



JUVENILE TEAM EVENT 2010

TIMETABLE

JUVENILE TRACK AND FIELD 2010

(Incorporating changes from Motions carried at Congress 2010)

Team Competition U9, U10 & U11

Venue: Templemore
Dates: 26th June
Time: 10.30 a.m.
Check in open 9.00 a.m.
Entry Fee: €8 per team
Closing Date: 14th June
Late Entry: No Late Entry
Entries Athletic Association of Ireland, Unit 19, Northwood Court
Northwood Business Campus, Santry, Dublin 9

Choice of events available per team

U9 Girls & Boys Born 2002	U10 Girls & Boys Born 2001	U11 Girls & Boys Born 2000
60m	60m	60m
300m	500m	600m
Long Jump	Long Jump	Long Jump
Ball Throw	Ball Throw	Ball Throw

1. Two (2) athletes per team.
2. Each athlete may compete in two events only, *with the same or two different partners.*
3. Athletes compete in their own age group (U9 must be born 2002) .
4. Each teams combined distances or combined times are added for team scoring.
5. Medals for 1st, 2nd, 3rd team members in each event.
6. Three (3) teams per event per region, qualifying through Regional/Provincial Secretary.
7. U9, 10 Long Jump competition, athletes may jump anywhere from the sand. U 11 Long Jump competition is from the board. 3 Jumps only per athlete.
8. Ball throw is similar to javelin technique
Longest throw measured to where the ball hits the ground.
3 throws only per athlete
9. 60m, 300m, 500m, 600m are on times no finals.
10. Standing or crouch start is optional. The standing start command for all sprints are "on your marks" and "set"
11. Persistent false starts may lead to disqualification.
12. No entry or change of entry on the day of competition.
13. Entries to Head Office and a copy to National Competition Secretary contact details are included earlier in the publication
14. Club singlets must be worn.
15. The Committee reserve the right to alter the timetable.
16. Relays commence at 2.00 p.m. Relays are not part of the scoring for team competition.

Collecting your number does not mean you are checked in.

Team Competition U9, U10, U11 Timetable

Check in Opens 9.30 a.m.

The Committee reserve the right to alter the timetable.

10.30 a.m. *According to previous page*

Girls	9	60m
Boys	9	60m
Girls	10	60m
Boys	10	60m
Girls	11	60m
Boys	11	60m

1.00 p.m.

Girls	9	300m
Boys	9	300m
Girls	10	500m
Boys	10	500m
Girls	11	600m
Boys	11	600m

11.00 am

Girls	11	Long Jump
Boys	11	Long Jump
Girls	10	Long Jump
Boys	10	Long Jump
Girls	9	Long Jump
Boys	9	Long Jump

11.00 am

Girls	9	Ball Throw
Boys	9	Ball Throw
Girls	10	Ball Throw
Boys	10	Ball Throw
Girls	11	Ball Throw
Boys	11	Ball Throw

26th June 2010
Inter Club Relays U9, 10, 11

PLEASE NOTE:

- No entry on the day of competition, entries through Regional/Provincial Secretary
- Athletes may step up ONE (1) age group only and may compete in TWO (2) relays on the day **except U 9 athletes must be born in year 2002**
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age
- Relay teams qualify from region, 3 teams per region
- Team names, DOB, registration numbers must be submitted with entry
- **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM**
- Spot checks may take place.

Check in closes relays 1.00 p.m.

2.00 p.m.

U11	Girls	4 x 100m
U11	Boys	4 x 100m
U10	Girls	4 x 100m
U10	Boys	4 x 100m
U9	Girls	4 x 100m
U9	Boys	4 x 100m

Juvenile Track & Field

Venue: Tullamore

Dates: 3/4th July

Venue: Tullamore

Dates: 24/25th July 2010

Time: Please check individual days for start times

Entry Fee: 4 Euro per event

€10 per relay

Championships are qualification events, no late entries accepted

Closing Date: 21st June 2010 Week 1

12th July 2010 Week 2

Entries *Athletic Association of Ireland, Unit 19, Northwood Court
Northwood Business Campus, Santry, Dublin 9*

Track & Field Regulations

- 1 **NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIP.**
- 2 Individual Track & Field Championships for Boys and Girls ages 12-19.
- 3 The first four (4) from each region qualify for the National Championships.
- 4 **The first three (3) in the 600m due to safety regulations.**
- 5 Athletes are confined to their own age group.
- 6 Ages 12, 13, 14, 15 and 16 are limited to 3 events plus relay.
- 7 Ages 17, 18 and 19 are limited to 4 events plus relay
- 8 Club Singlets must be worn.
- 9 All entries must come through the Regional Secretary.
- 10 A copy of all Regional results plus a copy of all entries to go Head office and to the Track & Field Secretary.
- 11 **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
 - All athletes must collect a competition number
 - All athletes must collect number 1 hour prior to their event minimum
 - Field athletes check in at their event when event is called
 - Track athletes CHECK IN at the check in area (Call area)
- 12 **ONLY 5mm SPIKES MAY BE USED**
- 13 Only starting blocks provided by the organising committee may be used.
- 14 "U12 all must do a crouched start. Below that age standing or crouch start is optional. The commands for all sprints are "on your marks" and "set"
- 15 **Athletes from U13 upwards must use Starting Blocks**
- 16 **IAAF False Start Rules apply. U 16 upwards First false start leads to disqualification.**
- 17 **U13,14,15. One false start and all are on warning of next false start leading to disqualification.**
- 18 Athlete must leave the arena when their event is complete.
- 19 Winning athletes must report for medal presentation 20 minutes after their event where possible.
- 20 Coaches and parents are *not allowed* on the track at any time.
- 21 Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
- 22 The guidelines for middle distance events are
 - A final will be held if there are 16 or less in the 600m, 800m
 - 20 or less in the 1500m
- 23 **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
- 24 In all field events except the High Jump and Pole Vault 3 attempts, 3 final throws/jumps for the 8 best athletes
22. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships, *entries through the Regional Secretaries by closing date to* Association of Ireland, Unit 19, Northwood Court, Northwood Business Campus, Santry, Dublin 9
23. **Regional Competition Secretaries must be present on days of competition.**
24. Please have respect for the stadium and its environs.
- 25 Please do not leave your personal belongings unattended.

Athletic Association of Ireland Table of Hurdle Specification

OUTDOOR

Age Group	Distance	Height	No.	Approach	Interval	Finish
Girls 13	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
Girls 14	75m	68.6cm 2' 3"	8	11.50m	7.50m	11.00m
Girls 15	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls 15	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
Girls 16	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls 16	250m	68.6cm 2' 3"	6	35.00m	8.00m	40.00m
Girls 17	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls 17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Girls 18	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls 18	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Girls 19	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Girls 19	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Boys 13	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
Boys 14	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.50m
Boys 15	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
Boys 16	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Boys 16	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
Boys 17	100m	91.4cm 3' 0"	10	13.00m	8.50m	10.50m
Boys 17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Boys 18	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
Boys 18	400m	84.0cm 2' 9"	10	45.00m	35.00m	40.00m
Boys 19	110m	99.0cm 3' 3"	10	13.72m	9.14m	14.02m
Boys 19	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m

Table of Throwing Implements

(SW --- Short Wire)

	12	13	14	15	16	17	18	19
Boys								
Shot	2k	2k	2.72k	3.25k	4k	5k	5k	6k
Discus			.75k	1k	1k	1.5k	1.5k	1.75k
Javelin		400g	400gr	500gr	600gr	700gr	700gr	800gr
Hammer			2.5k SW	3.25k	4k	5k	5k	6 k
Girls								
Shot	2k	2k	2k	2.72k	3.25k	3.25k	4k	4k
Discus			.75k	.75k	1k	1k	1k	1k
Javelin		400g	400gr	400gr	500gr	600gr	600gr	600g
Hammer			2.5k SW	2.5k SW	3.25k	3.25k	4k	4k

3rd/4th/24th/25th July 2010
Juvenile Track & Field Championships U12 – U19

EVENTS AVAILABLE – Girls

GIRLS 12

60m Sprint
600m
Ball Throw
High Jump
Long Jump
Shot Putt

GIRLS 13

80m Sprint
60m Hurdles
600m
High Jump
Long Jump
Shot Putt
Javelin

GIRLS 14

80m Sprint
75m Hurdles

200m
800m
1500m
2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Shot Putt

GIRLS 15

100m Sprint
80m Hurdles
250m Hurdles
200m
800m
1500m
2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Shot Putt

GIRLS 16

100m Sprint
80m Hurdles
250m Hurdles
200m
800m
1500m
2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Shot Putt
Pole Vault

GIRLS 17

100m Sprint
100m Hurdles
300m Hurdles
200m
300m
800m
1500m

2000m S/Chase (2'6")
3000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Putt
Triple Jump

GIRLS 18

100m Sprint
100m Hurdles
300m Hurdles
200m
300m
800m
1500m
3000m
3000m S/Chase
3000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Putt
Triple Jump

GIRLS 19

100m Sprint
100m Hurdles
400m Hurdles
200m
400m
800m
1500m
3000m
3000m S/Chase
3000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Putt
Triple Jump

Track & Field 12 – 19 years

Day 1 – Saturday 3rd July

EVENTS AVAILABLE – Boys

BOYS 12

60m Sprint
600m
Ball Throw
High Jump
Long Jump
Shot Putt

BOYS 13

80m Sprint
60m Hurdles
600m
High Jump
Long Jump
Javelin
Shot Putt

BOYS 14

80m Sprint
75m Hurdles

200m
800m
1500m

2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump

Shot Putt

BOYS 15

100m Sprint
80m Hurdles
250m Hurdles
200m
800m
1500m

2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Putt
Triple Jump

BOYS 16

100m Sprint
100m Hurdles
250m Hurdles
200m
800m
1500m
3000m

3000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Putt
Triple Jump

BOYS 17

100m Sprint
100m Hurdles
300m Hurdles
200m
400m
800m
1500m
2000m S/Chase (3'.0")
3000m
3000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Putt
Triple Jump

BOYS 18

100m Sprint
110m Hurdles
400m Hurdles
200m
400m
800m
1500m
3000m S/Chase
3000m
5000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Putt
Triple Jump

BOYS 19

100m Sprint
110m Hurdles
400m Hurdles
200m
400m
800m
1500m
3000m S/Chase
3000m
5000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Putt
Triple Jump

Track & Field 12 – 19 years

Day 1 – Saturday 3rd July

Check in Opens 8.30am

The Committee reserve the right to alter the timetable.

Check in closes 9.15 a.m. Hurdles

10.00 a.m. Hurdles

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

HURDLE FINALS

Check in closes 12.00 . Steeplechase

1.00 p.m.

Girls 17	2000 S/C (2'6")	Final
Girls 18	3000 S/C	Final
Girls 19	3000 S/C	Final
Boys 17	2000 S/C(3'0")	Final
Boys 18/19	3000 S/C	Final

Check in closes 1.30 p.m. Sprints

2.30 p.m.

Girls & Boys 12	60m	Heats
Girls & Boys 13	80m	Heats
Girls & Boys 14	80m	Heats
Girls & Boys 15	100m	Heats
Girls & Boys 16	100m	Heats
Girls & Boys 17	100m	Heats
Girls & Boys 18	100m	Heats
Girls & Boys 19	100m	Heats

SPRINT FINALS

10.00 a.m.

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

10.00 a.m.

Pole Vault

Girls	16,17,18 & 19
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10.00a.m.

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

11.00 a.m.

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

12.00 p.m.

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

1.00 p.m.

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

2.00pm

Boys	15	Javelin
Girls	15	High Jump
Boys	12	Long Jump
Girls	12	Shot Putt

3.00 p.m.

Boys	12	Shot Putt
Girls	12	High Jump
Boys/Girls	12	Ball Throw

Track & Field 12 – 19 years

Day 2 – Sunday 4th July

Check in Opens 9.30am

The Committee reserve the right to alter the timetable.

Check in Closes 9.45 a.m Hurdles

10.30 a.m.

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

HURDLE FINALS

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

12.30 p.m

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

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

1.30 p.m.

Girls & Boys	12	600m	Heats
Girls & Boys	13	600m	Heats
Girls & Boys	14	800m	Heats
Girls & Boys	15	800m	Heats
Girls & Boys	16	800m	Heats
Girls & Boys	17	800m	Heats
Girls & Boys	18	800m	Heats
Girls & Boys	19	800m	Heats

3.00 p.m.

300m, 400m FINALS

Check in closes 2.30 p.m. 3000m

3.30 p.m. FINALS

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

4.30 pm.

600m, 800m FINALS

10.00 a.m.

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

10.00 a.m.

Pole Vault

Boys 15,16,17,18 & 19

10.00 a.m.

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

11.00 a.m.

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

12,00 p.m.

Boys	16	Long Jump
Girls	13	Shot
Boys	14	High Jump
Boys	13	Javelin
Girls	14	Discus
Girls	12	Long Jump

1.00 p.m.

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

2,00 p.m.

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

3.00 p.m.

Boys	12	High Jump
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Track & Field 12 – 19 years

Day 3 – SATURDAY 24th July

Check in opens 8.45

The Committee reserve the right to alter the timetable.

				10.00 a.m		
<u>Check in closes 9.15a.m 1500m</u>				Girls	16	Hammer (3.25k)
				Boys	15	Hammer (3.25k)
10.00 a.m				Girls	17	Hammer (3.25k)
				Boys	19	Hammer (6kg)
Girls & Boys 14	1500m	Heats	10.00 a.m			
Girls & Boys 15	1500m	Heats	Boys	19	Long Jump	
Girls & Boys 16	1500m	Heats	Boys	17	Discus	
Girls & Boys 17	1500m	Heats	Girls	17	Shot	
Girls & Boys 18	1500m	Heats	Girls	18	Javelin	
Girls & Boys 19	1500m	Heats	Girls	19	Long Jump	
<u>Check in closes 10.30 Walks</u>				11.00 a.m.		
Walks Girls				Girls	17	High Jump
Girls 14,15,16	2000m	Walks Finals	Boys	16	Triple Jump	
Girls 17,18,19	3000m	Walks Finals	Girls	18	Long Jump	
<u>Check in closes 10.30 200m</u>				Girls	15	Shot
11.30 a.m				Boys	15	Discus
Girls & Boys 14	200m	Heats	Boys	17	Javelin	
Girls & Boys 15	200m	Heats	12.00 noon			
Girls & Boys 16	200m	Heats	Boys	19	High Jump	
Girls & Boys 17	200m	Heats	Boys	16	Shot	
Girls & Boys 18	200m	Heats	Girls	16	Discus	
Girls & Boys 19	200m	Heats	Girls	15	Javelin	
<u>Check in closes 12.00 noon Walks</u>				Girls	17	Triple Jump
1.00 p.m				2.00 p.m.		
Boys 14, 15	2000m	Walks Finals	Boys	17	Shot	
Boys 16, 17	3000m	Walks Finals	Boys	16	Discus	
Boys 18, 19	5000m	Walks Finals	Girls	17	Javelin	
2.30 p.m.				Girls	19	Triple Jump
1500m	FINALS		Boys	18	High Jump	
200m	FINALS		3.00 p.m.			
				Girls	19	Javelin
				Boys	18	Long Jump
				Boys	18	Discus
				Girls	18	Shot
				Girls	18	High Jump

Sunday 25th July
Inter Club Relays / Inter County Relays

Venue: Tullamore Harriers Stadium
Date: 25th July 2010
Time: 10.00 a.m.
Entry Fee: 10 Euro per team
No late entries
Entries to: Competition Secretary, Head Office
Closing Date: 12^h July 2010
Check-in Opens 9.00 a.m.

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

- 1 Athletes born in **1995** may not compete in either the 4x300m or 4x400m relays
- 2 Minimum break of 45 for 100m relays and 90 mins for 300m and 400m relays
- 3 Athletes may move up one age group. At least 2 members of a competing relay team, participating in the event on that day must be of the correct age, no restriction applies to U17, 18, 19. All athletes can only compete in a maximum of 3 relays to include Inter County Relay . Sub must be present for medal presentation.
- 4 Three (3) teams per county per age group, **Teams qualify from the County.**
- 5 Entry Forms for 12-19's will be sent to County Secretaries.
- 6 All team names; reg numbers and DOB must be on entry sheets at closing date.
- 7 Declaration sheets must be filled in on day of competition.
- 8 Spot checks may take place.

Regulations: County Relays

1. Only One (1) team per County per age group
2. An athlete may move up one age group but may only complete in one relay.
3. Up to five per team. If sub is present and declared on the day medal will be presented
4. Teams wear County athletic colours.
5. Teams qualify from the County championships.
6. **Entry Forms will be sent to County Secretaries.**
7. All team names; reg numbers and DOB must be on entry sheets at closing date.
8. Declaration sheets must be filled in on day of competition.
9. Spot checks may take place.

Sunday 25th July

Inter Club Relays / Inter County Relay

Venue: Tullamore Harriers Stadium
Date: 25th July 2009
Time: 10.00 a.m.
Entry Fee: 10 Euro per team
Entry Fee: No late entries
Closing Date: 12th July 2010
 Entries to: Competition Secretary, Head Office

Check-in Opens 8.45 a.m.

Closes 9.30 a.m for morning events.

Order of Events

10.00 a.m.

		Age	Event	
1	Girls	18	4 x 300	Heats
2	Boys	18	4 x 400	Heats
3	Girls	13	4 x 100m	Heats
4	Boys	13	4 x 100m	Heats
5	Girls	15	4 x 100m	Heats
6	Boys	15	4 x 100m	Heats
7	Girls	17	4 x 100m	Heats
8	Boys	17	4 x 100m	Heats
9	Girls	19	4 x 100m	Heats
10	Boys	19	4 x 100m	Heats

Finals in the same order

1.00 p.m.

12	Girls	17	4 x 300m	Heats
12	Boys	17	4 x 400m	Heats
13	Girls	19	4 x 400m	Heats
14	Boys	19	4 x 400m	Heats
15	Girls	12	4 x 100m	Heats
16	Boys	12	4 x 100m	Heats
17	Girls	14	4 x 100m	Heats
18	Boys	14	4 x 100m	Heats
19	Girls	16	4 x 100m	Heats
20	Boys	16	4 x 100m	Heats
21	Girls	18	4 x 100m	Heats
22	Boys	18	4 x 100m	Heats

Finals in the same order

3.30 p.m. County Relays

23	Girls	13	4 x 100m	Heats
24	Boys	13	4 x 100m	Heats
25	Girls	15	4 x 100m	Heats
26	Boys	15	4 x 100m	Heats
27	Girls	17	4 x 100m	Heats
28	Boys	17	4 x 100m	Heats
29	Girls	19	4 x 100m	Heats
30	Boys	19	4 x 100m	Heats

Finals in the same order

Juvenile Combined Events

31st July 2010

Venue: Tullamore Harriers Stadium
Dates: 31st July 2010
Time: 10.00 a.m. (on both days)
Entry Fee: 10 Euro per event
Late Entry: No Late Entry
Entries *Athletic Association of Ireland, Unit 19, Northwood Court
 Northwood Business Campus, Santry, Dublin 9*
Closing Date 19th July 2010
All athletes must be registered.

EVENTS:

Pentathlon

Girls & Boys 14 Girls & Boys 15 Girls & Boys 16

75m Hurdles

High Jump	80m Hurdles	80m H Girls, 100m H Boys
Long Jump	High Jump	High Jump
Shot Putt	Long Jump	Long Jump
800m	Shot Putt	Shot Put
	800m	800m

Heptathlon

Girls 17, 18, 19

Octathlon

Boys 17, 18

Heptathlon

Boys U19

100m Hurdles	Day 1	100m	200m
200m	Day 1	400m	Shot Putt
High Jump	Day 1	High Jump	High Jump
Shot Putt	Day 1	Long Jump	Long Jump
	Day 2	Shot Putt	100m Hurdles
Javelin	Day 2	110 Hurdles	Pole Vault
Long Jump	Day 2	Javelin	Javelin
800m	Day 2	1000m	1000m

Girls 17, 18, 19 and Boys 17,18 and 19 are separate competitions.

Rules:

1. **All athletes should be technically proficient and competent to compete in each event.**
2. In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
3. In the track events, an athlete shall be disqualified in any event, in which he has made two false starts.
4. An athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition. He shall not, therefore, figure in the final classification.
5. The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.

**Juvenile 'B' Track and Field
1st August 2010**

Venue: Tullamore Harriers Stadium
Date: 1st August 2010
Time: 10.30 a.m.
Entry Fee: 4 Euro per event
Closing Date: 19th July 2010
Entries. *Athletic Association of Ireland, Unit 19, Northwood Court
Northwood Business Campus, Santry, Dublin 9*
All athletes must be registered.

EVENTS:

Girls 13	Girls 14	Girls U15	Girls 16
80m	100m	100m	100m
600m	800m	800m	800m
Long Jump	Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump	High Jump
Shot Putt	Shot Putt	Shot Putt	Shot Putt
Boys 13	Boys 14	Girls U15	Boys 16
80m	100m	100m	100m
600m	800m	800m	800m
Long Jump	Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump	High Jump
Shot Putt	Shot Putt	Shot Putt	Shot Putt

Regulations: Normal regulations for Track and Field apply plus

1. Any athlete who has competed in the Regional Championships and not qualified in any event is eligible to complete in this Championship.
2. Entries through club secretaries to National Head Office by closing date.
3. Athletes may move up one age group only.
4. Athletes may enter **2 events**.
5. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
6. Closing date 19th July 2010

Juvenile Combined Events

31st July 2010

Order of Events

The committee reserve the right to alter the order of events

Check in Opens at 9.00am

Closes at 9.30 a.m

TRACK 10.00 a.m.

Girls	14	75m Hurdles
Boys	14	75m Hurdles
Girls	15	80m Hurdles
Boys	15	80m Hurdles
Girls	16	80m Hurdles
Boys	16	100m Hurdles
Girls	17	100m Hurdles
Girls	18	100m Hurdles
Girls	19	100m Hurdles
Boys	17	100m
Boys	18	100m
Boys	19	200m
Girls	14	800m
Girls	15	800m
Girls	16	800m
Girls	17	200m
Girls	18/19	200m
Boys	14	800m
Boys	15	800m
Boys	16	800m
Boys	17	400m
Boys	18	400m

FIELD

Girls	14	High Jump
Boys	14	Long Jump
Boys	15	Long Jump
Girls	15	High Jump
Boys	16	Long Jump
Girls	14	Shot Putt
Boys	14	Shot Putt
Girls	17	Shot Putt
Girls	16	High Jump
Boys	17	Long Jump
Boys	18/19	Long Jump
Boys	15	Shot Putt
Girls	15	Shot Putt
Boys	16	Shot Putt
Girls	14	Long Jump
Girls	15	Long Jump
Girls	17/18/19	High Jump
Girls	16	Shot Putt
Boys	17	Shot Putt
Girls	18/19	Shot Putt
Boys	18/19	Shot Putt
Girls	16	Long Jump
Boys	14	High Jump
Boys	15	High Jump
Boys	16	High Jump
Boys	17/18/19	High Jump

Juvenile Combined Events Day 2

Plus "B" Track & Field

1st August 2010

COMBINED EVENTS DAY 2

10.00 a.m.

C.E. **Boys 17,18,19** **Hurdles**

10.00 a.m

C.E. **Girls 17** **Long Jump**

C.E. **Girls 18/19** **Long Jump**

C.E. **Boys 19** **Pole Vault**

C.E. **Girls 17** **Javelin**

C.E. **Girls 18/19** **Javelin**

C.E. **Boys 17/18/19** **Javelin**

C.E. **Girls 17/18/19** **800m**

C.E. **Boys 17/18/19** **1000m**

NB

Combined Event 800/1000m will take place on the completion of all outstanding field events for Combined Events No time allocated

"B" Track & Field

Check in opens at 9.00am

10.30 a.m

Girls 13 80m
Boys 13 80m
Girls 14 100m
Boys 14 100m
Girls 15 100m
Boys 15 100m
Girls 16 100m
Boys 16 100m

12.00 a.m.

Girls 13 600m
Boys 13 600m

1.00 p.m.

Girls 14 800m
Boys 14 800m
Girls 15 800m
Boys 15 800m
Boys 16 800m
Girls 16 800m

10.30 Girls & Boys 14 Long Jump
 Girls & Boys 16 Long Jump
 Girls & Boys 13 Long Jump

10.00 Boys 16 Shot Putt
 Girls 13 Shot Putt
 Boys 13 Shot Putt
 Boys 14 Shot Putt
 Girls 15 Shot Putt
 Boys 15 Shot Putt
 Girls 14 Shot Putt
 Girls 16 Shot Putt

10.00 Girls 16 High Jump
 Boys 11 high Jump
 Girls 13 High Jump
 Boys 13 High Jump
 Girls 14 High Jump
 Boys 14 High Jump
 Boys 16 High Jump
 Girls 15 High Jump
 Boys 15 High Jump