



JUVENILE
COMPETITION
BOOKLET
2026

Table of Contents

Chairperson’s Address:	3
Juvenile Committee:	4
Age Categories:	5
Notices:	5
Code of Ethics & Good Practice for Children’s Sport	6
Code of Ethics and Good Practice for Children in Athletics	6
Section 1: Policies & Child Safeguarding	9
Athletics Ireland Child Protection Policy Statement	9
Athletics Ireland Code of Conduct for Coaches & Officials	9
Section 2: Field Standard & Specifications for All Championships	10
Indoor Hurdle Specifications	10
Outdoor Hurdle Specifications	11
Throwing Implements	12
Steeplechase	12
High Jump Intervals	13
Pole Vault	13
Section 3: Indoor Season:	14
List of Competitions:	14
List of Events:	15
List of Regulations: Indoors	16
Timetables:	20
29th March 2026, Juvenile Indoor Championships (Day 1):	20
Sunday 30 th March 2026, Juvenile Indoor Championships (Day 2):	21
Saturday 5 th April 2026, Juvenile Indoor Championships (Day 3):	22
Section 4: Outdoor Season:	23
List of Competitions:	23
List of Events: A Championships	24
List of Events: B Championships	26
List of Regulations: Outdoor T&F	27
Relays: (Excluding U9-U11)	30
Relays: Inter Club U9-U11	30
Combined Events:	31
Children’s Games:	31
B Championships:	32
Timetables:	33
Sunday 22nd June 2026, Children’s Games, U12 Championships: Tullamore, Offaly	33
Saturday 28th June 2026 Juvenile Track & Field Championships: (Day 1)	34
Sunday 29th June 2026 Juvenile Track & Field Championships: (Day 2)	35
Saturday 12th July 2026 Juvenile Track & Field Championships: (Day 3)	36
Sunday 13th July 2026 Juvenile Championships B's and Relays (Day 4):	37
Section 5: Cross Country Championships:	38

List of Competitions: 38
List of Events: 39
List of Regulations:..... 40
Section 6: Juvenile Indoor Championship Records:..... 42
Section 7: Juvenile Outdoor Championship Records:..... 48
Section 8: Motions:..... 58

Chairperson's Address



On behalf of the Committee, I welcome you all to the 2026 program of events and look forward to a successful year ahead. 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. We would really like to encourage others to get involved at any level within the athletics community, we are always in need of volunteers to help run our Championships. I hope that every athlete and official taking part in any of our events has memorable experiences and creates some lifelong friendship throughout the year.

The environment we create in our Clubs, Counties, Provinces and at National/International level is vital in our quest to ensure a high percentage of our young athletes remain in our sport.

I would like to thank our sponsors Adidas and 123.ie for their financial support, which we greatly appreciate.

It is great to see Irish athletes continuing to perform so well all over the world. 2026 provides more opportunities for our young athletes to achieve at international level. With the European U18 Athletics Championships in Rieta Italy 16th/19th July and the World U20 Championships taking place in Hayward Field at the university of Oregon 5th/9th August 2026 many of our young athletes are chasing qualifying standards. The Home Nations/Celtic Cross Country Championships February 2027 (date TBC) will also be a target for many. We wish you all the best.

I wish to thank the AAI Competitions Department, lead most ably by Ger Stewart, for all the work done in the office and on the ground to coordinate the logistics for all our events.

Thanks to all the members of the Juvenile Committee. As volunteers we work hard in our different roles and as a team to make sure our young athletes are well looked after as they compete in our National Championships.

The Juvenile Star Awards will take place on 18th April 2026 in Mullingar. This is a great day of celebration for athletes, clubs, coaches and families. Congratulations to all selected for an award. Nice recognition for hard work and dedication.

The Juvenile Committee welcome feedback on any aspect of juvenile athletics and feel free to contact any member of the committee with issues or concerns at any time.

We look forward to another busy year on the domestic scene.
Best of luck in all events in 2026

Yours in sport Mark Connolly Chair – Juvenile Committee

Juvenile Committee:

Below to be replaced by new terms

Title	Name	Contact Number	Email Address
Chairperson, Co-Optee on Competition Commission, Co-Optee on Technical Committee and Juvenile Competition Booklet Co-Ordinator	Mr Mark Connolly	0044 780 9764733	mark.athletics@gmail.com
Deputy Chairperson and Secretary	Mr Martin Heery	086 8564160	mjheery@yahoo.com
Connacht Rep, Indoor T&F Secretary and Co-Optee on Competition Commission	Ms Anne McHugh	087 2355103	annebmchugh@gmail.com
Leinster Rep, Financial Officer and Seeding Co-Ordinator	Mr Greg Duggan	087 2838329	gjduggan1959@gmail.com
Munster Rep and Star Awards Co-Ordinator	Mr Pat Whelan	086 0602700	patrickwhelan74@gmail.com
Ulster Rep and International Secretary	Mr Tom Thompson	087 3412655	tom.dglcomp@gmail.com
Cross Country Secretary	Ms Angela Corduff	087 7831488	angelacorduff@hotmail.com
Outdoor T&F Secretary	Ms Lorraine Doherty	086 1011909	laineymb@gmail.com
Co-Optee on High Performance Committee and Coaching and Development Committee	Mr David Murphy	086 8390705	davidmurf@gmail.com
Juvenile Performance Co-Ordinator	Ms Deirdre McTeggart	087 6875944	deirdremcteggart@gmail.com
Children's Officer	Mr Matt Lynch	086 2322102	mattlynchr@gmail.com
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	2018
Under 10	2017
Under 11	2016
Under 12	2015
Under 13	2014
Under 14	2013
Under 15	2012
Under 16	2011
Under 17	2010
Under 18	2009
Under 19	2008

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

- TR 8.2 Protests concerning the result or conduct of an event shall be made within 20 minutes of the official announcement of the result of that event.
- TR 8.3 Any protest in the first instance shall be made *orally* to the Referee by the athlete or someone acting on their behalf. 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. If the Referee makes a decision, there shall be a right of appeal to the Jury. The appeal to the Jury should only come after a decision by the Referee.
- TR 8.7 An appeal to the Jury of Appeal must be made within 20 minutes of the official announcement of the amended result of an event arising from the decision made by the Referee, or of the advice being given to those making the protest, where there is no amendment of any result.
- TR 8.7 The appeal to the Jury shall be in writing signed by a responsible club official on behalf of the athlete or team and shall be made within 20 minutes following the decision of the Referee and shall be accompanied by a €20 fee in cash which will be forfeited if the appeal is unsuccessful.
- TR 8.8 The Jury of Appeal shall consult all relevant persons, including the relevant Referee (except when their decision is to be fully maintained by the Jury of Appeal). If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee or the Chief Race-Walking Judge shall be upheld.
- TR 8.9 The Jury of Appeal may reconsider a decision if new conclusive evidence is presented, provided the new decision is still applicable. Normally, such re-consideration may be undertaken only prior to the Victory Ceremony for the applicable event, unless the relevant governing body determines that circumstances justify otherwise.
- 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 and there shall be no further right of appeal.

Policy on Photographers

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

https://www.athleticsireland.ie/downloads/other/AAI_Filming_and_Photography_Guideline_021019.docx

Our aim is to make our Juvenile competitions safe and accessible for all while minimising the risk of any inappropriate use of images. An approved list of photographers will be prepared at the start of the competition season by the event organiser.

Where possible all photographers/streaming companies wishing to take pictures within the stadium environ should apply in advance of the competition. They should provide an in date Self Declaration form/Proof of Garda Vetting **and** their press/media credentials.

Bibs (€20 returnable deposit) will be assigned on a first come first served basis when the approved photographer registers with the Juvenile Child Welfare Officer at check-in.

Photographers put forward by the AAI Marketing Department will be nominated prior to the event and this will be communicated to the Juvenile Child Welfare Officer. A list of these photographers/videographers is maintained by AAI and their Self Declaration Status updated where required. Additional checks are performed as per internal policies.

For Indoor Competition, a maximum of **three** photographers, in addition to the live streaming company, will be admitted, a minimum of one will be appointed by the AAI Marketing Department.

For Outdoor Competition, a maximum of **five** photographers, in addition to the live streaming company, will be admitted, a minimum of one will be appointed by the AAI Marketing Department.

It is noted that for some live streaming events there will be additional attendees put forward from the Marketing Department with advance notification given.

Attire

- Official club singlets must be worn in all national competitions unless unattached, when a plain white vest or tee shirt is acceptable.
- Appropriate footwear must be worn at all National competitions.
- National Apparel is to be worn only when representing Ireland at International Competition. No athlete should compete wearing Athletics Ireland shorts at a National Event.
- In general, shorts should be single colour, not patterned. While a Nike/Adidas etc. logo is acceptable, multi-coloured or patterned shorts are not.
- Where possible shorts should complement the singlet, if in doubt black is always acceptable

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.

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 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. Always refer to the Athletics Ireland Child Welfare policy.

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.

Section 2: Field Standard & Specifications for All Championships

Indoor Hurdle Specifications

Age Group	Distance	Height	Number	Approach	Interval	Finish
Girls U13	60m	68.6cm 2' 3"	5	11.00m	7.25m	20.00m
Girls U14	60m	68.6cm 2' 3"	5	11.50m	7.50m	18.50m
Girls U15	60m	76.2cm 2' 6"	5	12.00m	8.00m	16.00m
Girls U16	60m	76.2cm 2' 6"	5	12.00m	8.00m	16.00m
Girls U17	60m	76.2cm 2' 6"	5	13.00m	8.50m	13.00m
Girls U18 & Youth	60m	76.2cm 2' 6"	5	13.00m	8.50m	13.00m
Girls U19	60m	84.0cm 2' 9"	5	13.00m	8.50m	13.00m
Boys U13	60m	68.6cm 2' 3"	5	11.00m	7.25m	20.00m
Boys U14	60m	76.2cm 2' 6"	5	11.50m	7.50m	18.50m
Boys U15	60m	84.0cm 2' 9"	5	12.00m	8.00m	16.00m
Boys U16	60m	84.0cm 2' 9"	5	13.00m	8.50m	13.00m
Boys U17	60m	91.4cm 3' 0"	5	13.00m	8.50m	13.00m
Boys U18 & Youth	60m	91.4cm 3' 0"	5	13.72m	9.14m	9.72m
Boys U19	60m	99.0cm 3' 3"	5	13.72m	9.14m	9.72m

Outdoor Hurdle Specifications

Age Group	Distance	Height	Number	Approach	Interval	Finish
Girls U13	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
Girls U14	75m	68.6cm 2' 3"	8	11.50m	7.50m	11.00m
Girls U15	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls U15	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
Girls U16	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls U16	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
Girls U17	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls U17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Girls U18 & Youth	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls U18	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Girls U19	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Girls U19	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Boys U13	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
Boys U14	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.00m
Boys U15	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
Boys U15	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00cm
Boys U16	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Boys U16	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
Boys U17	100m	91.4cm 3' 0"	10	13.00m	8.50m	10.50m
Boys U17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Boys U18 & Youth	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
Boys U18	400m	84.0cm 2' 9"	10	45.00m	35.00m	40.00m
Boys U19	110m	99.0cm 3' 3"	10	13.72m	9.14m	14.02m
Boys U19	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m

Throwing Implements

Boys	U12	U13	U14	U15	U16	U17	U18	U19
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	U12	U13	U14	U15	U16	U17	U18	U19
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

Steeplechase

Girls U17	2000m	2'6" (76.2cm)
Girls U18	2000m	2'6" (76.2cm)
Girls U19	3000m	2'6" (76.2cm)
Boys U17	2000m	2'9" (84.0cm)
Boys U18	2000m	2'9" (84.0cm)
Boys U19	3000m	3'0" (91.4cm)

2000m: 18 hurdles & 5 water jumps, start on arc before finish line, 1st hurdle is on back straight (hurdle 3 of a full lap)

3000m: 28 hurdles & 7 water jumps, start on arc before 200m mark, first hurdle after finish line (hurdle 1 of a full lap)

No water jump, until past the finish line on the first lap

High Jump Intervals

Age Category	Opening Ht.	Condition	Combined Events Opening Height*
Girls U12	1.05m	Up by 5cm to 1.30m thereafter by 3cm	
Girls U13	1.10m	Up by 5cm to 1.35m thereafter by 3cm	
Girls U14	1.15m	up by 5cm to 1.40m thereafter by 3cm	1.15m, up by 6cm to 1.45m
Girls U15	1.20m	up by 5cm to 1.45m thereafter by 3cm	1.20m, up by 6cm to 1.50m
Girls U16	1.25m	up by 5cm to 1.50m thereafter by 3cm	1.25m, up by 6cm to 1.55m
Girls U17	1.30m	up by 5cm to 1.55m 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 1.30m thereafter by 3cm	
Boys U13	1.15m	Up by 5cm to 1.40m thereafter by 3cm	
Boys U14	1.25m	up by 5cm to 1.50m thereafter by 3cm	1.25m, up by 6cm to 1.55m
Boys U15	1.30m	up by 5cm to 1.55m thereafter by 3cm	1.30m, up by 6cm to 1.60m
Boys U16	1.40m	up by 5cm to 1.65m thereafter by 3cm	1.40m, up by 6cm to 1.70m
Boys U17	1.45m	up by 5cm to 1.70m thereafter by 3cm	
Boys U18	1.50m	up by 5cm to 1.75m 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.

Pole Vault

Age Category	Opening Ht *	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	1.60m	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

* Opening height and progression subject to change by the Chief Judge in consultation with the athletes.

Section 3: Indoor Season:

List of Competitions:

Date	Competition	Location	Notes
18th January 2026	Juvenile Indoor Combined Events	NIA, Dublin	Start: 10am Entry Fee: €12 Closing Date 8 th Jan Entries: Club Secretaries
Saturday 28 th March 2026	Juvenile Indoor Championships, (Day 1)	TUS, Athlone	Start: 10am Entry Fee: €8 Event/€15 Relay Team Closing Date 18 th March Entries: Club Secretary
Sunday 29 th March 2026	Juvenile Indoor Championships (Day 2)	TUS, Athlone	Start: 10am Entry Fee: €8 Event/€15 Relay Team Closing Date 18 th March Entries: Club Secretary
Sunday 11th April 2026	Juvenile Indoor Championships, Relays & Field Events (Day 3)	TUS, Athlone	Start: 10am Entry Fee: €8 Event/€15 Relay Team Closing Date 1 st April Entries: Club Secretary

List of Events:

All Events below are available to Girls and Boys*				
U12	U13	U14	U15	U16
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 Triple 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
U17	U18	U19	Multi Events	
60m Sprint 60m Hurdles 200m 400m 800m 1500m 1500m Walk Relay 4x200m Mixed 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 Mixed Relay 4x200m High Jump Long Jump Triple Jump Shot Put Pole Vault	Pentathlon Events (U14-U19) Hurdles High Jump Shot Put Long Jump 800m Heptathlon Events (Boys U17-U19) * 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 U12-U19.
 2. Club Singlets and single colour shorts must be worn. Appropriate footwear must be worn for all events. (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. Athletes must qualify in the Region to which their club is affiliated. **No substitutions will be allowed.**
 4. Direct Entry: Individual Athletes aged U17, U18 and U19 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 be approved by the Regional Secretary; a copy of the regional results must be sent to the AAI office. The closing date for all entries is the Wednesday week prior to the event (10/11 days). No late entries will be accepted.
 8. **Check In Rules:**
 - Each athlete **must collect their own number** and check-in for their event/events.
 - All athletes must collect a competition number and check in for **each** event on that day, if competing across both days of a weekend or qualifying for a final on day 2 you must **re-register** for that event. The same bib number will be kept for day 2 (or 3 if the competition commences on Friday)
 - All athletes must check in a **minimum** of one (1) hour prior to their event start
 - Call room will be in operation for all track events
 - **Personal Equipment:** Implements must be checked in a minimum of 60 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 i.e. 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, this includes all Field Events.
- NOTE: The competition area starts at the assembly/call room or entry to each Field Event.
- 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 allowing them access to the area adjacent to the track for the duration of that competition only.

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. TR 16.5-16.8
- U16 upwards - first false start leads to disqualification.
- U12, U13, U14, U15. 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. TR 39.8

15. An athlete shall be excluded from participation in all further events in the competition, including relays, incases were.

- A final confirmation was given that the athlete would start in an event but then failed to participate. TR 4.4.1
- An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further TR 4.4.2
- An athlete fails to provide a bona fide effort to compete in an event TR 4.4.3
- 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. Seeding:

- All U17, U18 and U19 entrants to track events up to and including 800m will be ranked based on performance at the regional championships, with regional winners ranked 1 to 5, second placed athletes ranked 6 to 10, third placed athletes ranked 11 to 15 and all other entrants will be unranked. Ranking will be used for placing athletes in heats.
- The better ranked athletes will be assigned preferential lanes in the 200m, 400m and 800m events. This rule will also apply if a final is run at heat time.

20. Middle Distance:

- 600m, max 15 athletes, straight final using a split start.
- 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. Seeding rules will apply for heat allocation. The 800m race will start on the short stagger and break at the first bend.
- 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.

21. An athlete must inform the Chief Judge when leaving the competition area.
22. Athletes must leave the arena when their event is complete.
23. Winning track athletes must report for medal presentation 20 minutes after their event where possible or when called from the Public Address System.
24. Winning field athletes go to medal presentation with the lead official on the conclusion of their event.
25. 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.
26. Regional Competition Secretaries must be available for queries on days of competition.
27. **Relay Competition:**
 - Relay teams qualify from region, three (3) teams per region per age category, teams must compete in order to qualify.
 - Athletes may compete in maximum of **two (2)** relays on the day.
 - An athlete may move up one age group, however, for all U12-U17 relays at least 2 members of a competing relay team, participating in each round of that event on that day must be of the correct age.
 - U17 and U18 age groups, all athletes may move up one age group, n.b., only 2 U16 athletes may compete on an U17 team.
 - **The order for mixed relays is Female -Male – Female - Male**
 - Two subs may be entered for the mixed relay, one of each gender. Six (6) engraved medals will be awarded.
 - Two subs may be entered for the single gender races. Five (5) engraved medals will be awarded and one blank
 - Subs must be present on the day and declared to receive a medal
 - 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

28. Combined Events

- **Entry is open, there are no qualifying criteria from the Regions.**
- In the Field events, each athlete shall be allowed three trials only.
- An athlete shall be disqualified in any event, in which he/she has made two false starts.
- An athlete that has attempted to start an event within a Combined Event but then retires from that event, it is still possible for them to continue in subsequent events within that Combined Event. However, they may not return to the event from which they have retired.
- The winner shall be the athlete who has obtained the highest number of points, any ties remain unresolved and joint medals will be awarded. Medals will be presented to the top three.

Please have respect for the stadium and surrounding areas, adhere to all rules of the arena.

All spectators must be seated for the duration of the competition; there is to be no standing at the railings adjacent to the track.

Please do not leave your personal belongings unattended.

Timetables:**28th March 2026, Juvenile Indoor 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.

Track**Field****Check in closes 9.00 am (200m)****Check in and number collection closes 1 hour prior to each start time****10.00 am**

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

Long Jump

(Check in at LJ 9.15 am)

10.00 am Boys U12 (Pit 1)
11.15 am Boys U13 (Pit 1)
1.00 pm Boys U14 (Pit 2)
Boys U15 (Pit 1)
3.00 pm Boys U16 (Pit 1)
Boys U17 (Pit 2)
4.30 pm Boys U18 (Pit 2)
Boys U19 (Pit 1)

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

Check in closes 10.00 am (600m/800m)**12:00pm**

Girls & Boys U12 600m On Times
Girls & Boys U13 600m On Times
Girls & Boys U14 800m On Times
Girls & Boys U15 800m On Times
Girls & Boys U16 800m On Times
Girls & Boys U17 800m On Times
Girls & Boys U18 800m On Times
Girls & Boys U19 800m On Times

High Jump

coach access by sticker only

10.00 am Girls U17
11.30 am Girls U14
2.00 pm Girls U16
3.15 pm Girls U15

2.30pm 200m Final

Shot Put

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

Check in closes 2.00 pm Hurdles U13 & U14**3.00 pm**

Girls U13 60m Hur Heats 2'3"
Boys U13 60m Hur Heats 2'3"
Girls U14 60m Hur Heats 2'3"
Boys U14 60m Hur Heats 2'6"

Triple Jump

10.00 am Boys U16 (Pit 2)
(Check in on Track 11.00am)
11.15 am Boys U19 (Pit 2)

Check in closes 2.30 pm U15 to U19

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

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

10.15 am Boys U15-U16
2.00 pm Girls U15-U16

5.15 pm Hurdle Finals

Sunday 30th March 2026, 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 opens at 8.30 am

Track

Check in closes 9.00 am (400m)

10.00 am

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

400m Finals at heat time if heats not required

Check in closes 10.30 am Walks

11.45am

Girls	U14	1000m Walk
Boys	U14	1000m Walk
Girls	U15	1000m Walk
Boys	U15	1000m Walk

Check in closes 11.30 a.m. Walks

12.45 p.m.

Girls	U16	1500m Walk
Boys	U16	1500m Walk
Girls	U17	1500m Walk
Boys	U17	1500m Walk
Girls	U18	1500m Walk
Boys	U18	1500m Walk
Girls	U19	1500m Walk
Boys	U19	1500m Walk

Walks races may be amalgamated

2.00pm Finals 400m

Check in closes 1.00 pm 60m

2.30 pm

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

Finals 60m

Field

Check in Closes 1 hour prior to each start time

Long Jump

10.00 am	Girls	U12	(Pit 1)
11.15 am	Girls	U13	(Pit 1)
1.00 pm	Girls	U14	(Pit 1)
	Girls	U15	(Pit 2)
3.00 pm	Girls	U16	(Pit 1)
	Girls	U17	(Pit 2)
4.30 pm	Girls	U18	(Pit 1)
	Girls	U19	(Pit 2)

High Jump

10.00 am	Boys	U17
11.30 am	Boys	U14
2.00 pm	Boys	U16
3.15 pm	Boys	U15

coach access by sticker only

Shot Put

10.00 am	Girls	U14	(2k)
11.00 am	Boys	U12	(2k)
12.00 pm	Girls	U12	(2k)
1.30 pm	Boys	U14	(2.72k)
2.30 pm	Boys	U15	(3k)

Triple Jump

10.00 am	Girls	U16	(Pit 2)
11.15 am	Girls	U19	(Pit 2)

Pole Vault (warm up at 9:30am/1:00pm)

10.15 am	Boys	U17/U18/U19
2.00 pm	Girls	U17/U18/U20

Saturday 11th April 2026, 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 Opens 8.30 am

Inter Club Relays

Check in Closes 9.00am for mixed, 9:30am for U13 and U15, 10.30 am for U17 and U19

Call room in operation for all track events, 20 mins prior to each event

10.00 am	Mixed	U17	4x200m	FINALS (Heat Declared Winners)
	Mixed	U19	4x200m	FINALS (Heat Declared Winners)
	Girls	U13	4x200m	FINALS (Heat Declared Winners)
	Boys	U13	4x200m	FINALS (Heat Declared Winners)
	Girls	U15	4x200m	FINALS (Heat Declared Winners)
	Boys	U15	4x200m	FINALS (Heat Declared Winners)
	Girls	U17	4x200m	FINALS (Heat Declared Winners)
	Boys	U17	4x200m	FINALS (Heat Declared Winners)
	Girls	U19	4x200m	FINALS (Heat Declared Winners)
	Boys	U19	4x200m	FINALS (Heat Declared Winners)

Check in closes 11.30 am 1500m

1.00 p.m.	Girls & Boys	U16	1500m	On Times
	Girls & Boys	U17	1500m	On Times
	Girls & Boys	U18	1500m	On Times
	Girls & Boys	U19	1500m	On Times

Check in closes 1.30 pm for 12 & 14, 2.00 pm for 16 & 18

3.15 pm	Girls	U12	4X200m	FINALS (Heat Declared Winners)
	Boys	U12	4X200m	FINALS (Heat Declared Winners)
	Girls	U14	4X200m	FINALS (Heat Declared Winners)
	Boys	U14	4X200m	FINALS (Heat Declared Winners)
	Girls	U16	4X200m	FINALS (Heat Declared Winners)
	Boys	U16	4X200m	FINALS (Heat Declared Winners)
	Girls	U18	4X200m	FINALS (Heat Declared Winners)
	Boys	U18	4X200m	FINALS (Heat Declared Winners)

Field Events

Check in Closes 1 hour prior to the start of each event

Shot Put

10.00 am	Boys	U17	(5kg)
10.45 am	Girls	U19	(4kg)
11.30 am	Boys	U18	(5kg)
12.50 pm	Girls	U18	(3kg)
2.10 pm	Boys	U19	(6kg)
2.45 pm	Girls	U17	(3kg)

Triple Jump

10.00 am	Girls	U17
11.00 am	Boys	U17
12.00 pm	Girls	U15
2.00 pm	Boys	U15
2.45 pm	Girls	U18
3.45 pm	Boys	U18

High Jump

coach access by sticker only

10.00 am	Boys	U12	Mat 2	10.30 am	Girls	U18	Mat 1
11.30 am	Girls	U12	Mat 2 (Middle)	12.00 pm	Boys	U18	Mat 1
1.30 pm	Boys	U13	Mat 2 (Middle)	2.00 pm	Girls	U19	Mat 1
3.00 pm	Girls	U13	Mat 2	3.00 pm	Boys	U19	Mat 1

Section 4: Outdoor Season:

List of Competitions:

Date	Competition	Location	Notes
12 th April 2026	Spring Throws (non- Championship) (U16-U19)	Tullamore	Start: 10am Entry Fee: €12 Event Closing Date 5 th April Entries: Club Secretaries
Sunday 21 st June 2026	Children's Team Games (U9-U11), U12 Championships and Relays	Tullamore	Start: 10am Entry Fee: €14/Team, €17/Relay Entry Fee: €8/Ind Closing Date 10th June Entries: Regional/Club Secretary U12 Relays: County Secretary
Saturday 27 th June 2026	Juvenile Outdoor Championships Day 1	Tullamore	Start: 10am Entry Fee: €8 Event Closing Date 17 th June Entries: Club Secretary
Sunday 28 th June 2026	Juvenile Outdoor Championships Day 2	Tullamore	Start: 10am Entry Fee: €8 event Closing Date 17 th June Entries: Club Secretary
Saturday 11 th July 2026	Juvenile Outdoor Championships Day 3	Tullamore	Start: 10am Entry Fee: €8 Event Closing Date 1 st July Entries: Club Secretary
Sunday 12 th July 2026	Juvenile "B" Championships	Tullamore	Start: 10am Entry Fee: €8 event Closing Date 1 st July Entries: Club Secretaries
Sunday 12 th July 2026	Juvenile Inter Club Relays U13-U19	Tullamore	Start: 10am Entry Fee: €17/Team Closing Date 1 st July Entries: Club Secretary
18 th /19 th July 2026	Combined Events Day 1 & Day 2	Morton Stadium Santry	Start: 10am Entry Fee: €12 Closing Date 12 th July Entries: Club Secretary

List of Events: A Championships

All Events below are available to Girls			
U12	U13	U14	U15
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 Javelin Discus Hammer Pole Vault Triple Jump
U16	U17	U18	U19
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 Mixed 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 Mixed Relay 4x400m High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer

All Events below are available to Boys

U12	U13	U14	U15
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 Javelin Discus Hammer Pole Vault Triple Jump
U16	U17	U18	U19
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 Mixed 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 2000m 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 Mixed 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				
U12	U13	U14	U15	U16
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				
U14	U15	Girls U16	Boys U16	
75m Hurdles Long Jump High Jump Shot Put 800m	80m Hurdles Shot Put High Jump Long Jump 800m	80m Hurdles High Jump Shot Put Long Jump 800m	100m Hurdles Long Jump Shot Put High Jump 800m	
Children's Team Games Events available to Girls and Boys				
9	U10	U11		
60m 300m	60m 500m	60m 600m		
Long Jump Turbo Javelin (300g)	Long Jump Turbo Javelin (300g)	Long Jump Turbo Javelin (300g)		
Multi Events				
<p>Heptathlon/Decathlon U18 Girls (Includes U17) Day 1: 100m Hurdles, High Jump, Shot Put, 200m Day 2: Long Jump, Javelin, 800m</p> <p>U18 Boys (Includes U17) Day 1: 100m, Long Jump, Shot Put, High Jump, 400m Day 2: 110m Hurdles, Discus, Pole Vault, Javelin, 1500m</p> <p>U20 Girls (Includes U19) Day 1: 100m Hurdles, High Jump, Shot Put, 200m Day 2: Long Jump, Javelin, 800m</p> <p>U20 Boys (Includes U19) Day 1: 100m, Long Jump, Shot Put, High Jump, 400m Day 2: 110m Hurdles, Discus, Pole Vault, Javelin, 1500m</p>				

List of Regulations: Outdoor T&F

1. No entries or change in entries will be accepted on the day of the Championship.
 2. Individual Track & Field Championships for Boys and Girls aged U12-U19. Children's Team Games for Boys and Girls aged U9-U11.
 3. Club Singlets and single colour shorts must be worn. Appropriate footwear must be worn for all events. (See Attire in Section 1 Policies)
 4. The first four (4) athletes from each region qualify for the National Championships except in the 600m where three (3) qualify. Athletes must qualify in the Region to which their club is affiliated. **No substitutions will be allowed.**
 5. Ages U12, U13, U14, U15 and U16 are limited to 3 events plus relay. Ages U17, U18 and U19 are limited to 4 events plus relay.
 6. Direct Entry: Individual Athletes aged U17, U18 and U19 may compete in the National Championships **provided they have entered those events in the Provincial/Regional Championships**, Direct entries by permission of the Regional Secretaries only.
 7. All entries must be approved by the Regional Secretary; a copy of the regional results should be sent to the AAI office. The closing date for all entries is the Wednesday week prior to the event (10/11 days). No late entries will be accepted.
- 8. Check In Rules:**
- Each athlete **must collect their own number** and check-in for their event/events.
 - All athletes must collect a competition number and check in for **each** event on that day, if competing across both days of a weekend or qualifying for a final on day 2 you must **re-register** for that event. The same bib number will be kept for day 2.
 - All athletes must check in a **minimum** of one (1) hour prior to their event start.
 - **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: (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 i.e. Hurdles.
- 10. Call Room Rules:**
- Call room is in operation for all Track and Field athletes; report to call room immediately the event is 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– including High Jump. WA rules apply for footwear.
12. 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"
13. **False Starts**
 - WA False Start Rules apply. TR 16.5-16.8
 - U16 upwards - first false start leads to disqualification.
 - U12, U13, U14, U15. 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. TR 39.8
14. **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. TR 4.4.1
 - An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further TR 4.4.2
 - An athlete fails to provide a bona fide effort to compete in an event TR 4.4.3
 - 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.
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 heats are listed but insufficient competitor's check-in, a Straight Final will be held at heat time.
18. **Seeding:**
 - All U17, U18 and U19 entrants track events up to and including 800m will be ranked based on performance at the regional championships, with regional winners ranked 1 to 5, second placed athletes ranked 6 to 10, third placed athletes ranked 11 to 15 and all other entrants will be unranked. Ranking will be used for placing athletes in heats.
 - The better ranked athletes will be assigned preferential lanes in the 100m, 200m, 400m and all hurdle events. This rule will also apply if a final is run at heat time.

19. Middle Distance:

- 600m, max 15 athletes, straight final.
- 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.
- 1500m, if 18 or less check in, at the discretion of the track referee, a FINAL will be held at heat time. **If more than 18 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, results determined from heat times.

20. 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.

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

22. Athletes must leave the arena when their event is complete.

23. Winning athletes must report for medal presentation 20 minutes after their event where possible or when called from the Public Address System

24. Coaches and parents are not allowed on the track at any time.

25. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.

26. 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 are to be made online via the County Secretary
- U16 may NOT compete in 4 x 400m Relays.
- In the U12 to U17 age groups an athlete may move up one age group but at least 2 members of a competing relay team, participating in each round of that event on that day must be of the correct age.
- In the U18 & U19 age groups all athletes may move up one age group.
 - An U18 relay team can be made up of 4 x U17 athletes.
 - An U19 relay team can be made up of 4 x U18 athletes.
- 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.
- **Running order for Mixed relay shall be Female – Male – Female – Male**
- Two subs may be entered for the mixed relay, one of each gender. Six (6) engraved medals will be awarded.
- Two subs may be entered for the single gender races. Five (5) engraved medals will be awarded and one blank.
- Subs must be present and declared to receive a medal at presentation.
- All team names, registration numbers and DOB must be on the entry sheets at closing date.
- Declaration sheets must be filled in on the day of the 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 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 2018**
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age.
- Two subs may be entered; subs must be present for medal presentation. Five (5) engraved medals will be awarded and one blank
- 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 Field events, each athlete shall be allowed three trials only.
- An athlete shall be disqualified in any event, in which he/she has made two false starts.
- An athlete that has attempted to start an event within a Combined Event but then retires from that event, it is still possible for them to continue in subsequent events within that Combined Event. However, they may not return to the event from which they have retired.
- If an athlete fails to start in one of the events, they shall not be allowed to take part in subsequent events but shall be considered to have abandoned the competition. They shall not, therefore, figure in the final classification. TR 39.10
- An athlete failing to make a mark in one of the events shall be allowed to continue in the competition.
- 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 2018)**
- 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 U10 Long Jump competition, no board will be used, and the athlete must take off before the edge of the pit. U11 Long Jump competition jumps 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, 3 throws per athlete.
- 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"
- The start command for 300m, 500m and 600m is "on your marks", no 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** individual event is eligible to compete in the B Championships
- An athlete does not have to enter or compete in the Regional Championships to be eligible.
- 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:

**Sunday 21st June 2026, Juvenile Children's Team Games, U12 Championships:
Tullamore, Offaly**

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

Check-in opens at 08:30am

Check-in closes 9.15 a.m. (Sprints)**10.00 a.m.**

Girls and Boys	Heats	U12	60m
Girls and Boys	Timed	U9	60m
Girls and Boys	Timed	U10	60m
Girls and Boys	Timed	U11	60m

Finals U12 60m**Check-in closes 11.30 a.m. Middle Distance*****12.30 p.m.**

Girls and Boys	U11	600m
Girls and Boys	U12	600m
Girls and Boys	U9	300m
Girls and Boys	U10	500m

Check-in closes 1.30 p.m. Relays***All relay timed Finals****2.30 p.m.**

Girls	U12	4x100m
Boys	U12	4x100m
Girls	U11	4x100m
Boys	U11	4x100m
Girls	U9	4x100m
Boys	U9	4x100m
Girls	U10	4x100m
Boys	U10	4x100m

Check in Closes 1 hour prior to each start time**Long Jump**

10.00 a.m.	Girls	U11	(Pit 1)
	Boys	U11	(Pit 2)
11.00 a.m.	Girls	U9	(Pit 1)
	Boys	U9	(Pit 2)
12.00 p.m.	Girls	U12	(Pit 1)
	Boys	U12	(Pit 2)
2.30 p.m.	Girls	U10	(Pit 1)
	Boys	U10	(Pit 2)

Turbo Javelin (Infield)

10.00 a.m.	Girls	U10	(Area 1)
	Boys	U10	(Area 2)
11.00 a.m.	Girls	U11	(Area 1)
	Boys	U11	(Area 2)
1.00 p.m.	Girls	U9	(Area 1)
	Boys	U9	(Area 2)
3.00 p.m.	Girls	U12	(Area 1)
	Boys	U12	(Area 2)

High Jump

10.30 a.m.	Girls	U12
2.00 p.m.	Boys	U12

Shot Put (Infield)

10.30 a.m.	Boys	U12
1.15 a.m.	Girls	U12

* 1st, 2nd and 3rd place will be determined on Heat times, i.e. No Finals

Saturday 27th June 2026 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 opens at 8.30am

Check in closes 9.15 a.m. 3,000m

10.00 a.m.

Girls and Boys	U16	3000m	Final
Girls and Boys	U17	3000m	Final
Girls and Boys	U18	3000m	Final
Girls and Boys	U19	3000m	Final

Check in closes 10.45 a.m. 400m

11.45 a.m.

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

Check in closes 12.00 p.m. Sprints

1.00 p.m.

Girls and Boys	U13	80m	Heats
Girls and Boys	U14	80m	Heats
Girls and Boys	U15	100m	Heats
Girls and Boys	U16	100m	Heats
Girls and Boys	U17	100m	Heats
Girls and Boys	U18	100m	Heats
Girls and Boys	U19	100m	Heats

3.30 p.m. 400m Finals in the same order

4.00 p.m. Sprint Finals in the same order

Age groups may be combined

Check in Closes 1 hour prior to each start time

Discus

10.00 a.m.	U14	Girls
11.15 a.m.	U15	Girls
12.30 p.m.	U16	Girls
2.00 p.m.	U17	Girls
3.30 p.m.	U18	Girls
4.30 p.m.	U19	Girls

Hammer

10.00 a.m.	U14	Boys
10.45 a.m.	U15	Boys
11.30 a.m.	U16	Boys
12.15 p.m.	U17	Boys
2.00 p.m.	U18	Boys
2.45 p.m.	U19	Boys

Shot Put

10.00 a.m.	U13	Girls
11.00 a.m.	U14	Girls
1.30 p.m.	U15	Girls
2.45 p.m.	U16	Girls
4.00 p.m.	U17	Girls

Javelin

10.00 a.m.	U13	Boys
11.30 a.m.	U19	Boys
1.30 p.m.	U16	Boys
2.15 p.m.	U15	Boys
3.30 p.m.	U14	Boys

Long Jump

10.00 a.m.	U18	Boys
11.15 a.m.	U13	Boys
1.30 p.m.	U14	Boys
2.45 p.m.	U15	Boys
4.00 p.m.	U17	Boys

Triple Jump

10.00 a.m.	U19	Girls
11.15 a.m.	U18	Girls
1.30 p.m.	U15	Girls
2.45 p.m.	U16	Girls

High Jump

10.00 a.m.	U14	Boys
11.15 a.m.	U15	Boys
1.30 p.m.	U13	Boys
2.45 p.m.	U16	Boys
4.00 p.m.	U19	Girls

Pole Vault

(Warm up at 9.30 a.m. / 1.00 p.m.)

10.30 a.m.	U15, U16	Girls
2.00 p.m.	U17, U18, U19	Girls

Sunday 28th June 2026 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 opens at 8.30am

Check in closes 9.15 a.m. Hurdles

10.00 a.m.

Girls	U13	60mH 2'3" 68.6cm
Boys	U13	60mH 2'3" 68.6cm
Girls	U14	75mH 2'3" 68.6cm
Boys	U14	75mH 2'6" 76.2cm
Girls	U15	80mH 2'6" 76.2cm
Girls	U16	80mH 2'6" 76.2cm
Boys	U15	80mH 2'9" 84.0cm
Girls	U17	100mH 2'6" 76.2cm
Girls	U18	100mH 2'6" 76.2cm
Boys	U16	100mH 2'9" 84.0cm
Girls	U19	100mH 2'9" 84.0cm
Boys	U17	100mH 3'0" 91.4cm
Boys	U18	110mH 3'0" 91.4cm
Boys	U19	110mH 3'3" 99.0cm

Finals to be held at heat time if heats not required

Hurdle Finals in the same order @11:50am

Check in closes 11.30 p.m. Walks

12:30p.m.

Age groups may be combined

Girls	U14	2000m Walk	Final
Girls	U15	2000m Walk	Final
Girls	U16	2000m Walk	Final
Boys	U14	2000m Walk	Final
Boys	U15	2000m Walk	Final
Girls	U17	3000m Walk	Final
Girls	U18	3000m Walk	Final
Girls	U19	3000m Walk	Final
Boys	U16	3000m Walk	Final
Boys	U17	3000m Walk	Final
Boys	U18	5000m Walk	Final
Boys	U19	5000m Walk	Final

Check in closes 1.15 p.m. 600m/800m

2.00 p.m.

Girls and Boys	U13	600m	Final
Girls and Boys	U14	800m	Heat
Girls and Boys	U15	800m	Heat
Girls and Boys	U16	800m	Heat
Girls and Boys	U17	800m	Heat
Girls and Boys	U18	800m	Heat
Girls and Boys	U19	800m	Heat

Finals to be held at heat time if heats not required

Check in closes 1.30 p.m. Steeplechase

3.30 p.m.

Girls	U17	2000 S/C 2'6" (76.2cm)	Final
Girls	U18	2000 S/C 2'6" (76.2cm)	Final
Girls	U19	3000 S/C 2'6" (76.2cm)	Final
Boys	U17	2000 S/C 2'9" (83.8cm)	Final
Boys	U18	2000 S/C 2'9" (83.8cm)	Final
Boys	U19	3000 S/C 3'0" (91.4cm)	Final

800m Finals @ 4:30p.m.

Check in Closes 1 hour prior to each start time

Discus

10.00 a.m.	U14	Boys
11.30 a.m.	U15	Boys
12.15 p.m.	U16	Boys
2.00 p.m.	U17	Boys
3.15 p.m.	U18	Boys
3.45 p.m.	U19	Boys

Hammer

10.00 a.m.	U14	Girls
11.00 a.m.	U15	Girls
11.45 a.m.	U16	Girls
12.30 p.m.	U17	Girls
2.00 p.m.	U18	Girls
3.00 p.m.	U19	Girls

Shot Put

10.00 a.m.	U13	Boys
11.00 a.m.	U14	Boys
1.30 p.m.	U15	Boys
2.45 p.m.	U16	Boys

Javelin

10.00 a.m.	U13	Girls
11.30 a.m.	U19	Girls
1.30 p.m.	U16	Girls
2.15 p.m.	U15	Girls
3.30 p.m.	U14	Girls

Long Jump

10.00 a.m.	U18	Girls
11.15 a.m.	U13	Girls
1.30 p.m.	U14	Girls
2.45 p.m.	U15	Girls

Triple Jump

10.00 a.m.	U19	Boys
11.15 a.m.	U18	Boys
1.30 p.m.	U15	Boys
2.45 p.m.	U16	Boys

High Jump

10.00 a.m.	U14	Girls
11.15 a.m.	U15	Girls
1.30 p.m.	U13	Girls
2.45 p.m.	U16	Girls

Pole Vault

(Warm up at 9.30 a.m. / 13.00 p.m.)		
10.30 a.m.	U15, U16	Boys
2.00 p.m.	U17, U18, U19	Boys

Saturday 11th July 2026 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 opens at 8.30am

Check in closes 9.15 a.m. Hurdles

10.00 a.m.

Boys	U19	400mH	3'0"	91.4cm
Boys	U18	400mH	2'9"	84.0cm
Girls	U19	400mH	2'6"	76.2cm
Girls	U18	400mH	2'6"	76.2cm
Boys	U17	300mH	2'6"	76.2cm
Girls	U17	300mH	2'6"	76.2cm
Boys	U16	250mH	2'6"	76.2cm
Boys	U15	250mH	2'6"	76.2cm
Girls	U16	250mH	2'3"	68.6cm
Girls	U15	250mH	2'3"	68.6cm

Finals to be held at heat time if heats not required

Hurdle Finals in the same order @11.25a.m.

Check-in closes 11.00 a.m. 200m

12.10 p.m.

Girls and Boys	U19	200m	Heats
Girls and Boys	U18	200m	Heats
Girls and Boys	U17	200m	Heats
Girls and Boys	U16	200m	Heats
Girls and Boys	U15	200m	Heats
Girls and Boys	U14	200m	Heats

Finals to be held at heat time if heats not required

Check in closes 12.45 p.m. 1500m

1.50 p.m.

Girls and Boys	U14	1500m	Final
Girls and Boys	U15	1500m	Final
Girls and Boys	U16	1500m	Final
Girls and Boys	U17	1500m	Final
Girls and Boys	U18	1500m	Final
Girls and Boys	U19	1500m	Final

3.45 p.m. 200m Finals in the same order

Check in Closes 1 hour prior to each start time

Shot Put

10.00 a.m.	U19	Boys
11.30 a.m.	U18	Girls
1.30 p.m.	U18	Boys
3.00 p.m.	U19	Girls
3.30 p.m.	U17	Boys

Javelin

10.00 a.m.	U17	Girls
11.15 a.m.	U17	Boys
1.00 p.m.	U18	Girls
2.00 p.m.	U18	Boys

Long Jump

10.00 a.m.	U17	Girls
11.30 a.m.	U19	Boys
1.15 p.m.	U16	Boys
2.15 p.m.	U16	Girls
4.00 p.m.	U19	Girls

Triple Jump

11.15 a.m.	U17	Boys
1.30 p.m.	U17	Girls

High Jump

10.00 a.m.	U17	Boys
11.15 a.m.	U18	Boys
1.30 p.m.	U18	Girls
2.45 p.m.	U17	Girls
4.00 p.m.	U19	Boys

Sunday 12th July 2026 Juvenile Championships B's and Relays (Day 4):

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

Check-in opens at 8.30am

Check-in closes 9.15 a.m. Sprints / Mixed Relay

10.00 a.m.

Mixed Relay U17 4x400m (Heat declared winners)
Mixed Relay U19 4x400m (Heat declared winners)

10.15 a.m.

B' Championships

Girls and Boys U12 60m Heats
Girls and Boys U13 80m Heats
Girls and Boys U14 80m Heats
Girls and Boys U15 100m Heats
Girls and Boys U16 100m Heats

Sprint Finals in the same order

Check in closes 9.15am for Morning Field Events

Check in closes 12 noon for Afternoon Field

Events

Shot Put

10.00 a.m. U14 Girls
U14 Boys
U13 Girls
U13 Boys
U15/U16 Girls

1:30 p.m. U15/U16 Boys
U12 Girls
U12 Boys

Check in closes at 10.45 a.m. Relays

11.45 p.m.

Girls and Boys U18 4x400m (Heat declared winners)
Girls and Boys U13 4x100m (Heat declared winners)
Girls and Boys U15 4x100m (Heat declared winners)
Girls and Boys U17 4x100m (Heat declared winners)
Girls and Boys U19 4x100m (Heat declared winners)

Shots can be weighed at 9a.m. and 1p.m. only

Long Jump (Pit 1)

10.15 a.m. U15/U16 Girls
U14 Girls

Long Jump (Pit 1)

1:30 p.m. U13 Girls
U12 Girls

Long Jump (Pit 2)

10.15 a.m. U15/U16 Boys
U14 Boys

Long Jump (Pit 2)

1:30 p.m. U13 Boys
U12 Boys

Check in closes at 12.30 p.m. 600m/800m

1.30 p.m.

B' Championships

Girls and Boys U12 600m Final
Girls and Boys U13 600m Final
Girls and Boys U14 800m Final
Girls and Boys U15 800m Final
Girls and Boys U16 800m Final

All 600m/800m Races are heat declared winners

High Jump

10.00 a.m. U13 Girls
U13 Boys
U12 Girls
U12 Boys

Check in closes at 1.30 p.m. Relays

2.30 p.m.

Girls and Boys U17 4x400m (Heat declared winners)
Girls and Boys U19 4x400m (Heat declared winners)
Girls and Boys U14 4x100m (Heat declared winners)
Girls and Boys U16 4x100m (Heat declared winners)
Girls and Boys U18 4x100m (Heat declared winners)

1:30 p.m. U15/U16 Girls
U15/U16 Boys
U14 Girls
U14 Boys

Section 5: Cross Country Championships:

List of Competitions:

Date	Competition	Location	Notes
Sunday 18 th October 2026	Juvenile Inter Club Relays	Abbotstown, Dublin	Start: 11:30pm Entry Fee: €20 Team Closing Date 7th October Entries: Online Club Secretaries
Sunday 22 nd November 2026	Juvenile "A" Championships Even Ages	TBC	Start: 11:30am Entry Fee: €8 Individual €20 Club Team €25 County Team €30 Regional Closing Date: 11 th November Entries: Online Regional/County/Club Secretaries
Sunday 6th December 2026	Juvenile "A" Championships Uneven Ages	TBC	Start: 11:30am Entry Fee: €8 Individual €20 Club Team €25 County Team €30 Regional Closing Date: 25th November Entries: Online Regional/County/Club Secretaries
Sunday TCB February 2027	Juvenile B Cross Country	TBC	Start: 11:30am Entry Fee: €8 Individual €20 Club Team €25 County Team Closing Date TBC Entries: Online Club Secretaries

List of Events:

All Distances below are available to Girls & Boys

Age Category	A Cross Country Distance	B Cross Country Distance	Inter Club Relay Distance	Inter Club Mixed Relay
U11	1500m	1000m	4x500m	
U12	2000m			4x500m
U13	2500m	1500m	4x500m	
U14	3000m			4x500m
U15	3500m	2500m	4x1000m	
U16	4000m			
U17	4500m	3000m		4X1000m
U18	4500m			
U19	5000m			

List of Regulations:

1. WA Rules apply.

- Club singlets and appropriate footwear must be worn.
- Athletes may move up one age group only, 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 U11-U19 age group 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 U17-U19 age races **individual** open entry will apply provided the athlete has been 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 must first be approved by the Regional Secretary.

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
- No electronic devices are allowed at any time in the call up 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 2026. (2026 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 by 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.
- Athletes may move up one age group only, U10 may run U11 Cross Country.
- **Mixed Relay: 2 girls and 2 boys, order of run female-male-female-male.**
- An athlete can only take part in **ONE** relay team on the day.
- First three teams receive medals.
- For the mixed relay 2 subs may be entered, one of each gender and 6 medals may be awarded if the subs are present.
- For single gender relays 2 subs may be entered and 5 engraved medals may be awarded if the sub is present and one blank.
- Club singlets and appropriate footwear must be worn.
- There will be a 20m changeover zone with the passing of a baton.

Section 6: Juvenile Indoor Championship Records:

JUVENILE INDOOR CHAMPIONSHIP RECORDS

Girls Under 12

60m	8.30	Niamh Foley	St. Mary's (Limerick)	2013
600m	1.44.38	Saoirse Fitzgerald	Lucan Harriers	2018
High Jump	1.48	Caoimhe McGonagle	Rosses	2022
Long Jump	4.47	Sophie Meridith	St. Mary's (Limerick)	2012
Shot Put (2k)	10.20	Megan Lenihan	North Cork	2014
4x200m	1:59.73		Ferrybank	2023
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	1.40.03	Philip Griffith	Claremorris	2024
High Jump	1.43	Andrew Fitzpatrick	Longford	2024
Long Jump	4.75	Ryan Onoh	Leevale A.C.	2019
Shot Put (2k)	10.61	Andrew Nolan	Lough Ree	2023
4x200m	1:54.79		Leevale A.C.	2019
4x100m	54.78		Dooneen	2017
300m	45.9H	Eoin Hannon	Ballyskanach	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'Toole	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	1:53.07		Dooneen	2019
300m	46.42	Laura Scanlon	Metro St Brigids	2000

Boys under 13

60m	7.84	Shane Gevero	Cabinteely	2016
600m	1:35.61	Killian Coman	Limerick	2024
60m Hurdles	9.26	John Cashman	Leevale	2018
High Jump	1.65	Kyle Ettoh	Leevale	2017
Long Jump	5.11	Kyle Ettoh	Leevale	2017
Shot Put (2k)	14.51	James Kelly	Finn Valley	2012
4x200m	1:53.58		South Galway	2023
4x100m	53.16		Galway City Harriers	2011
300m	43.00	Gary Dunphy	St Pauls	2000

Girls under 14

60m Hurdles	9.00	Molly Scott	St Lawrence O'Toole	2012
60m	7.85	Katie Monteith	City of Lisburn	2016
800m	2:15.97	Freya Renton	Westport	2023
Walk 1000m	4:47.97	Sarah Mulvanney-Kelly	North Leitrim	2022
High Jump	1.63	Caitriona Farrell	Craughwell	2005
High Jump	1.63	Cara Ryan	Clonmel	2023
Long Jump	5.39	Sophie Meridith	St. Mary's (Limerick)	2014
Shot Put (2k)	14.64	Aoibhin McMahon	Blackrock (Louth)	2016
4x200m	1:48.57		Dooneen	2022
Combined Events	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	2:09.92	Robert Gleeson	Newbridge	2023
Walk 1000m	4.46.8 H	Christopher Dalton	Hackettstown	2000
High Jump	1.68	Mark Rogers	St. Peter's A.C.	2009
Long Jump	5.83	Danny Kelly	Belgooly	2017
Shot Put (2.72k)	15.38	James Kelly	Finn Valley A.C.	2013
4x200m	1.45.48		Ratoath A.C.	2025
Combined Events	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	7.60	Ann O'Shea	Ferrybank A.C.	2009
800m	2.2.12	Freya Renton	Westport	2024
Walk 1000m	4.29.04	Kate Veale	West Waterford	2008
High Jump	1.66	Ciara Kennelly	Killarney Valley	2016
Long Jump	5.49	Ciara Giles Doran	Ferrybank A.C.	2009
Triple Jump	10.26	Florence Harte	Crookstown Millview	2025
Pole Vault	2.60	Ava Rochford	Ennis TC	2019
Shot Put (2.72k)	14.18	Casey Mulvey	Inny Vale	2017
4x200m	1.45.73		Kilkenny City Harrier	2025
Combined Events	3204	Hannah Falvey	Belgooly	2020
1000m	2.59.9 H	Emer O'Shea	St. Michaels	1995
Long Jump	5.50	Ciara Kearns	Celbridge	1998

Boys under 15

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	1.59.96	Darragh Whelan	Limerick A.C.	2025
Walk 1000m	4:05.43	Mathew Newell	Clare River Harriers	2022
High Jump	1.86	Jason Harvey	Lagan Valley	2005
Long Jump	6.14	Daniel Ryan	Moycarkey Coolcree	2013
Triple Jump	12.31	Matt David Duro	Kilmore A.C.	2025
Pole Vault	3.00	Fionn Naughton	Leevale	2024
Shot Put (3k)	16.32	Karlís Kaugars	Dunleer	2019
4x200m	1.40.92		St Lawrence O'Toole	2014
Combined Events	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'Toole	2014
60m	7.61	Destiny Lawal	Dooneen	2024
200m	24.46	Rhasidat Adeleke	Tallaght	2017
800m	2:11.55	Freya Renton	Westport A.C.	2025
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	10.87	Milana Sharhayeu	Ratoath A.C.	2025
Pole Vault	3.00	Una Brice	Leevale	2019
Shot Put (3k)	14.67	Casey Mulvey	Inny Vale	2018
4x200m	1.43.26		KCH A.C.	2025
Combined Events	3551	Elizabeth Morland	Cushinstown	2013
Shot Put (3.25k)	12.15	Kathleen Fitzgearld	Leevale	2002

Boys under 16

60m Hurdles	8.14	Daniel Ryan	Moycarkey Coolcree	2014
60m	7.04	Joseph Magbagbeola	Navan A.C.	2025
200m	22.60	Theo De Bonis	Ratoath A.C.	2025
800m	1.58.03	Aaron McGlynn	Finn Valley	2015
1500m	4.08.80	Declan O'Connell	Craughwell	2023
Walk 1500m	6.24.78	Matthew Newell	Tuam	2023
High Jump	1.93	Jason Harvey	Ballymena Antrim	2006
Long Jump	6.58	Daniel Ryan	Moycarkey Coolcree	2014
Triple Jump	13.02	Michael Kent	DMP	2022
Pole Vault	3.70	James Rochford	Nenagh Olympic	2023
Shot Put (4k)	17.60	James Kelly	Finn Valley	2015
4x200m	1.35.21		Leevale	2017
Combined Events	3687	Daniel Ryan	Moycarkey Coolcree	2014
1500m	4.07.8 H	James Nolan	Ferbane	1992

Girls under 17

60m Hurdles	8.50	Megan Maars	City of Lisburn	2013
60m	7.43	Rhasidat Adeleke	Tallaght	2018
200m	23.98	Rhasidat Adeleke	Tallaght	2018
400m	56.78	Saoirse Fitzgerald	Lucan Harriers	2023
800m	2.11.08	Freya Bateman	Belgooly A.C.	2025
1500m	4:36.70	Clodagh Gill	Moy Valley	2023
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	10.95	Siun Quinn	Brothers Pearse	2023
Pole Vault	3.26	Maeve Corkery	Midleton	2025
Shot Put (3k)	15.08	Micheala Walsh	Swinford	2014
4x200m	1:42.12		Ratoath	2022
Combined Events	3877	Kate O'Connor	Dundalk St Gerards	2016
Shot Put	13.91	Claire Fitzgerald	Tralee Harriers	2007

Boys under 17

60m Hurdles	8.14	Daniel Ryan	Moycarkey Coolcree	2015
60m	6.98	Israel Olutunde	Dundealga	2018
200m	21.97	Aaron Sexton	North Down	2016
400m	50.07	Daniel Downey	Portlaoise A.C.	2025
800m	1.52.67	Cian McPhillips	Longford	2018
1500m	3.57.28	Cian McPhillips	Longford	2018
Walk 1500m	5:59.97	Matthew Newell	Tuam	2025
High Jump	2.04	Conor Penney	Craughwell	2025
Long Jump	6.78	Daniel Ryan	Moycarkey Coolcree	2015
Triple Jump	13.26	Daniel Sangodele	Galway City Harriers	2024
Pole Vault	4.21	Jamie Hyland	St Lawrence O'Toole	2024
Shot Put (5k)	16.09	James Kelly	Finn Valley	2016
4x200m	1.33.16		Leevale	2014
Combined Events	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 H	David McCarthy	Celbridge	2000
1500m	4.00.73H	Gareth Turnbull	St. Malachy's	1995
Long Jump	6.83	Richard Phelan	Carrick on Suir	1997
U17 Mixed 4x200m	1:38.21		Belgooly A.C.	2025

Girls under 18

60m Hurdles	8.33	Molly Scott	St Lawrence O'Toole	2016
60m	7.42	Molly Scott	St Lawrence O'Toole	2016
200m	24.09	Rhasidat Adeleke	Tallaght	2019
400m	55.42	Erin Friel	Letterkenny A.C.	2025
800m	2:10.67	Zoie Richie	Rathfarnham WSAF	2023
1500m	4:31.02	Nicole Dinan	Leevale	2023
Walk 1500m	6.07.67	Kate Veale	West Waterford	2011
High Jump	1.79	Tara O'Connor	Dundalk St Gerards	2025
Long Jump	6.10	Kelly Proper	Ferrybank	2005
Triple Jump	11.86	Caoimhe King	Westport A.C.	2009
Pole Vault	3.46	Meabh Corkery	Midleton A.C.	2025
Shot Put (3k)	15.58	Micheala Walsh	Swinford	2015
4x200m	1.41.74		Dooneen A.C.	2025
Combined Events	3841	Anna McAuley (Youth)	City of Lisburn	2018
60m	7.5 H	Emily Maher	Kilkenny City Harriers	1996
300m	40.0H	Gemma Hynes	Galway City Harriers	2005
Shot Put (3.25k)	13.17	Fionnuala Lombard	Leevale	2000

Boys under 18

60m Hurdles	7.88	Cameron McCracken	North Down A.C.	2025
60m	6.86	Jamie Moffatt	North Down	2023
200m	21.64	Joe Burke	Templemore	2025
400m	49.54	Jason Murray	Ratoath A.C.	2025
800m	1:52.38	Jack Kelly	Tallaght	2022
1500m	3:53.37	Shane Fitzsimons	Mullingar Harriers	2012
1500m Walk	5.44.91	Matthew Newell	Tuam A.C.	2025
High Jump	2.10	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	4.30	Jamie Hyland	St. L O'Toole A.C.	2025
Shot Put (5k)	18.11	John Kelly	Finn Valley	2013
4x200m	1.30.36		Ratoath A.C.	2025
Combined Events	3499	Brian Lynch (Youth)	Old Abbey	2018
800m	1.50.15H	James Nolan	Ferbane	1994
1500m Walk	5.59.9 H	Colin Griffin	Ballinamore	1999
Long Jump	7.70	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	3.50	Una Brice	Leevale	2022
Shot Put (4k)	14.78	Michaela Walsh	Swinford	2016
4x200m	1:41.35		Kilcoole	2024
Combined Events	4108	Kate O'Connor	Dundalk St Gerards	2018
60m	7.5 H	Ciara Sheehy	West Dublin	1998

Boys under 19

60m Hurdles	8.08	Adam Nolan	St Lawrence O'Toole	2022
60m	6.7H	Marcus Lawlor	St Lawrence O'Toole	2013
200m	21.29	Marcus Lawlor	St Lawrence O'Toole	2013
400m	48.24	David Mannion	South Galway	2023
800m	1.52.54	Neil Culhane	Ace	2023
1500m	3.53.90	Shane Fitzsimons	Mullingar Harriers	2013
1500m Walk	5.40.06	Seamus Clarke	Moy Valley A.C.	2025
High Jump	2.10	Barry Pender	St. Abbans	2008
High Jump	2.10	Ryan Carthy Walshe	Adamstown	2017
Long Jump	7.09	Eoin Hannon	Tullamore Harriers	2007
Triple Jump	14.27	Jordan Hoang	Tullamore Harriers	2016
Pole Vault	4.40	Michael Kent	D.M.P. A.C.	2025
Shot Put (6k)	17.80	John Kelly	Finn Valley	2014
4x200m	1.30.64		DSD A.C.	2025
Combined Events	3362	Simon Doyle	St Lawrence O'Toole	2011
60m Hurdles	7.9 H	Alan Delaney	Castlerea	1998
U19 Mixed 4x200m	1:36.41		Ratoath A.C.	2025

Section 7: Juvenile Outdoor Championship Records:

RECORDS WILL BE UPDATE TO INCLUDE 2025 WINNERS IN DUE COURSE

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 A.C.	2015
High Jump	1.48	Ava Wilson	Bree A.C.	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
High Jump	1.53	Kyle Ettah	Leevale	2016
Long Jump	4.83	Ryan Onoh	Leevale	2019
Shot (2kg)	12.05	Andrew Nolan	Lough Ree	2023
Turbo Javelin	35.13	Sam O'Shea	Star of the Luane AC	2023
4x100m	54.39		Dooneen	2015

Girls under 13

80m	10.15 (+0.7)	Sabia Doyle	Menapians	2015
60m Hurdles	9.20 (-0.6)	Cara Ryan	Clonmel A.C.	2022
600m	1.35.15	Corrine Kenny	St Lawrence O'Toole's AC	2014
High Jump	1.56	Ava Wilson	Bree	2023
Javelin (400g)	35.82	Megan Lenihan	North Cork	2015
Long Jump	5.25 (+1.6)	Sophie Meredith	St Mary's AC (Limerick)	2013
Shot (2kg)	14.07	Aoibhinn McMahan	Blackrock (Louth)	2015
4x100m	52.63		Galway City Harriers	2015

Boys under 13

80m	9.88	Shane Gevero	Cabinteely	2016
60m Hurdles	9.41 (-0.3)	David Mc Donald	Menapians	2011
60m Hurdles	9.2 H	Garbhan McKenna	Glaslough Harriers	2008
600m	1.35.21	Francis Doran	South Sligo AC	2019
High Jump	1.58	John Fitzpatrick	Longford AC	2023
Javelin (400g)	44.09	Blaine Lynch	Finn Valley	2018
Long Jump	5.35	David Mc Donald	Menapians	2011
Shot (2.72 kg)	15.75	Lavr Malejevs	Dooneen A.C.	2024
4x100m	52.06		Galway City Harriers	2011

Girls under 14

80m	10.02 (+0.5)	Niamh Foley	St Mary's (Limerick)	2015
75m Hurdles	11.25 (+1.6)	Seren O'Toole	Galway City Harriers	2015
200m	24.97 (-0.8)	Anne O'Shea	Ferrybank	2008
800m	2.11.77	Aisling Kelly	Ennis Track AC	2023
1500m	04:29.07	Freya Renton	Westport AC	2023
2000m Walk	10:03.4	Sarah Mulvaney Kelly	North Leitrim	2022
Discus (0.75 kg)	39.36	Megan Lenihan	North Cork	2016
Hammer (2.5kg)	46.59	Jade Williams	Shercock	2014
High Jump	1.62	Leona Byrne	St Lawrence O'Toole's AC	2000
Javelin (400g)	41.73	Amy Whelan	Liscarroll	2017
Long Jump	5.27 (-1.2)	Mila Clancy	Corran	2022
Shot Put (2 kg)	15.16	Aoibhin McMahon	Blackrock (Louth)	2016
4x100m Relay	50.80		Dooneen A.C.	2022
Combined Events	3003	Ava Rochford	Ennis Track Club	2018

Boys under 14

80m	9.49 (+1.4)	Matthew Buckley	Ratoath A.C.	2015
80m	9.4 H	Leighton Wilson	Ballymena/Antrim	2003
75m Hurdles	11.04 (+0.0)	Harry Nevin	Leevale	2017
200m	24.11 (-0.2)	John Cashman	Leevale AC	2019
800m	2.04.00	Ryan Vickers	Farranfore Maine Valley AC	2023
1500m	4.17.18	Darragh Whelan	Limerick A.C.	2024
2000m Walk	9.49.47	Matthew Newell	Clare River Harriers A.C.	2021
Discus (0.75 kg)	49.02	Jack Hallahan	Midleton AC	2013
Hammer (2.5kg)	59.12	Thomas Williams	Shercock AC	2021
High Jump	1.73	Jason Harvey	Campbell College	2004
Javelin (400g)	55.63	Karlis Kaugars	Dunleer	2018
Long Jump	5.81	Harry Nevin	Leevale	2017
Shot Put (2.72 kg)	15.52	James Kelly	Finn Valley	2013
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
80m Hurdles	11.54	Kate McGowan	Tir Chonaill	2011
200m	25.18 (-0.1)	Niamh Foley	St Mary's A.C. (Limerick)	2016
250m Hurdles	34.9	Miriam Daly	Carrick-on-Suir	2015
800m	2.10.89	Freya Renton	Westport A.C.	2024
1500m	04:31.81	Freya Renton	Westport A.C.	2024
2000m Walk	9.37.0	Kate Veale	West Waterford A.C.	2008
Discus (0.75kg)	42.52	Megan Lenihan	North Cork AC	2017
Hammer (2.5kg)	53.36	Leila Cummins	Bandon A.C.	2024
High Jump	1.68	Tara O'Connor	Dundalk St Gerards	2021
Javelin (400g)	42.41	Aoibhin McMahon	Blackrock (Louth)	2017
Long Jump	5.85	Sophie Meredith	St Mary's A.C. (Limerick)	2015
Pole Vault	2.71	Maeve Corkery	Midleton	2022
Shot Put (2.72 kg)	13.93	Ciara Sheehy	Liscarroll	2016
Triple Jump	11.18	Milana Sharhayeu	Ratoath A.C.	2024
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
80m Hurdles	11.31 (+0.9)	Daniel Ryan	Moycarkey Coolcroo	2013
200m	22.88 (+1.1)	Glory Wenegieme	Belgooly	2018
250m Hurdles	33.28	Harry Nevin	Leevale	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
Discus (1kg)	56.53	Cian Crampton	Edenderry AC	2021
Hammer (3kg)	70.21	Thomas Williams	Shercock	2022
High Jump	1.88	Conor Penny	Craughwell	2022
Javelin (500g)	56.78	Tadhg O'Muircheataigh	Dunboyne	2017
Long Jump	6.18	Timothy Harrington	Courcies	2005
Long Jump	6.18	David McDonald	Menapians	2013
Pole Vault	3.60	James Rochford	Nenagh Olympic	2022
Shot Put (3kg)	16.95	Liam Shaw	Athenry	2019
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
80m Hurdles	11.47 (+2.0)	Elizabeth Morland	Cushinstown	2013
200m	24.93 (+1.4)	Niamh Whelan	Ferrybank A.C.	2005
250m Hurdles	34.25	Ciara Giles Doran	Ferrybank A.C.	2010
800m	2.11.63	Aimee Hayde	Newport	2018
1500m	4.30.91	Aimee Hayde	Newport	2018
3000m	9.46.01	Emily Bolton	Donore Harriers	2023
2000m Walk	8.38.73	Kate Veale	West Waterford A.C.	2009
Discus (1 kg)	39.71	Kayleigh Cronin	Spa Muckcross	2011
Hammer (3k)	54.33	Jade Williams	Shercock	2016
Hammer (3.25k)	56.34	Rachel Akers	East Clare	2000
High Jump	1.73	Tara O'Connor	Dundalk St Gerards	2022
Javelin (500g)	44.71	Enya Silkena	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
Shot Put (3k)	14.14	Aoibhin McMahon	Blackrock (Louth)	2018
Shot Put (3.25k)	12.3			2006
Triple Jump	10.64 (+1.0)	Ellen McNally	Greystones & District	2018
Triple Jump	10.73 (+2.7)	Eve Dunphy	St. Senan's A.C.	2022
4x100m Relay	49.4		Galway City Harriers	2003
Combined Events	3512	Kate O'Connor	Dundalk St Gerards	2015

Boys under 16

100m	11.13 (+0.4)	Michael Farrelly	Portmarnock	2017
100m	11.04(+3.1)	Matias Quaglia	Kilkenny City Harriers A.C.	2024
100m Hurdles	13.3	Daniel Ryan	Moycarkey Coolcroe	2014
200m	22.55(-2.3)	Matias Quaglia	Kilkenny City Harriers A.C.	2024
250m Hurdles	31.74	Iarlaith Goulding	St Colman's South Mayo	2017
800m	1.56.07	Karl Griffen	Tir Chonaill	2010
1500m	4.00.76	Shane Quinn	Ferrybank	2007
3000m	9.00.08	Charlie O Neill	Donore Harriers A.C.	2024
3000m Walk	13.04.54	Matthew Newell	Tuam AC	2023
Discus (1 kg)	63.25	Cian Crampton	Edenderry	2022
Hammer (4kg)	72.24	Adam King	Iveragh A.C.	2012
High Jump	1.95	Geoffrey Joy O'Regan	Sun Hill Harriers	2019
Javelin (600g)	63.04	Conor Cusack	Lake District	2017
Long Jump	6.63 (-0.8)	Ryan Onoh	Leevale AC	2023
Pole Vault	4.01	Conor Callinan	Leevale AC	2019
Shot Put (4kg)	16.94	John Kelly	Finn Valley	2011
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
100m Hurdles	13.98 (+1.3)	Anna McAuley	City of Lisburn	2017
200m	24.73 (+0.5)	Lauren Ryan	Dooneen	2015
400m	56.13	Davicia Patterson	Beechmount Harriers	2016
300m Hurdles	41.84	Ciara Giles Doran	Ferrybank A.C.	2011
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
2000m S/C	7.06.73	Roisin O'Reilly	Menapians	2018
3000m Walk	13.16.19	Kate Veale	West Waterford A.C.	2010
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
High Jump	1.74	Sommer Lecky	Finn Valley	2016
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
Shot Put (3 kg)	15.13	Michaela Walsh	Swinford	2014
Shot Put (3.25 kg)	12.67	Laura McSweeney	Bandon	2011
Triple Jump	11.79	Maria Carey	Newport	2014
4x100m Relay	49.17		Leevale A.C.	2023
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	10.74 (+1.7)	Sean O Donnell	Tallaght A.C.	2024
100m Hurdles	13.51 (1.9)	Stuart Tobin	Nenagh Olympic AC	2023
100m Hurdles	13.44(+2.4)	Cameron McCracken	North Down A.C.	2024
200m	21.65 (+1.3)	Aaron Sexton	North Down	2016
400m	49.66	Joseph Dowling	Dundrum South Dublin	2009
300m Hurdles	37.92	Iarlaith Goulding	St Colman's South Mayo	2018
800m	1.52.73	Karl Griffin	Tir Chonaill	2011
1500m	4.00.41	Shane Fitzsimons	Mullingar Harriers	2011
3000m	08:35.12	Harry Colbert	Waterford A.C.	2021
2000m S/C	6.20.51	Dalton Mc Guigan	Finn Valley	2011
3000m Walk	13.04.30	Matthew Glennon	Mullingar Harriers	2019
Discus (1.5kg)	47.47	Andrew Barkley	City of Lisburn	2013
Hammer (5kg)	72.91	Thomas Willians	Shercock A.C.	2024
High Jump	2.08	Ryan Carthy Walshe	Adamstown	2015
Javelin (700g)	58.35	Conor Cusack	Lake District	2018
Long Jump	6.62	David Cussan	Old Abbey	2012
Pole Vault	4.40	Jamie Hyland	St. L. O Toole A.C.	2024
Shot Put (5 kg)	16.8	John Kelly	Finn Valley	2012
Triple Jump	13.73	Jordan Hoang	Tullamore Harriers	2014
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
100m Hurdles	13.76 (+0.2)	Elizabeth Morland	Cushinstown	2015
200m	24.81 (-2.71)	Roseanna McGuickian	City of Lisburn	2014
400m	55.51	Ciara Deely	Kilkenny City Harriers	2017
400m Hurdles	61.22	Kelly-Ann Doyle	Carrick-on-Suir	2014
800m	2.07.77	Maeve O Neill	Doheny AC	2021
1500m	4.31.21	Suzanne Huet	Dundrum South Dublin	2007
3000m	9.32.04	C. French O'Carroll	DSD	2007
2000m S/C	6.58.38	Laura Nicholson	Bandon	2017
3000m Walk	12.18.86	Kate Veale	West Waterford	2011
Discus	42.39	Niamh Fogerty	North Westmeath	2016
Hammer (3k)	60.90	Adrienne Gallen	Lifford Strabane AC	2021
Hammer (4 k)	51.07	Rachel Akers	Marian	2002
High Jump	1.74	Kate O'Connor	Dundalk St Gerards	2017
Javelin (500g)	47.40	Enya Silkena	Ratoath A.C.	2024
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
Shot (3 kg)	16.43	Michaela Walsh	Swinford	2015
Shot Put (4k)	12.85	Laura Cogan	Newbridge	2006
Triple Jump	11.86	Caoimhe King	Westport	2009
4x100m Relay	48.76		Ferrybank AC	2006
4 x 400m	3.59.73		Galway City Harriers	2019
Combined Events	4135	Maeve Hayes	St Paul's AC	2019

Boys under 18

100m	10.89 (+0.9)	Christopher Russell	Ferrybank A.C.	2007
100m	10.89 (+2)	Lemar Lucciano	West Coast A.C.	2024
110m Hurdles	14.18 (-1.5)	Shane Monagle	Tramore	2017
200m	22.06 (+0.5)	Lemar Lucciano	West Coast A.C.	2024
400m	48.70	Christopher O'Donnell	North Sligo	2015
400m Hurdles	53.2 H	Ben Kiely	Ferrybank A.C.	2011
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	9.33.48	Matei Ursachi	Clonliffe Harriers A.C.	2024
5000m Walk	21.38.04	Oisín Lane	Mullingar Harriers	2019
Discus (1.5kg)	57.68	Marco Pons	D.M.P. A.C.	2010
Hammer (5kg)	71.90	Adam King	Iveragh	2014
High Jump	2.10	David Cussan	Old Abbey AC	2010
Javelin (700g)	68.41	Oisín Joyce	Lake District	2022
Long Jump	6.93	Eoin Hannon	Tullamore Harriers	2006
Pole Vault	4.45	Michael Kent	D.M.P A.C.	2024
Shot Put (5kg)	17.90	John Kelly	Finn Valley A.C.	2013
Triple Jump	14.11 (+0.0)	Jordan Hoang	Tullamore Harriers	2015
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
100m Hurdles	14.38 (-0.9)	Lucy Mc Glynn	Tir Chonaill A.C.	2022
200m	24.48 (+0.0)	Lauren Cadden	Sligo AC	2018
400m	54.83	Kate O'Connell	Lucan Harriers	2022
400m Hurdles	61.03	Victoria Amiadamen	Dooneen A.C.	2023
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 S/C	11.16.73	Eleonor Foot	Bray Runners AC	2023
3000m Walk	14.05.42	Maeve Curley	Craughwell A.C.	2010
Discus (1 kg)	45.95	Anna Gavigan	Lambay Sports Academy	2022
Hammer (4 kg)	60.08	Nicola Tuthill	Bandon AC	2021
High Jump	1.73	Sorcha Murphy	Ferrybank	2012
High Jump	1.73	Sharon Heveran	Westport AC	2003
Javelin (600g)	43.85	Grace Casey	Eire Og Corra Choill A.C.	2017
Long Jump	6.14	Kelly Proper	Ferrybank	2006
Pole Vault	3.55	Una Brice	Leevale	2022
Shot Put (4 kg)	13.30	Claire Fitzgerald	Tralee Harriers	2009
Triple Jump	11.76 (-2.5)	Saragh Buggy	St Abban's AC	2012
4x100m Relay	48.79		Ferrybank	2017
4x400m Relay	3.57.22		Ratoath A.C.	2023
Combined Events	3749	Chloe Keenan	Emo/Rath AC	2023

Boys under 19

100m	10.83 (-2.3)	Paul Whelan	Dublin Striders	2010
100m	10.62 (+2.1)	Donal Martin	Blackrock A.C.	2024
110m Hurdles	14.20 (-0.0)	James Ezenou	Leevale AC	2021
200m	21.59 (+0.7)	Christopher O'Donnell	North Sligo	2016
400m	48.02	Mark English	Letterkenny A.C.	2011
400m Hurdles	54.45	Evan Mc Guire	Galway City Harriers	2013
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	9.28.78	Billy Coogan	Gowran AC	2023
5000m Walk	21.36.03	Peter Muldoon	Shercock	2005
Discus (1.75kg)	55.00	Marco Pons	DMP	2011
Hammer (6kg)	65.75	Owen Russell	St Andrew's AC	2015
High Jump	2.10	Ryan Carthy Walshe	Adamstown	2017
Javelin (800g)	69.43	Oisin Joyce	Lake District AC	2023
Long Jump	7.25 (+1.5)	Eoin Hannon	Tullamore Harriers	2007
Pole Vault	4.41	Peter O'Brien	Raheny Shamrocks	2013
Shot Put (6kg)	17.14	James Kelly	Finn Valley	2018
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 2023 (Tullamore)

Motions carried at Congress pertaining to Juvenile Competition Rules will come into effect starting January 2024 unless otherwise stated.

33. That: underage Cross-Country distances be revised to reflect the principle of equal distances for boys & girls in line with the recommended distances by European Athletics for the European Cross Country Championships.

38. That: Athletics Ireland introduce U15 Triple Jump both Indoor and Outdoor for Boys & Girls for National Juveniles.

40. That: Mixed Relays be added to the list of relay events at Juvenile Championships (inc XC) from 2023; age groups and distances to be determined by the Juvenile and Competition Committees.

Recommendation:

42. That: an athlete who qualifies for the National Juvenile T&F A Championships in 4th place should be eligible to compete in the National B Championships if unplaced (1st, 2nd, 3rd) in the A Championships.

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)

Recommendation:

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 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 boys' high jump to be reduced from 1.15m to 1.05m in both indoor and outdoor track and field competitions.
12. THAT: The opening height for u13 boys high jump to 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 | 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, U17)

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

Ann Peppard Award for Middle Distance

Overall Athlete of the Year

Star Award Selection Criteria

- Quality of Performance or Performances in AAI National Juvenile Championships
- Overall Award Winner announced on the night
- Athletes notified individually
- Selection by the Juvenile Committee