.
Doha, Qatar. March 12th -14th.

10th European Cup Winter Throwing
March 20th – 21st. Venue TBA

IAAF World Cross Country Championships
TBA

IAAF World Race Walking Cup
Chihuahua, Mexico. May 15th – 16th.

SPAR European Team Championships
June 19th – 20th.

IAAF World Junior Championships
Moncton, Canada. July 20th – 25th.

European Athletics Championships
Barcelona, Spain. July 27th – August 1st.



SPAR European Cross Country Championships
Albufeira, Portugal. December 12th.

Athletics Ireland Calendar 2009

January 2009

Sat	24	Woodie's DIY/AAI Junior Indoor Championships	Nenagh
Sun	25	Woodie's DIY/AAI Indoor Games	Nenagh
	25	Woodie's DIY/AAI Juvenile 'B' Cross Country Championships	Lough Key Forest Park Boyle, Roscommon
Sat	31	Ulster and ANI Senior Cross Country Championships	

February 2009

Sun	1	Provincial Indoor Championships	
	1	European Clubs Cross Country	
Sat	7	Woodie's DIY/AAI Senior Irish Indoor Championships	Odyssey Arena
Sun	8	Woodie's DIY/AAI Senior Irish Indoor Championships	Odyssey Arena
	8	Provincial Juvenile Indoor Championships	
Sat	14/15	IUAA Indoor Championships	Nenagh
Sun	15	Woodie's DIY/AAI Intermediate & Masters Cross Country	Santry Demesne
Sat	21	Provincial Indoors	Nenagh
Sun	22	Ras na hEireann Cross Country	

March 2009

Sun	1	Woodie's DIY/AAI Senior & Junior Cross Country Championships	Santry
	1	Provincial Juvenile Indoors	
Fri	6	European Indoor Championships	Turin, ITA
Sat	7	Irish Schools / IUAA Cross Country	Jordanstown
Sun	8	Ballycotton Road Race	
Sat	14	European Cup Winter Throwing	
Sun	15	Connaught Indoors	Nenagh
Sat	21	AAI Juvenile Star Awards	Arklow

Sun	22		
Wed	25/29	European Masters Track & Field Indoor Championships	Ancona, ITA
Sat	28	IAAF World Cross Country Championships	Amman, JOR
	28	SIAB Schools International Cross Country	Bangor, Wales
	28	Woodie's DIY/AAI Juvenile Indoor Champions	Nenagh
Sun	29	Woodie's DIY/AAI Juvenile Indoor Champions	Nenagh
April 2009			
Sat	4	Woodie's DIY/AAI Juvenile Indoor Champions	Magherafelt, Derry
Sun	5	Woodie's DIY/AAI Juvenile Indoor Champions	Magherafelt, Derry
	5	BUPA Road Race	Phoenix Park
Sat	11		
Sun	12	Easter	
Sat			
Sun	19	Woodie's DIY/AAI Road Relay Championships	Raheny
Fri	24	IUAA Track & Field	Limerick
Sat	25	IUAA Track & Field	Limerick
Sun	26	Woodie's DIY/AAI 10K Road Race Championships	Navan
May 2009			
Sat			
Sun	3	Belfast Marathon	Belfast
Mon	4	Leinster Senior Novice & Masters Road Race	
Sat	9		
Sun	10	County Track & Field Championships	
Sat	16		
Sun	17	Woodie's DIY/AAI Games & Track Relays	Athlone
Sat	23	Woodie's DIY/AAI Senior, Junior & Masters Combined Events in conjunction with Leinster	Charlesland, Greystones
Sun	24	Leinster Juvenile Championships + Day 2 Combined Events	Greystones
		European Cup of Race Walking	Metz FRA
Fri	29/31	European Masters Non-Stadia	Aarhus DEN
Sat	30	European CCC Track & Field Clubs	

	30	Irish Schools Track & Field	Tullamore
Sun	31		
June 2009			
Mon	1	Flora Women's Mini Marathon	Dublin
	1	Cork City Marathon	Cork
Sat	6	13 th European Cup 10,000 (TBC)	
Sun	7	Provincial Championships	
	7	Leinster Senior & Master Championships	Tullamore
Sat	13	Leinster Track & Field Championships	
	13	Ulster & ANI Track & Field Championships	
Sun	14	National League round 1	
Sat	20	Spar European Team Competition	
Sun	21	Provincial Juvenile Championships	
Sat	27	Tailteann Inter Provincial Track & Field	Tullamore
	27	Woodie's DIY/AAI Juvenile Team Competition	Templemore (TBC)
	27	European Cup Combined Events	
Sun	28	Woodie's DIY/AAI Junior & U23 Championships	Tullamore
	28	Grand Prix of Race Walking & 20k Championships	Santry Demesne
July 2009			
Sat	4	25 th FISU Universiade	
Sat	4	58 th Cork City Sports	Cork
Sun	5	8 th European Championships of Mountain Running	
Sun	5	National League Round 2	
Wed	8	IAAF World Youth Track & Field Championships	Bressanone ITA
Sat	11	Irish Runner 5 mile Road Race	Phoenix Park
	11	Woodie's DIY/AAI Juvenile Track & Field Championships U12 – U19	Tullamore
Sun	12	Woodie's DIY/AAI Juvenile Track & Field Championships U12 – U19	Tullamore
Thurs	16	7 th European U23 Championships	Kaunas LTU

Sat	18	SIAB Schools Track & Field International	Antrim
	18	Woodie's DIY/AAI Juvenile Track & Field Championships	Tullamore
Sun	19	Woodie's DIY/AAI Juvenile Track & Field Championships	Tullamore
Mon	20	10 th European Youth Olympic Festival	Tampere FIN
Wed	23	20 th European Junior Championships	Novi-Sad SRB
Sat	25	Woodie's DIY/AAI Juvenile Combined Events	Tullamore
Sun	26	Woodie's DIY/AAI 'B' Track & Field Championships	Tullamore
Tues	28	World Masters Track & Field Championships	Lahti FIN
August 2009			
	1	Celtic Games	
Sat	1	Woodie's DIY/AAI Senior Track & Field Championships	Santry
Sun	2	Woodie's DIY/AAI Senior Track & Field Championships	Santry
Sat	8	National League Final	Tullamore
Sun	9		
Sat	15	IAAF World Championships	
Sun	16	Woodie's DIY/AAI Masters Track & Field Championships	Tullamore
Sat	22		
Sun	23	Community Games	
Sat	29	Community Games	
Sun	30		

September 2009			
Sat	5		
Sun	6	Woodie's DIY/AAI Half Marathon Championships	Ballybofey, Donegal
Sat	12		
Sun	13		
Sat	19	European Junior Clubs Track & Field	
Sun	20		
Sat	26	Irish Schools Combined Events	Santry
Sun	27	Cork Ladies Mini Marathon	Cork

October 2009			
Sat	3		
Sun	4	County Cross Country Championships	
Sat			
Sun	11	County Cross Country Championships	
Sat	17		
Sun	18	Gerry Farnham Cross Country & Masters Trials	Phoenix Park
Sat	24		
Sun	25	Provincial Cross Country Championships	
Mon	26	Woodie's DIY/AAI Marathon Championships in conjunction with Life Style Sports /adidas Dublin City Marathon	Dublin
November 2009			
Sun	1	County Cross Country Championships	
Sat	7		
Sun	8	Regional Cross Country Championships	
Sat	14	IUAA Relays	
	14	Masters Home Countries Cross Country	Isle of Man
Sun	15	Regional Cross Country Championships	
Sun	22	Woodie's DIY/AAI Inter County and Juvenile Even Ages Cross Country	TBC
December 2009			
Sat	5	SIAB Schools International Combined Events	Scotland
Sun	6	Woodie's DIY/AAI Novice & Juvenile Uneven Ages Cross Country	TBC
Sun	13	16th Spar European Cross Country Championships	Dublin IRL