



Athletics Leinster Track and Field Programme 2009

Date	Category	Venue	Closing date
May 23 rd	Combined Events (Day 1)	Greystones	Enter on Day
May 24 th	Combined Events (Day 2)	Greystones	
May 24 th	Junior and U23s	Greystones	May 17 th
June 6 th	Inter-Club Relays	Kilkenny	May 29 th
June 7 th	Senior and Masters	Tullamore	May 29 th
June 13 th	U10s+U11s Pairs Competition	Navan	June 5 th
June 13 th	U12s+U13s Championship	Navan	June 5 th
June 20 th	Juvenile U14 - U19 (Day 1)	Tullamore	June 12 th
June 21 st	Juvenile U14 - U19 (Day 2)	Tullamore	June 12 th
July 4 th	Juvenile Team Event	Navan	June 26 th

Athletics Leinster Inter-County Relays

Age Category	Venue	Date
U11	Navan	Saturday June 6 th
U13	Navan	Saturday June 6 th
U15	Tullamore	Saturday June 20 th
U17	Tullamore	Saturday June 20 th
U19	Tullamore	Saturday June 20 th

Entries for Inter-County Relays are taken on day of competition

AAI National Juvenile Competition

Saturday	June 27 th	U9s/U10s/U11s Competition	Templemore
Saturday	July 11 th	U12-U19 T&F Championships	Tullamore
Sunday	July 12 th	U12-U19 T&F Championships	Tullamore
Saturday	July 18 th	U12-U19 T&F Championships	Tullamore
Sunday	July 19 th	Inter-Club and County Relays	Tullamore
Saturday	July 25 th	Combined Events	Tullamore
Sunday	July 26 th	B Championships	Tullamore



Athletics Leinster Track and Field Programme 2009

- All entries to be submitted to: **Sports Development Project
Claremont Stadium
Navan
Co. Meath
Tel: 046 902 9966**
- Athletes are **strictly** confined to their own age groups. A fine of 60 euro will be levied where this rule is broken.
- Athletes are allowed compete in individual events as follows:

U9, U10, U11	2 events
U12-U16	3 events
U17-U19	4 events
- There is no limit on the number of athletes a club may enter per individual event
- Athletes may move up ONE age group for a relay with the exception of Girls U16 (who cannot compete in U17 4*300m) and Boys U16 (who cannot compete in U17 4*400m).
- **For age groups below U17, at least two members of a relay team must be the correct age for that age group.**
- For U12 up, **four** athletes qualify for the National Championships from each event, except where indicated (3 athletes only for 600m events).
- U17-U19 athletes who compete in the Regional championships but do not finish in the first four can be entered in the National Championships provided they request entry via the Regional Competition Secretary.
- Coaches and parents are NOT allowed on the track or infield at any time. An athlete risks disqualification if this rule is broken.
- Club singlets must be worn. If no singlet is available – a PLAIN white tee-shirt is permitted. No other form of dress (e.g.: football shirts) is allowed.
- Only 5mm spikes will be allowed on the tracks.
- Track athletes must check in when collecting their numbers. Field athletes must check in when their event is called.
- Except where indicated, there will be three attempts allowed in all Field events (except High Jump and Pole Vault) with a further three attempts for the top eight competitors.
- Athletics Leinster reserves the right to alter the timetables.
- **All clubs who enter athletes in a competition MUST provide officials on the day of competition. These officials must be named to the check-in desk when collecting numbers. Failure of a club to provide officials will result in a club's athletes not being permitted to compete.**
- Entries received after the indicated closing date will cost **double fees** or where indicated on the entry form.
- Please ensure entries are in BLOCK CAPITALS and legible. First and last name for each athlete is required along with **DOB** and **2009 AAI registration number** (life reg numbers will not be accepted)
- Any "on the day" entries must have proof of 2009 AAI registration (this can be obtained from the club registration section of the AAI website)
- Any alterations to the programme will be published on the website.
- Any queries to Ciaran Doyle (086 851 2039 or ciaran.doyle@xerox.com)



Athletics Leinster Combined Event Championships

**Charlesland, Greystones
Saturday May 23rd + Sunday May 24th 2009
Juvenile Start-time: 11:00 AM
Senior + Masters Start-time: 12:00 PM**

Category	Event	Events
U14 Girls	Pentathlon	75mH, SP, LJ, HJ, 800m
U15 Girls	Pentathlon	80mH, SP, LJ, HJ, 800m
U16 Girls	Pentathlon	80mH, SP, LJ, HJ, 800m
U17 Girls	Heptathlon	100mH, SP, LJ, HJ, J, 200m, 800m
U18 Girls	Heptathlon	100mH, SP, LJ, HJ, J, 200m, 800m
U19 Girls	Heptathlon	100mH, SP, LJ, HJ, J, 200m, 800m
Senior Women	Heptathlon	100mH, SP, LJ, HJ, J, 200m, 800m
Masters Women	Pentathlon	100mH, SP, LJ, HJ, 800m
U14 Boys	Pentathlon	75mH, SP, LJ, HJ, 800m
U15 Boys	Pentathlon	80mH, SP, LJ, HJ, 800m
U16 Boys	Pentathlon	100mH, SP, LJ, HJ, 800m
U17 Boys	Heptathlon	100mH, SP, LJ, HJ, J, 200m, 1000m
U18 Boys	Octathlon	100mH, SP, LJ, HJ, J, PV, 200m, 1000m
U19 Boys	Octathlon	100mH, SP, LJ, HJ, J, PV, 200m, 1000m
Senior Men	Decathlon	100m, 100H, SP, LJ, HJ, J, 200m, 1500m, DT, PV
Masters Men (M1-M3)	Pentathlon	100mH, SP, LJ, HJ, 1500m
Masters Men (M4+)	Quadrathlon	100m, SP, LJ, 1500m

- **The event order will be decided on the day based on the number of athletes competing per category.**
- **The Quadrathlon and Pentathlon will be one day competitions held on Saturday 24th of May. The Heptathlon can be a one day competition with the consent of all entered athletes.**
- **Day 1 of the Hept/Oct/Decathlon - May 23rd
Day 2 of the Hept/Oct/Decathlon - May 24th.**
- **Day 1 events Women – 100m H, SP, HJ, 200m
Day 2 events Women – Javelin, LJ, 800m**
- **Day 1 events Men – 200m, HJ, LJ, SP, 100m
Day 2 events Men – 100m H, Javelin, PV, DT, 1500/1000m**
- **The Day 2 events will be held in conjunction with the Junior/U23 championships with the athlete scoring in both competitions where entered and applicable. (i.e.: as well as taking part in the Combined Events, they will also compete in the championships if they have entered that event)**

**Entry fee (taken on the day)
Juveniles: 5 euro
Seniors + Masters: 10 euro**



**Athletics Leinster
Junior and U23 Track and Field Championships**

**Charlesland, Greystones –
Sunday May 24th 2009
Start Time: 11:00 AM (Field) 12:00 PM (Track)**

The times listed are a guideline ONLY. The order of events will be as listed below. Events MAY be run ahead of time, please listen to the PA for announcements.

	Category	Event
12.00	Junior/U23 Women	Steeplechase
12:20	Junior/U23 Men + Women	3000m Walk
12:45	Junior/U23 Men	Steeplechase
13:00	Junior + U23 Women	100m Hurdles
	Junior + U23 Men + CB	110m Hurdles
13:20	Junior + U23 Women	200m
	Junior + U23 Men	200m
14:00	Junior + U23 Women	3000m
	Junior + U23 Men	5000m
14.20	Junior + U23 Women	400m Hurdles
	Junior + U23 Men	400m Hurdles
14.30	Junior + U23 Women + CB	800m
	Junior + U23 Men	800m
14:45	Junior + U23 Women	100m
	Junior + U23 Men	100m
15:00	Junior + U23 Women	400m
	Junior + U23 Men	400m
15:20	Junior + U23 Women	1500m
	Junior + U23 Men + CB	1500m
15:30		Relays

Event Order (Jumps)

	Event	Event
11.00		Pole Vault (Junior/U23 M+W + CB)
12.00	High Jump (Junior + U23 Men)	Long Jump (Junior + U23 Women) + CB
13.00	High Jump (Junior + U23 Women)	Long Jump (Junior + U23 Men)
14.00	Triple Jump (Junior/U23 M+W)	

Event Order (Throws)

	Event
11:00	Hammer (Junior/U23 Men)
11:30	Hammer (Junior/U23 Women)
12.00	Discus (Junior + U23 Men + CB)
12.30	Discus (Junior + U23 Women)
13:00	Shot (Junior + U23 Men)
13:30	Shot (Junior + U23 Women)
14.00	Javelin (Junior + U23 Men) + CB
15:00	Javelin (Junior + U23 Women) + CB



For Juniors and U23s:

- To compete as a Junior, the athlete must be over 16 and under 20 in the year of competition.
- To compete as a U23, the athlete must be over 20 and under 23 in the year of competition.
- 2009 AAI Registration Number must be produced if entering on the day
- Relays will be held at the end of the program and Entries taken on the day at a cost of 10 euro per relay team.
- Guest athletes are allowed to compete and will be awarded non-Championship medals where they finish in the Top 3 in an event

PLEASE CHECK IN ONE HOUR BEFORE EVENT IS SCHEDULED TO START

**Entry Form
Junior + U23s Championships**

Club:	_____
Name:	_____
Address:	_____
DOB:	_____ Reg No: _____
Tel:	_____ e-mail: _____
Events:	_____
No. of Events:	_____ Total Fees Encl: _____

**Entry Fee: 3 euro for first event + 2 euro per other events
10 euro for relays**

CLOSING DATE: Friday May 17th 2009



Athletics Leinster Juvenile Inter-Club Relays (U9-U19)

Scanlon Park, Kilkenny – Saturday June 6th 2009
Start-time: 11:00 AM

NOTE: THERE WILL BE NO LATE ENTRIES OR CHANGES FOR ANY RELAY TEAM ACCEPTED AFTER THE TEAMS HAVE BEEN CALLED TO RACE ASSEMBLY

Part 1

Part 2

	Category	Relay Event		Category	Relay Event
1	U9 Girls	4*100m	1	U17 Boys	4*400m
2	U9 Boys	4*100m	6	U18 Boys	4*400m
3	U11 Girls	4*100m	1	U19 Girls	4*400m
4	U11 Boys	4*100m	7	U19 Boys	4*400m
5	U13 Girls	4*100m	1	U10 Girls	4*100m
6	U13 Boys	4*100m	8	U10 Boys	4*100m
7	U15 Girls	4*100m	1	U12 Girls	4*100m
8	U15 Boys	4*100m	9	U12 Boys	4*100m
9	U17 Girls	4*100m	0	U14 Girls	4*100m
10	U17 Boys	4*100m	2	U14 Boys	4*100m
11	U19 Girls	4*100m	1	U16 Girls	4*100m
12	U19 Boys	4*100m	2	U16 Boys	4*100m
13	FINALS	UNEVEN AGES	2	U18 Girls	4*100m
14	U17 Girls	4*300m	2	U18 Boys	4*100m
15	U18 Girls	4*300m	3	FINALS	EVEN AGES
			0		

- **Semi-finals (if required) and finals in the same order as above**
- **Substitutes medals will be available on the day of competition**
- **First 3 teams from U9s, U10s and U11s qualify for the AAI Inter-Club Relays in Tullamore on Saturday 27th of June 2009**



- **Entries without DOB, 2009 AAI registration number or entry fees will not be accepted.**
- **Athletes may step up ONE age group only EXCEPT for U16 athletes who may not run in U17 Boys 4*400m or U17 Girls 4*300m**
- **For age-categories U9-U16 - at least TWO athletes per team must be the correct age group for that event**

Entry Fee: 10 euro per team
Late Entry Fee: 15 euro per team



Athletics Leinster Inter-Club Relays Entry Form: BOYS

Club: _____

Event	Name	DOB	Reg No	Name	DOB	Reg No
U9 4*100m						
U10 4*100m						
U11 4*100m						
U12 4*100m						
U13 4*100m						
U14 4*100m						
U15 4*100m						
U16						



4*100m						
U17 4*100m						
U18 4*100m						
U19 4*100m						
U17 4*400m						
U18 4*400m						
U19 4*400m						

I declare that all entries are eligible and enclose entry fees of _____ euro

Signed: _____ Address: _____

CLOSING DATE: Friday May 29th 2009



Athletics Leinster Inter-Club Relays Entry Form: GIRLS

Club: _____

Event	Name	DOB	Reg No	Name	DOB	Reg No
U9 4*100m						
U10 4*100m						
U11 4*100m						
U12 4*100m						
U13 4*100m						
U14 4*100m						
U15 4*100m						
U16						



4*100m						
U17 4*100m						
U18 4*100m						
U19 4*100m						
U17 4*400m						
U18 4*400m						
U19 4*400m						

I declare that all entries are eligible and enclose entry fees of _____ euro

Signed: _____ Address: _____

CLOSING DATE: Friday May 29th 2009



Athletics Leinster
Senior and Masters Track and Field Championships

Tullamore Harriers Stadium
Sunday June 7th 2009
Start-time: 11:30 PM

The times listed are a guideline ONLY. The order of events will be as listed below. Events MAY be run ahead of time, please listen to the PA for announcements.

	Category	Event
11:30	Masters + Senior Women	Steeplechase
12:00	Masters Men + Senior Women + Masters Women	3000m Walk
12:00	Senior Men	5000m Walk
12:30	Masters + Senior Women	100m Hurdles
	Masters + Senior Men	110m Hurdles
12:45	Masters + Senior Men	3000m Steeplechase
13.00	Masters + Senior Men	400m Hurdles
	Masters + Senior Women	400m Hurdles
13.20	Masters Men	800m
	Senior + Masters Women	800m
	Senior Men "B" (for PBs over 2.05)	800m
	Senior Men "A"	800m
13:40	Masters Women	200m
	Masters Men	200m
	Senior Women	200m
	Senior Men	200m
14:00	Senior Men "A" + "B" + Senior Women	5000m
	BREAK	
14:45	Masters Women	100m
	Masters Men	100m
	Senior Women	100m
	Senior Men	100m
15:05	Senior + Master Women	400m
15:40	Masters Men	400m
15:50	Senior Men	400m
15:25	Senior + Masters Women	1500m
	Masters Men	1500m
	Senior Men	1500m
15:50	Senior Women	4*100m
16:00	Senior Men	4*100m

- **An athlete is eligible to compete as a master on or after their 35th birthday.**
- **All walks races will be held as a single event.**
- **MASTERS MUST COMPETE IN THE CATEGORY THAT THEY DECLARE IN (i.e.: NO SWITCHING BETWEEN SENIOR AND MASTERS)**
- **Guest athletes are allowed to compete and will be awarded non-Championship medals where they finish in the Top 3 in an event**



Event Order Jumps

	Event	Event
11.30	Pole Vault (All categories)	
12.00	Long Jump (Senior & Masters Women)	High Jump (Senior & Masters Men)
13:00	Long Jump (Senior & Masters Men)	High Jump (Senior & Masters Women)
14:00	Triple Jump (All Categories)	

Event Order Throws

	Event
11:30	Hammer (Senior & Masters Men)
	Hammer (Senior & Masters Women)
12:30	Discus (Senior & Masters Men)
	Discus (Senior & Masters Women)
13:30	Shot (Senior & Masters Men)
	Shot (Senior & Masters Women)
14.30	Javelin (Senior & Masters Men)
	Javelin (Senior & Masters Women)
15:30	Weight for Distance (all categories)

Entry Form - Senior and Masters Championships

Club: _____
Name: _____
Address: _____
DOB: _____ Reg No: _____
Category: _____
Tel: _____ e-mail: _____
Events: _____
No. of Events: _____ Total Fees Encl: _____

Entry Fee: 5 euro for first event + 3 euro per other events
Late Entry Fee: 10 euro for first event + 6 euro per other events
Relay Entry Fee: 10 euro per team



CLOSING DATE: Friday May 29th 2009



**Athletics Leinster
U9/U10/U11 Pairs Competition**

+

Juvenile U12-U13 Track and Field Championships

Claremont Stadium, Navan – Sunday June 13th 2009

Start-time: 10:30 AM

Event Order (subject to change to facilitate the smooth running of the programme)

Track

Category	Event
U12 Girls (H)	60m Hurdles
U12 Boys (H)	60m Hurdles
U13 Girls (H)	60m Hurdles
U13 Boys (H)	60m Hurdles
ALL FINALS	60m Hurdles
U9 Girls	300m
U9 Boys	300m
U10 Girls	500m
U10 Boys	500m
U11 Girls	600m
U11 Boys	600m
U12 Girls (H)	600m
U12 Boys (H)	600m
U13 Girls (H)	600m
U13 Boys (H)	600m
U9 Girls	60m
U9 Boys	60m
U10 Girls	60m
U10 Boys	60m
U11 Girls	60m
U11 Boys	60m
U12 Girls (H)	60m
U12 Boys (H)	60m
U13 Girls (H)	80m
U13 Boys (H)	80m
ALL FINALS	600m
ALL FINALS	60m/80m
U11 Girls Inter County Relays	4X100m
U11 Boys Inter County Relays	4X100m
U13 Girls Inter County Relays	4X100m
U13 Boys Inter County Relays	4X100m



Field

Long Jump Pit 1	Long Jump Pit 2	Ball Throw Area 1	Ball Throw Area 2	Shot Putt	High Jump
U9 Girls	U9 Boys	U11 Girls	U11 Boys	U13 Girls	U12 Girls
U10 Girls	U10 Boys	U9 Girls	U9 Boys	U13 Boys	U12 Boys
U11 Girls	U11 Boys	U10 Girls	U10 Boys	U12 Girls	U13 Girls
U12 Girls	U12 Boys			U12 Boys	U13 Boys
U13 Girls	U13 Boys				
					Javelin
					U13 Girls
					U13 Boys

Pairs Competition

- U9 teams born in 2001, U10 teams born in 2000, U11 teams born in 1999
- Two athletes per team. Each athlete may compete in two events ONLY with the same OR a different partner per event.
- Scoring is based on the combined time or combined distance
- Medals awarded to top 3 teams per event
- Top 3 teams per event qualify for National Team Competition on Saturday 27th of June in **Templemore, Co. Tipperary**
- For U9 and U10 Long Jump, take up is from a sand marker, for U11 take off is from the board. Each athlete is allowed 3 attempts
- Athletes will be taken in groups of 8-10 at the Long Jump to prevent excessive queueing
- For Ball Throw – the javelin technique MUST be used, with the longest throw of 3 consecutive attempts being measured
- All track race results will be based on times (no heats/finals)
- For Relays – at least two athletes must be the correct age for the event

Entry Fee: 4 euro per team per event
Late Entry Fee: 8 euro per team per event

U12s/U13s Championship

- Standard Championship rules apply
- First 4 qualify for National Championships in all events except 600m (3 to qualify)

Entry Fee: 2 euro per event
Late Entry Fee: 4 euro per event

CLOSING DATE: Friday June 5th 2009



**Athletics Leinster U9/U10/U11 Pairs Competition
Entry Form: BOYS**

Club: _____

Age Category	Event	Full Name	DOB	Reg No

I declare that all entries are eligible and enclose entry fees of _____ euro
 Signed: _____ Contact No: _____

CLOSING DATE: Friday June 5th 2009



Athletics Leinster U9/U10/U11 Pairs Competition Entry Form: GIRLS

Club: _____

Age Category	Event	Full Name	DOB	Reg No

I declare that all entries are eligible and enclose entry fees of _____ euro

Signed: _____ Contact No: _____

CLOSING DATE: Friday June 5th 2009



Athletics Leinster U12-U13 Championships Entry Form: BOYS

Club: _____

Athletes U12 and U13 are limited to **THREE** individual events in total

Official Use	Full Name	Age Group	Events	DOB	Reg No

I declare that all entries are eligible and enclose entry fees of _____ euro. Signed _____

CLOSING DATE: Friday June 5th 2009



Athletics Leinster U12-U13 Championships Entry Form: GIRLS

Club: _____

Athletes U12 and u13 are limited to **THREE** individual events in total

Official Use	Full Name	Age Group	Events	DOB	Reg No

I declare that all entries are eligible and enclose entry fees of _____ euro. Signed _____

CLOSING DATE: Friday June 5th 2009



Athletics Leinster Juvenile U14-U19 Track and Field Championships

Tullamore Harriers Stadium – June 20th/June 21st 2009
Start Time: 10:00 AM

Event Order (Track) - Walks Start: 10:00 AM

Category	Event
U14, U15, U16 Girls	2000m Walk
U14, U15 Boys	2000m Walk
U17, U18, U19 Girls	3000m Walk
U16, U17 Boys	3000m Walk
U18, U19 Boys	5000m Walk

Hurdles Start: 11:00 AM

U14 Girls (H)	75m Hurdles (2'3)
U14 Boys (H)	75m Hurdles (2'6)
U15 Girls (H)	80m Hurdles (2'6)
U16 Girls (H)	80m Hurdles (2'6)
U15 Boys (H)	80m Hurdles (2'6)
U17 Girls (H)	100m Hurdles (2'6)
U16 Boys (H)	100m Hurdles (2'9)
U18 Girls (H)	100m Hurdles (2'9)
U19 Girls (H)	100m Hurdles (2'9)
U17 Boys (H)	100m Hurdles (3'0)
U18 Boys (H)	110m Hurdles (3'0)
U19 Boys (H)	110m Hurdles (3'3)
Finals	Hurdles

Track Events follow the Hurdles in the following order:

U17, U18, U19 Boys	3000m
U18, U19 Girls	3000m
BREAK	
U17, U18 Girls (H)	300m
U19 Girls (H)	400m
U17, U18, U19 Boys (H)	400m
U17, U18, U19 Girls (H)	100m
U17, U18, U19 Boys (H)	100m
U17, U18, U19 Boys	800m
U17, U18, U19 Girls	800m
U14, U15, U16 Boys (H)	200m
U14, U15, U16 Girls (H)	200m
U14, U15, U16 Boys	1500m
U14, U15, U16 Girls	1500m
Finals	300m/400m



Finals	100m
Finals	200m
U15, U17, U19 Girls Inter-County Relay	4*100m
U15, U17, U19 Boys Inter-County Relay	4*100m

Jumps Event Order - Start: 10:00 AM

Event	Event	
High Jump – U14 Girls	Long Jump – U19 Girls	Pole Vault – Boys U15-U19
High Jump – U19 Boys	Long Jump – U15 Girls	Pole Vault – Girls U17-U19
High Jump – U16 Girls	Long Jump – U14 Boys	
High Jump – U18 Girls	Long Jump – U18 Boys	
High Jump – U17 Boys	Long Jump – U17 Girls	
High Jump – U15 Boys	Long Jump – U16 Boys	
Triple Jump – U18 Boys		
Triple Jump – U19 Girls		
Triple Jump – U17 Girls		
Triple Jump – U17 Boys		

N.B. – TWO LONG JUMPS PITS WILL BE IN OPERATION

Throws Event Order - Start 10:00 AM

Event	Event	Event
Shot-U19 Girls (4 kg)	Javelin-U16 Girls (500g)	Hammer-U15 Girls (2.5 Kg)
Shot-U18 Girls (4 Kg)	Javelin-U14 Girls (400g)	Hammer-U17 Girls (3.25 Kg)
Shot-U14 Girls (2 Kg)	Javelin-U17 Boys (700g)	Hammer-U19 Girls (4 Kg)
Shot-U17 Girls (3.25 Kg)	Javelin-U19 Boys (800g)	Hammer-U16 Boys (4 Kg)
Shot-U16 Girls (3.25 Kg)	Javelin-U15 Boys (500g)	Hammer-U18 Boys (5 Kg)
Shot-U17 Boys (5 Kg)	Javelin-U18 Boys (700g)	Hammer-U14 Boys (2.5 Kg)
Discus-U18 Girls (1 Kg)		
Discus-U14 Boys (0.75 Kg)		
Discus-U15 Boys (1 Kg)		
Discus-U16 Boys (1 Kg)		
Discus-U19 Boys (1.5)		
Discus-U15 Girls (0.75 Kg)		

Notes:

- Athletes can not step up an age to compete in an event not held at their age group (i.e.: U13s cannot compete in the U14 Walk or Hammer)
- All events are finals unless underwise indicated by H (heats)
- If there are insufficient athletes to hold heats in any event – the final for that event will be held at the **heat time**.
- Athletes U14, U15, U16 are limited to **THREE** events in total over the two days excluding relays
- Athletes U17, U18, U19 are limited to **FOUR** events in total over the two days
- Clubs can enter an unlimited number of athletes in each event



- Inter-County Relay entries taken on the day at a cost of 10 euro per team
- Entries without Date of Birth, current registration number or entry fees will not be accepted
- U17 – U19 ATHLETES WHO DO NOT COMPETE IN THE LEINSTER CHAMPIONSHIPS DUE TO INJURY OR OTHER SPECIAL CIRCUMSTANCES MUST APPLY IN WRITING TO THE REGIONAL COMPETITION SECRETARY IF THEY WISH TO BE ENTERED FOR THE NATIONAL CHAMPIONSHIPS

Entry Fee: 2 euro per event
Late Entry Fee: 4 euro per event

CLOSING DATE: Friday June 12th 2009



Athletics Leinster U14-U19 Championships DAY 1 Entry Form: BOYS

Club: _____

Athletes U14, U15, U16 are limited to **THREE** individual events in total over the two days

Athletes U17, U18, U19 are limited to **FOUR** individual events in total over the two days

Official Use	Full Name	Age Group	Events	DOB	Reg No

I declare that all entries are eligible and enclose entry fees of _____ euro. Signed _____

CLOSING DATE: Friday June 12th 2009



Athletics Leinster U14-U19 Championships DAY 1 Entry Form: GIRLS

Club: _____

Athletes U14, U15, U16 are limited to **THREE** individual events in total over the two days

Athletes U17, U18, U19 are limited to **FOUR** individual events in total over the two days

Official Use	Full Name	Age Group	Events	DOB	Reg No

I declare that all entries are eligible and enclose entry fees of _____ euro. Signed _____

CLOSING DATE: Friday June 12th 2009



**Athletics Leinster
Juvenile U14-U19 Track and Field Championships**

**Tullamore Harriers Stadium – June 20th/June 21st 2009
Start Time: 10:00 AM**

Hurdles Start: 10:30 AM

U15 Girls (H)	250m Hurdles (2'3)
U16 Girls (H)	250m Hurdles (2'3)
U15 Boys (H)	250m Hurdles (2'6)
U16 Boys (H)	250m Hurdles (2'6)
U17 Girls (H)	300m Hurdles (2'6)
U17 Boys (H)	300m Hurdles (2'6)
U18 Girls (H)	300m Hurdles (2'6)
U19 Girls (H)	400m Hurdles (2'6)
U18 Boys (H)	400m Hurdles (2'9)
U19 Boys (H)	400m Hurdles (3'0)
Finals	Hurdles

Other Track Events follow the Hurdle Finals in order:

U14, U15, U16 Girls (H)	800m
U14, U15, U16 Boys (H)	800m
U17, U18, U19 Girls	1500m
U17, U18, U19 Boys	1500m
BREAK	
U14 Girls (H)	80m
U14 Boys (H)	80m
U15, U16 Girls (H)	100m
U15, U16 Boys (H)	100m
U17, U18, U19 Girls (H)	200m
U17, U18, U19 Boys (H)	200m
U16 Boys	3000m
Semi-finals	80m/100m
U17 Girls	1200m Steeplechase
U17 Boys	1500m Steeplechase
U18, U19 Girls	1500m Steeplechase
U18, U19 Boys	2000m Steeplechase
Finals	200m
Finals	80m/100m
Finals	800m

- All events are finals unless underwise indicated by H (heats)
- If there are insufficient athletes to hold heats in any event – the final for that event will be held at the **heat time**.



Jumps Event Order – Start: 10:00 AM

Event	Event
High Jump – U14 Boys	Long Jump – U16 Girls
High Jump – U17 Girls + U19 Girls	Long Jump – U19 Boys
High Jump – U16 Boys + U18 Boys	Long Jump – U17 Boys
High Jump – U15 Girls	Long Jump – U15 Boys
	Long Jump – U18 Girls
	Long Jump – U14 Girls
	Triple Jump – U15 Boys
	Triple Jump – U18 Girls
	Triple Jump – U16 Boys
	Triple Jump – U19 Boys

N.B. – TWO LONG JUMPS PITS WILL BE IN OPERATION

Throws Event Order – Start: 10:00 AM

Event	Event	
Shot – U18 Boys (5 Kg)	Javelin–U16 Boys (600g)	Hammer – U14 Girls (2.5 Kg)
Shot – U14 Boys (2.72 Kg)	Javelin– U17 Girls (600g)	Hammer–U15 Boys (3.25 Kg)
Shot – U15 Boys (3.25 Kg)	Javelin– U15 Girls (400g)	Hammer – U18 Girls (4 Kg)
Shot – U16 Boys (4 Kg)	Javelin– U18 Girls (600g)	Hammer–U16 Girls (3.25 Kg)
Shot – U19 Boys (6 Kg)	Javelin– U19 Girls (600g)	Hammer – U17 Boys (5 Kg)
Shot – U15 Girls (2.72 Kg)	Javelin– U14 Boys (400g)	Hammer – U19 Boys (6 Kg)
Discus – U17 Girls (1 Kg)		
Discus – U18 Boys (1.5 Kg)		
Discus – U14 Girls (0.75 Kg)		
Discus – U17 Boys (1.5 Kg)		
Discus – U16 Girls (1 Kg)		
Discus – U19 Girls (1 Kg)		

- Athletes U14, U15, U16 are limited to **THREE** events in total over the two days excluding relays
- Athletes U17, U18, U19 are limited to **FOUR** events in total over the two days
- Clubs can enter an unlimited number of athletes in each event
- Please enter boys and girls on separate sheets
- Entries without Date of Birth, current registration number or entry fees will not be accepted
- U17 – U19 ATHLETES WHO DO NOT COMPETE IN THE LEINSTER CHAMPIONSHIPS DUE TO INJURY OR OTHER SPECIAL CIRCUMSTANCES MUST APPLY IN WRITING TO THE REGIONAL COMPETITION SECRETARY IF THEY WISH TO BE ENTERED FOR THE NATIONAL CHAMPIONSHIPS

Entry Fee: 2 euro per event
Late Entry Fee: 4 euro per event

CLOSING DATE: Friday June 12th 2009



Athletics Leinster U14-U19 Championships DAY 2 Entry Form: BOYS

Club: _____

Athletes U14, U15, U16 are limited to **THREE** individual events in total over the two days

Athletes U17, U18, U19 are limited to **FOUR** individual events in total over the two days

Official Use	Full Name	Age Group	Events	DOB	Reg No

I declare that all entries are eligible and enclose entry fees of _____ euro. Signed _____

CLOSING DATE: Friday June 12th 2009



Athletics Leinster U14-U19 Championships DAY 2 Entry Form: GIRLS

Club: _____

Athletes U14, U15, U16 are limited to **THREE** individual events in total over the two days
 Athletes U17, U18, U19 are limited to **FOUR** individual events in total over the two days

Official Use	Full Name	Age Group	Events	DOB	Reg No

I declare that all entries are eligible and enclose entry fees of _____ euro. Signed _____

CLOSING DATE: Friday June 12th 2009



**Athletics Leinster
Juvenile (U9, U10, U11, U12, U13, U15) Team Event**

**Claremont Stadium, Navan
Saturday, July 4th 2009
Start-time: 11:00 AM**

Events:

U9	U10	U11	U12	U13	U15
60m	60m	60m	60m Hurdles	60m Hurdles	80m Hurdles
500m	600m	600m	600m	600m	800m
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
		High Jump	High Jump	High Jump	High Jump
Ball Throw	Ball Throw	Ball Throw	Shot Putt	Shot Putt	Shot Putt
4*100m	4*100m	4*100m	4*100m	4*100m	4*100m

Rules of Competition:

- For High Jump – any legal HJ method
- For U9, U10 and U11 Long Jump – 1 metre take-off area (from sand). All other age groups are from the board
- Shot Putt – 2 Kg weight
- Each team has 4 athletes
- Each team must compete in the relay and in at least four of the five other events except U9 and U10 teams which must compete in all events listed.
- An athlete must complete an event for that event to score
- Athletes can move up ONE age group, but at least two team members must be the correct age except U15 – where a team can be all U14
- Athletes can only compete on ONE team.
- Each athlete must compete in TWO events plus the relay
- There must be TWO from each team per event.
- A substitute may replace an athlete injured during competition
- The current points total will be available prior to the last event, the relay
- To calculate the final score, the lowest scoring event for each team - except the relay - for each team will be dropped.
- **TEAM MANAGERS ARE RESPONSIBLE FOR ENSURING THAT ATHLETES TAKE PART IN THE CORRECT EVENTS AS PER THE RULES ABOVE.**

**Entry Fee: 10 euro per team
Late Entry Fee: 15 euro per team**

CLOSING DATE: Friday June 26th 2009



**Athletics Leinster
Juvenile (U9, U10, U11, U12, U13, U15) Team Event
Entry Form: BOYS**

Club: _____

	Name	DOB	Reg No
Boys Under:			
Substitute			

Events	Names (2 per event except Relay)
60m / Hurdles	
500m/600m/800m	
High Jump	
Long Jump	
Ball Throw/Shot Putt	

Entries without DOB, current reg number or entry fees will not be accepted.

I declare that all entries are eligible and enclose entry fees of _____ euro

Signed: _____ Contact No: _____

CLOSING DATE: Friday June 26th 2009



**Athletics Leinster
Juvenile (U9, U10, U11, U12, U13, U15) Team Event
Entry Form: GIRLS**

Club: _____

	Name	DOB	Reg No
Girls Under:			
Substitute			

Events	Names (2 per event except Relay)
60m / Hurdles	
500m/600m/800m	
High Jump	
Long Jump	
Ball Throw/Shot Putt	

Entries without DOB, current reg number or entry fees will not be accepted.

I declare that all entries are eligible and enclose entry fees of _____ euro

Signed: _____ Contact No: _____

CLOSING DATE: Friday June 26th 2009