



Athletics Leinster

2010 Track & Field Programme

Dear Club Secretary,

As the new secretary for Athletics Leinster I wish to advise you of the following:

Leinster Banner:

Leinster Athletics are looking for new ideas for the design, type, size, colour etc... of a new Banner. A prize of €100.00 is being offered for the best design from Juvenile registered members up to U/19. All queries and designs are to be forwarded to Martin J Heery at mjheery@yahoo.com or Hammondstown, Castlepollard, Co. Westmeath.

Starting Blocks:

Brian Dowling will be purchasing Starting Blocks in the coming weeks under the AAI initiative and has requested that all clubs interested in purchasing same are to contact him on bdowlingcoach@hotmail.com

New Committee for 2010:

Chairperson:	Nicky Cowman (Wexford).
Vice Chairperson:	Brendan Meade (Meath).
Secretary:	Martin J Heery (Meath).
Treasurer:	Norah McDermott (Kildare).
Assistant Treasurer:	Catherine Muckian (Louth).
Indoor Competition Secretary:	Clare Doyle (Wexford).
Track & Field Competition Secretary:	Pat Carty (Wexford).
Road & Cross Country Secretary:	Carmel Kelly (Kildare).
Registrar:	Mary Agnew (Louth).
Coaching & Development:	Brian Dowling (Kildare).

Yours in Sport,

Martin J Heery

Athletics Leinster Secretary



Athletics Leinster

2010 Track & Field Programme

- Please ensure **ALL** entries are in BLOCK CAPITALS and legible. First and last name for each athlete is required along with **DOB** and **2010 AAI registration number** (life registration numbers will not be accepted)
- Entries received after the indicated closing date will be charged at **double** the normal fee.
- All 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 to compete in individual events as follows:

Age Category	# of Events
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, however coaches **MUST** ensure that their athletes are proficient at the event in which they are being entered.
- **For age groups below U17, at least two members of a relay team must be the correct age for that age group.**
- Athletes may move up **ONE** age group only for a relay, with the following exceptions:
 - Girls U16 CANNOT compete in the Girls U17 4 * 300m
 - Boys U16 CANNOT compete in the Boys U17 4 * 400m
- **Please ensure CORRECT FEMALE/MALE Entry Forms are completed.**
- All **Entry Forms** to be submitted to:

**Sports Development Project
Claremont Stadium
Navan
Co. Meath
Tel: 046 902 9966**
- Any "on the day" entries must have proof of 2010 AAI registration (this can be obtained from the club registration section of the AAI website)
- **Check-In:**
 - Track Athletes check-in when collecting their numbers:
 - Field Athletes check-in when their event is called:
- **All clubs that enter athletes in a competition MUST provide officials on the day of competition. These officials must be named on entry form and must sign in at 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.**
- 5mm spikes **ONLY** will be allowed on track.
- 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.
- There will be three attempts allowed in all field events, with the exception of High Jump & Pole Vault, with a further three attempts for the top eight competitors.
- Coaches and parents are not allowed on the track or infield at any time. An athlete risks disqualification if this rule is broken.
- For U12 up, four athletes qualify for the AAI National Championship from each event, except where indicated.
- **U17 – U19 ATHLETES, ENTERED FOR LEINSTER CHAMPIONSHIP BUT DO NOT COMPETE IN THESE 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 CHAMPIONSHIP.**
- Athletics Leinster reserves the right to alter the timetables. Any alterations to the programme will be published on the Athletics Leinster website, www.athleticsleinster.ie.
- Please direct any queries to the Athletics Leinster Track & Field competition secretary, Pat Carty on 0876538501 OR patrickcarty@gmail.com.



Athletics Leinster

2010 Track & Field Programme

2010 Athletics Leinster Track & Field Programme				
Date	Start Time	Age Category	Venue	Closing Date
Sunday 23rd May	11:30	Juvenile Inter-Club Relays (U9 - U19)	Greystones	Friday 14th May
Saturday 29th May	10:00	U9, U10, U11 Pairs Competition & U12 Championship	Tullamore	Friday 21st May
Sunday 30th May	11:00	Junior & U23 Championship	Tullamore	Friday 21st May
Sunday 6th June	11:30	Senior & Masters Championship	Tullamore	Friday 28th May
Saturday 12th June	11:30	U9 - U15 Team Event (Leinster only event)	Greystones	Friday 4th June
Saturday 19th June	10:00	DAY 1 - Juvenile U13-U19 Championship	Tullamore	Friday 11th June
Sunday 20th June	10:30	DAY 2 - Juvenile U13-U19 Championship	Tullamore	Friday 11th June
Sunday 29th August	10:30	Combined Events	Navan	Enter on day

2010 Athletics Leinster Inter County Relay			
Date	Age Category	Venue	Closing Date
Saturday 29 th May	U11	Tullamore	Enter on day
Saturday 19 th June	U13, U15, U17, U19	Tullamore	Enter on day



Athletics Leinster

2010 Track & Field Programme

Juvenile Inter-Club Relays (U9 – U19)

Shoreline Sports Park, Greystones

Sunday 23rd May

Start-time: 11:30am

Order	Age Category	Relay	Order	Age Category	Relay
PART 1			PART 2		
1	U9 Girls	4 * 100m	14	U17 Girls	4 * 300m
2	U9 Boys	4 * 100m	15	U18 Girls	4 * 300m
3	U11 Girls	4 * 100m	16	U17 Boys	4 * 400m
4	U11 Boys	4 * 100m	17	U18 Boys	4 * 400m
5	U13 Girls	4 * 100m	18	U19 Girls	4 * 400m
6	U13 Boys	4 * 100m	19	U19 Boys	4 * 400m
7	U15 Girls	4 * 100m	20	U10 Girls	4 * 100m
8	U15 Boys	4 * 100m	21	U10 Boys	4 * 100m
9	U17 Girls	4 * 100m	22	U12 Girls	4 * 100m
10	U17 Boys	4 * 100m	23	U12 Boys	4 * 100m
11	U19 Girls	4 * 100m	24	U14 Girls	4 * 100m
12	U19 Boys	4 * 100m	25	U14 Boys	4 * 100m
FINALS - UNEVEN AGES			26	U16 Girls	4 * 100m
			27	U16 Boys	4 * 100m
			28	U18 Girls	4 * 100m
			29	U18 Boys	4 * 100m
FINALS - EVEN AGES					

PLEASE NOTE:

- Semi Final & Finals, where required, will follow the running order as above.
- Athletes may move up **ONE** age group only for a relay, with the following exceptions:
 - Girls U16 CANNOT compete in the Girls U17 4 * 300m
 - Boys U16 CANNOT compete in the Boys 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.
- Entries without D.O.B, 2010 AAI registration number or correct entry fees will **NOT** be accepted.
- There will be no late entries or changes accepted for any relay team after the teams have been called to race assembly.

Closing Date for Entries. Friday 14th May, 2010.

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

Entry Fee: €10 per team

Late Entry Fee: €15 per team



Athletics Leinster

2010 Track & Field Programme

Juvenile Inter-Club Relays (U9 – U19)

Shoreline Sports Park, Greystones

FEMALE ENTRY FORM

CLOSING DATE: Friday 14th May

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

			Athlete Name	D.O.B	Reg #		Athlete Name	D.O.B	Reg #
Event	Age Category	1				2			
4 * 100		3				4			
4 * 300		5				6			
			Athlete Name	D.O.B	Reg #		Athlete Name	D.O.B	Reg #
Event	Age Category	1				2			
4 * 100		3				4			
4 * 300		5				6			
			Athlete Name	D.O.B	Reg #		Athlete Name	D.O.B	Reg #
Event	Age Category	1				2			
4 * 100		3				4			
4 * 300		5				6			
			Athlete Name	D.O.B	Reg #		Athlete Name	D.O.B	Reg #
Event	Age Category	1				2			
4 * 100		3				4			
4 * 300		5				6			



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		Athlete Name		D.O.B	Reg #			D.O.B	Reg #
Event	Age Category	1				2			
4 * 100		3				4			
4 * 300		5				6			
		Athlete Name		D.O.B	Reg #	Athlete Name		D.O.B	Reg #
Event	Age Category	1				2			
4 * 100		3				4			
4 * 300		5				6			
		Athlete Name		D.O.B	Reg #	Athlete Name		D.O.B	Reg #
Event	Age Category	1				2			
4 * 100		3				4			
4 * 300		5				6			
		Athlete Name		D.O.B	Reg #	Athlete Name		D.O.B	Reg #
Event	Age Category	1				2			
4 * 100		3				4			
4 * 300		5				6			

I declare that all entries are eligible and enclose entry fees of: € _____ Name of Official: _____

Signed: _____ Date: _____



Athletics Leinster

2010 Track & Field Programme

Juvenile Inter-Club Relays (U9 – U19)

Shoreline Sports Park, Greystones

MALE ENTRY FORM

CLOSING DATE: Friday 14th May

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

			Athlete Name	D.O.B	Reg #		Athlete Name	D.O.B	Reg #
Event	Age Category	1				2			
4 * 100		3				4			
4 * 400		5				6			
			Athlete Name	D.O.B	Reg #		Athlete Name	D.O.B	Reg #
Event	Age Category	1				2			
4 * 100		3				4			
4 * 400		5				6			
			Athlete Name	D.O.B	Reg #		Athlete Name	D.O.B	Reg #
Event	Age Category	1				2			
4 * 100		3				4			
4 * 400		5				6			
			Athlete Name	D.O.B	Reg #		Athlete Name	D.O.B	Reg #
Event	Age Category	1				2			
4 * 100		3				4			
4 * 400		5				6			



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2010 Track & Field Programme

		Athlete Name		D.O.B	Reg #			D.O.B	Reg #
Event	Age Category	1				2			
4 * 100		3				4			
4 * 400		5				6			
		Athlete Name		D.O.B	Reg #			D.O.B	Reg #
Event	Age Category	1				2			
4 * 100		3				4			
4 * 400		5				6			
		Athlete Name		D.O.B	Reg #			D.O.B	Reg #
Event	Age Category	1				2			
4 * 100		3				4			
4 * 400		5				6			
		Athlete Name		D.O.B	Reg #			D.O.B	Reg #
Event	Age Category	1				2			
4 * 100		3				4			
4 * 400		5				6			
		Athlete Name		D.O.B	Reg #			D.O.B	Reg #
Event	Age Category	1				2			
4 * 100		3				4			
4 * 400		5				6			

I declare that all entries are eligible and enclose entry fees of: € _____ Name of Official: _____

Signed: _____ Date: _____



Athletics Leinster

2010 Track & Field Programme

U9, U10 & U11 Pairs Competition

&

U12 Track & Field Championship

Tullamore Harriers Stadium

Saturday 29th May

Start-time: 10:00am

TRACK		FIELD	
Age Category	Event	Age Category	Event / Area
	HURDLE HEATS		
U12 Girls	60m Hurdles	U9 Girls	LONG JUMP PIT 1
U12 Boys	60m Hurdles	U10 Girls	
		U11 Girls	
	60mH FINALS	U12 Girls	
	TRACK HEATS	U9 Boys	LONG JUMP PIT 2
U9 Girls	300m	U10 Boys	
U9 Boys	300m	U11 Boys	
U10 Girls	500m	U12 Boys	
U10 Boys	500m		
U11 Girls	600m	U11 Girls	BALL THROW AREA 1
U11 Boys	600m	U9 Girls	
U12 Girls (H)	600m	U10 Girls	
U12 Boys (H)	600m		
		U11 Boys	BALL THROW AREA 1
U9 Girls	60m	U9 Boys	
U9 Boys	60m	U10 Boys	
U10 Girls	60m		
U10 Boys	60m	U12 Girls	SHOT PUT
U11 Girls	60m	U12 Boys	
U11 Boys	60m		
	60m HEATS	U12 Girls	HIGH JUMP
U12 Girls (H)	60m	U12 Boys	
U12 Boys (H)	60m		
	600m FINALS		
	60m FINALS		
Inter County Relay			
U11 Girls	4x100		
U11 Boys	4x100		



Athletics Leinster

2010 Track & Field Programme

U9, U10 & U11 PAIRS COMPETITION, PLEASE NOTE:

- The order of events is only a guide & is subject to change to ensure the smooth running of the programme. Please listen to the P.A. for announcements.
 - U9 teams born in 2002, U10 teams born in 2001, U11 team born in 2000
 - Two athletes per team.
 - Each athlete may compete in two events **ONLY**. With the same or different partner per event.
 - Top 3 teams per event qualify for the National Team Competition, **DATE ???**
 - U9 & U10 Long Jump, take-off is from a sand marker. Each athlete is allowed three jumps.
 - U11 Long Jump, take-off is from the board. Each athlete is allowed three jumps.
 - For Long Jump, athletes will be taken in groups of 8-10, to prevent excessive queuing.
 - For Ball Throw, the Javelin technique **MUST** be used, with the longest throw of three consecutive attempts being measured.
 - All track results will be based on times (no heats/finals)
 - For Relay – at least two athletes must be the correct age category for the event

Closing Date for Entries. Friday 21st May, 2010.

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

Entry Fee: €4 per team per event

Late Entry Fee: €8 per team per event

Relay Entry Fee: €10 per team (€15 late entry)



Athletics Leinster

2010 Track & Field Programme

U9, U10 & U11 Pairs Competition

Tullamore Harriers Stadium

FEMALE ENTRY FORM

CLOSING DATE: Friday 21st May

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

CLUB					
Age Category	Event	Athlete Name		D.O.B	Reg #
		1			
		2			
		1			
		2			
		1			
		2			
		1			
		2			
		1			
		2			
		1			
		2			
		1			
		2			
		1			
		2			

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

Name of Official and desired Event: _____

Signed: _____

Date: _____



Athletics Leinster

2010 Track & Field Programme

U9, U10 & U11 Pairs Competition

Tullamore Harriers Stadium

MALE ENTRY FORM

CLOSING DATE: Friday 21st May

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

CLUB					
Age Category	Event	Athlete Name		D.O.B	Reg #
		1			
		2			
		1			
		2			
		1			
		2			
		1			
		2			
		1			
		2			
		1			
		2			
		1			
		2			
		1			
		2			

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

Name of Official and desired Event: _____

Signed: _____

Date: _____



Athletics Leinster

2010 Track & Field Programme

U12 CHAMPIONSHIP, PLEASE NOTE:

- The order of events is only a guide & is subject to change to ensure the smooth running of the programme. Please listen to the P.A. for announcements.
 - Standard Championship rules apply
 - Athletes U12 are limited to three individual events in total.
 - First 4 qualify for National Championship in all events with the exception of the 600m where the first three qualify.

Closing Date for Entries. Friday 21st May, 2010.

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

Entry Fee: €2 per event

Late Entry Fee: €4 per event



Athletics Leinster

2010 Track & Field Programme

U12 - Track & Field Championship

Tullamore Harriers Stadium

FEMALE ENTRY FORM

CLOSING DATE: Friday 21st May

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

CLUB						
Official Use	Age Category	Events		Athlete Name	D.O.B	Reg #
		1				
		2				
		3				
		1				
		2				
		3				
		1				
		2				
		3				
		1				
		2				
		3				



Athletics Leinster
2010 Track & Field Programme

Official Use	Age Category	Events		Athlete Name	D.O.B	Reg #
		1				
		2				
		3				
		1				
		2				
		3				
		1				
		2				
		3				
		1				
		2				
		3				
		1				
		2				
		3				

I declare that all entries are eligible and enclose entry fees of: € _____ Name of Official and desired Event: _____

Signed: _____ Date: _____



Athletics Leinster

2010 Track & Field Programme

U12 - Track & Field Championship

Tullamore Harriers Stadium

MALE ENTRY FORM

CLOSING DATE: Friday 21st May

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

CLUB						
Official Use	Age Category	Events		Athlete Name	D.O.B	Reg #
		1				
		2				
		3				
		1				
		2				
		3				
		1				
		2				
		3				
		1				
		2				
		3				



Athletics Leinster
2010 Track & Field Programme

Official Use	Age Category	Events		Athlete Name	D.O.B	Reg #
		1	2			
		1				
		2				
		3				
		1				
		2				
		3				
		1				
		2				
		3				
		1				
		2				
		3				
		1				
		2				
		3				

I declare that all entries are eligible and enclose entry fees of: € _____ *Name of Official and desired Event:* _____

Signed: _____ *Date:* _____



Athletics Leinster

2010 Track & Field Programme

Junior & U23 Track & Field Championship

Tullamore Harriers Stadium

Sunday 30th May

Start-time: 11:00am (Field) 12:00pm (Track)

Time	Age Category	TRACK	FIELD	
			JUMPS	THROWS
11:00	Junior & U23 Men & Women		Pole Vault	
	Junior & U23 Men			Hammer
11:30	Junior & U23 Women			Hammer
12:00	Junior & U23 Women	Steeplechase		
	Junior & U23 Men		High Jump	
	Junior & U23 Women		Long Jump	
	Junior & U23 Men			Discus
12:20	Junior & U23 Men & Women	3000m Walk		
12:30	Junior & U23 Women			Discus
12:45	Junior & U23 Men	Steeplechase		
BREAK				
13:00	Junior & U23 Women	100m Hurdles		
	Junior & U23 Men	110m Hurdles		
	Junior & U23 Women		High Jump	
	Junior & U23 Men		Long Jump	
	Junior & U23 Men			Shot Putt
13:20	Junior & U23 Women	200m		
	Junior & U23 Men	200m		
13:30	Junior & U23 Women			Shot Putt
14:00	Junior & U23 Men	3000m		
	Junior & U23 Women	5000m		
	Junior & U23 Men & Women		Triple Jump	
	Junior & U23 Men			Javelin
14:20	Junior & U23 Women	400m Hurdles		
	Junior & U23 Men	400m Hurdles		
14:30	Junior & U23 Women	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		
	Junior & U23 Women			Javelin
15:20	Junior & U23 Women	1500m		
	Junior & U23 Men	1500m		
15:30	Relays			



Athletics Leinster

2010 Track & Field Programme

JUNIOR & U23, PLEASE NOTE:

- To compete as a Junior the athlete must be over 16 and under 20 in the year of competition.
- To compete as an U23, the athlete must be over 20 and under 23 in the year of competition.
- 2010 AAI Registration #'s must be produced if entering competition on the day.
- Relays will be held at the end of the Programme, and entries taken on the day at a cost of €10 per relay team.
- Guest athletes are welcome to compete, and will be awarded a non-Championship medal where the finish in the top-three of an event.

Closing Date for Entries. Friday 21st May, 2010.

To Sports Development Project, Claremont Stadium, Navan, Co. Meath.

Entry Fee: €3 for the first event and €2 for subsequent events.

Late Entry Fee: €6 for the first event and €4 for subsequent events.

Relay Entry Fee: €10 per team



Athletics Leinster

2010 Track & Field Programme

Junior & U23 Track & Field Championship

Tullamore Harriers Stadium

Sunday 30th May

FEMALE ENTRY FORM

CLOSING DATE: Friday 21st, May 2010

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

Name: _____

Club: _____ REG #: _____

D.O.B: _____ Age Category: _____

Address: _____

Tel #: _____ e-mail: _____

Events: _____

of Events: _____ Fees Included: _____

Entry Fee: €3 for the first event and €2 for subsequent events.

Late Entry Fee: €6 for the first event and €4 for subsequent events.

Relay Entry Fee: €10 per team



Athletics Leinster

2010 Track & Field Programme

Junior & U23 Track & Field Championship

Tullamore Harriers Stadium

Sunday 30th May

MALE ENTRY FORM

CLOSING DATE: Friday 21st, May 2010

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

Name: _____

Club: _____ REG #: _____

D.O.B: _____ Age Category: _____

Address: _____

Tel #: _____ e-mail: _____

Events: _____

of Events: _____ Fees Included: _____

Entry Fee: €3 for the first event and €2 for subsequent events.

Late Entry Fee: €6 for the first event and €4 for subsequent events.

Relay Entry Fee: €10 per team



Athletics Leinster

2010 Track & Field Programme

Senior & Master Track & Field Championship

Tullamore Harriers Stadium

Sunday 6th June

Start-time: 11:30am

Time	Age Category	TRACK	FIELD
11:30	All Categories, Senior & Masters		Pole Vault
	Masters & Senior Women	Steeplechase	
	Senior & Masters Men		Hammer
	Senior & Masters Women		Hammer
12:00	Masters Men, Senior Women, Masters Women	3000m Walk	
	Senior Men	5000m Walk	
	Senior & Masters Women		Long Jump
	Senior & Masters Men		High Jump
12:30	Masters & Senior Women	100m Hurdles	
	Masters & Senior Men	110m Hurdles	
	Senior & Masters Men		Discus
	Senior & Masters Women		Discus
12:45	Masters & Senior Men	3000m Steeplechase	
13:00	Masters & Senior Men	400m Hurdles	
	Masters & Senior Women	400m Hurdles	
	Senior & Masters Men		Long Jump
	Senior & Masters Women		High Jump
13:20	Masters Men	800m	
	Senior & Masters Women	800m	
	Senior Men B (PB over 2.05)	800m	
	Senior Men A	800m	
13:30	Senior & Masters Men		Shot Put
	Senior & Masters Women		Shot Put
13:40	Masters Women	200m	
	Masters Men	200m	
	Senior Women	200m	
	Senior Men	200m	
14:00	Senior Men A + B, Senior Women	5000m	
	All Categories, Senior & Masters		Triple Jump
BREAK			
14:30	Senior & Masters Men		Javelin
	Senior & Masters Women		Javelin
14:45	Masters Women	100m	
	Masters Men	100m	
	Senior Women	100m	
	Senior Men	100m	
15:05	Senior & Masters Women	400M	
15:30	All Categories, Senior & Masters	400M	Weight for Distance
15:40	Masters Men	400M	
15:50	Senior Men	400M	
16:00	Senior & Masters Women	1500M	
	Masters Men	1500M	
	Senior Men	1500M	
16:50	Senior Women	4 * 100M	
17:00	Senior Men	4 * 100M	



Athletics Leinster

2010 Track & Field Programme

SENIORS & MASTERS, PLEASE NOTE:

- The order of events will be as listed.
- The times listed are a guide only; events may be run ahead of time. Please listen to the P.A. for announcements.
- All Walk races will be held as a single event.
- An athlete is eligible to compete as a Master on or after their 35th birthday.
- An athlete declaring as a Master MUST compete in the age category declared. There is no switching between age categories, i.e. Senior & Master.
- Guest athletes are welcome to compete, and will be awarded a non-Championship medal where the finish in the top-three of an event.

Closing Date for Entries. Friday 28th May, 2010.

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

Entry Fee: €5 for the first event and €3 for subsequent events.

Late Entry Fee: €10 for the first event and €6 for subsequent events.

Relay Entry Fee: €10 per team



Athletics Leinster

2010 Track & Field Programme

Senior & Master Track & Field Championship

Tullamore Harriers Stadium

Sunday 6th June

FEMALE ENTRY FORM

CLOSING DATE: Friday 28th May

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

Name: _____

Club: _____ REG #: _____

D.O.B: _____ Age Category: _____

Address: _____

Tel #: _____ e-mail: _____

Events: _____

of Events: _____ Fees Included: _____

Entry Fee: €3 for the first event and €2 for subsequent events.

Late Entry Fee: €6 for the first event and €4 for subsequent events.

Relay Entry Fee: €10 per team



Athletics Leinster

2010 Track & Field Programme

Senior & Master Track & Field Championship

Tullamore Harriers Stadium

Sunday 6th June

MALE ENTRY FORM

CLOSING DATE: Friday 28th May

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

Name: _____

Club: _____ REG #: _____

D.O.B: _____ Age Category: _____

Address: _____

Tel #: _____ e-mail: _____

Events: _____

of Events: _____ Fees Included: _____

Entry Fee: €3 for the first event and €2 for subsequent events.

Late Entry Fee: €6 for the first event and €4 for subsequent events.

Relay Entry Fee: €10 per team



Athletics Leinster

2010 Track & Field Programme

Juvenile (U9 - U15) Team Event

Shoreline Sports Park, Greystones

Saturday 12th June

Start-time: 11:30am

U9	U10	U11	U12	U13	U15
60m	60m	60m	60mH	80mH	80mH
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 Put	Shot Put	Shot Put
4 * 100m	4 * 100m	4 * 100m	4 * 100m	4 * 100m	4 * 100m

PLEASE NOTE:

- For High Jump – any legal HJ method may be used.
- For U9, U10, U11 Long Jump, 1m take off area from sand. All other age categories from board.
- Shot Put, 2kg weight.
- Each team has 4 athletes. Athletes can only compete on one team.
- Each team must compete in the relay and at least 4 of the 5 other events, with the exception of U9 & U10 teams, which must compete in all events listed.
- An athlete must complete an event for that event to score.
- Athletes can move up on ONE age, but at least two team members must be the correct age with the exception of U15, where a team can be all U14.
- 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 – will be dropped.
- **TEAM MANAGERS ARE RESPONSIBLE FOR ENSURING THAT ATHLETES TAKE PART IN THE CORRECT EVENTS AS PER THE RULES ABOVE.**

Closing Date for Entries. Friday 4th June, 2010.

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

Entry Fee: €10 per team

Late Entry Fee: €15 per team



Athletics Leinster

2010 Track & Field Programme

Juvenile (U9 - U15) Team Event

Shoreline Sports Park, Greystones

FEMALE ENTRY FORM

CLOSING DATE: Friday 4th June 2010

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

CLUB				
Age Category	Team	Athlete Name	D.O.B	Reg #
	1			
	2			
	3			
	4			
	SUB			

Events	Names: 2 Per Event	
Sprint / Hurdles	1	
	2	
500m / 600m / 800m	1	
	2	
High Jump	1	
	2	
Long Jump	1	
	2	
Ball Throw / Shot Put	1	
	2	

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

Name of Official and desired Event: _____

Signed: _____

Date: _____



Athletics Leinster

2010 Track & Field Programme

Juvenile (U9 - U15) Team Event

Shoreline Sports Park, Greystones

MALE ENTRY FORM

CLOSING DATE: Friday 4th June 2010

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

CLUB				
Age Category	Team	Athlete Name	D.O.B	Reg #
	1			
	2			
	3			
	4			
	SUB			

Events	Names: 2 Per Event	
Sprint / Hurdles	1	
	2	
500m / 600m / 800m	1	
	2	
High Jump	1	
	2	
Long Jump	1	
	2	
Ball Throw / Shot Put	1	
	2	

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

Name of Official and desired Event: _____

Signed: _____ Date: _____



Athletics Leinster

2010 Track & Field Programme

Juvenile U13-U19 Track & Field Championship

Tullamore Harriers Stadium

DAY – 1 Saturday 19th June

Start-time: 10:00am

Time	Age Category	TRACK
10:00	U14 Girls, U15 Girls, U16 Girls,	2000m Walk
	U14 Boys, U15 Boys	2000m
	U17 Girls, U18 Girls, U19 Girls	3000m
	U16 Boys, U17 Boys	3000m
	U18 Boys, U19 Boys	5000m
		HURDLE HEATS
11:00	U13 Girls	60mH (2' 3)
	U13 Boys	60mH (2' 3)
	U14 Girls	75mH (2' 3)
	U14 Boys	75mH (2' 6)
	U15 Girls	80mH (2' 6)
	U16 Girls	80mH (2' 6)
	U15 Boys	80mH (2' 6)
	U17 Girls	100mH (2' 6)
	U16 Boys	100mH (2' 9)
	U18 Girls	100mH (2' 9)
	U19 Girls	100mH (2' 9)
	U17 Boys	100mH (3' 0)
	U18 Boys	110mH (3' 0)
	U19 Boys	110mH (3' 3)
		HURDLE FINALS
	BREAK	
	U17 Boys, U18 Boys, U19 Boys	3000M
	U18 Girls, U19 Girls	3000m
		TRACK HEATS
		TRACK HEATS
	U17 Girls, U18 Girls (H)	300m
	U19 Girls(H)	400m
	U17 Boys, U18 Boys, U19 Boys (H)	400m
	U17 Girls, U18 Girls, U19 Girls (H)	100m
	U17 Boys, U18 Boys, U19 Boys (H)	100m
	U17 Boys, U18 Boys, U19 Boys	800m
	U17 Girls, U18 Girls, U19 Girls	800m
	U14 Boys, U15 Boys, U16 Boys (H)	200m
	U14 Girls, U15 Girls, U16 Girls (H)	200m
	U14 Boys, U15 Boys, U16 Boys	1500m
	U14 Girls, U15 Girls, U16 Girls	1500m
		300m & 400m FINALS
		100m FINALS
		200m FINALS
		INTER COUNTY RELAYS
	U13 Girls U15 Girls, U17 Girls, U19 Girls	4 * 100M
	U13 Boys, U15 Boys, U17 Boys, U19 Boys	4 * 100M



Athletics Leinster

2010 Track & Field Programme

JUMPS				
	HIGH JUMP	TRIPLE JUMP	LONG JUMP	POLE VAULT
10:00	U13 Boys		U13 Girls	Boys U15 - U19
	U14 Girls		U19 Girls	Girls U17 - U19
	U19 Boys		U15 Girls	
	U16 Girls		U14 Boys	
	U18 Girls		U18 Boys	
	U17 Boys		U17 Girls	
	U15 Boys	U18 Boys	U16 Boys	
		U19 Girls		
		U17 Girls		
		U17 Boys		
THROWS				
	SHOT	DISCUS	JAVELIN	HAMMER
10:00	U19 Girls (4kg)		U16 Girls (500g)	U15 Girls (2.5kg)
	U18 Girls (4kg)		U14 Girls (400g)	U17 Girls (3.25kg)
	U13 Girls (2kg)		U17 Boys (700g)	U19 Girls (4kg)
	U17 Girls (3.25kg)		U19 Boys (800g)	U16 Boys (4kg)
	U16 Girls (3.25kg)		U15 Boys (500g)	U18 Boys (5kg)
	U17 Boys (5kg)		U13 Girls (400g)	U14 Boys (2.5kg)
	U14 Girls (2kg)	U18 Girls (1kg)	U18 Boys (700g)	
		U14 Boys (.75kg)		
		U15 Boys (1kg)		
		U16 Boys (1kg)		
		U19 Boys (1.5kg)		
		U15 Girls (.75kg)		



Athletics Leinster

2010 Track & Field Programme

PLEASE NOTE:

- Athletes **CANNOT** step up an age group to compete in an event not held in their age group. (i.e. U13's CANNOT compete in the U14 Walk or hammer)
- All events are final unless otherwise indicated by (H) Heats.
- If for any event there are insufficient athletes to hold heats, the final will be held at **heat-time**.
- Athletes U13, 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.
- There is no limit on the number of athletes a club may enter per individual event.
- Entries without D.O.B, 2010 AAI registration number or correct entry fees will **NOT** be accepted.
- Inter-County relay entries are taken on the day at a cost of €10 per/team.
- Competing clubs must supply at least one official for each day of competition.
- **U17 – U19 ATHLETES, ENTERED FOR LEINSTER CHAMPIONSHIP BUT DO NOT COMPETE IN THESE 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 CHAMPIONSHIP.**

Closing Date for Entries. Friday 11th June, 2010.

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

Entry Fee: €2 per event

Late Entry Fee: €4 per event



Athletics Leinster

2010 Track & Field Programme

Juvenile U13-U19 Track & Field Championship

Tullamore Harriers Stadium

DAY 1 – FEMALE ENTRY FORM

CLOSING DATE: Friday 11TH June

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

CLUB					
Official Use	Age Category	Events	Athlete Name	D.O.B	Reg #
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			



Athletics Leinster
2010 Track & Field Programme

Official Use	Age Category	Events	Athlete Name	D.O.B	Reg #
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			

I declare that all entries are eligible and enclose entry fees of: € _____ *Name of Official and desired Event:* _____

Signed: _____ *Date:* _____



Athletics Leinster

2010 Track & Field Programme

Juvenile U13-U19 Track & Field Championship

Tullamore Harriers Stadium

DAY 1 – MALE ENTRY FORM

CLOSING DATE: Friday 11TH June

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

CLUB					
Official Use	Age Category	Events	Athlete Name	D.O.B	Reg #
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			



Athletics Leinster
2010 Track & Field Programme

Official Use	Age Category	Events	Athlete Name	D.O.B	Reg #
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			

I declare that all entries are eligible and enclose entry fees of: € _____ *Name of Official and desired Event:* _____

Signed: _____ *Date:* _____



Athletics Leinster

2010 Track & Field Programme

Juvenile U13 - U19 Track & Field Championship

Tullamore Harriers Stadium

DAY 2 - Sunday 20th June

Start-time: 10:30am

Time	Age Category	TRACK
10:30		HURDLE HEATS
	U15 Girls	250mH (2' 3)
	U16 Girls	250mH (2' 3)
	U15 Boys	250mH (2' 6)
	U16 Boys	250mH (2' 6)
	U17 Girls	300mH (2' 6)
	U17 Boys	300mH (2' 6)
	U18 Girls	300mH (2' 6)
	U19 Girls	400mH (3' 6)
	U18 Boys	400mH (2' 9)
	U19 Boys	400mH (3' 0)
		HURDLE FINALS
		TRACK HEATS
	U13 Girls, U13 Boys (H)	600m
	U14 Girls, U15 Girls, U16 Girls (H)	800m
	U14 Boys, U15 Boys, U16 Boys (H)	800m
	U17 Girls, U18 Girls, U19 Girls	1500m
	U17 Boys, U18 Boys, U19 Boys	1500m
		BREAK
	U13 Girls (H)	80m
	U13 Boys (H)	80m
	U14 Girls (H)	80m
	U14 Boys (H)	80m
	U15 Girls, U16 Girls (H)	100m
	U15 Boys, U16 Boys (H)	100m
	U17 Girls, U18 Girls, U19 Girls (H)	200m
	U17 Boys, U18 Boys, U19 Boys (H)	200m
	U16 Boys	3000m
		80m / 100m SEMI-FINALS
	U17 Girls	1200m Steeplechase
	U17 Boys	1500m Steeplechase
	U18 Girls, U19 Girls	1500m Steeplechase
	U18 Boys, U19 Boys	2000m Steeplechase
		200m FINALS
		80m / 100m FINALS
		600m/ 800m FINALS



Athletics Leinster

2010 Track & Field Programme

JUMPS				
	HIGH JUMP	LONG JUMP	TRIPLE JUMP	
10:00	U13 Girls	U13 Boys		
	U14 Boys	U16 Girls		
	U17 Girls & U19 Girls	U19 Boys		
	U16 Boys & U18 Boys	U17 Boys		
	U15 Girls	U15 Boys		
		U18 Girls		
		U14 Girls	U15 Boys	
			U18 Girls	
			U16 Boys	
			U19 Boys	
THROWS				
	SHOT	DISCUS	JAVELIN	HAMMER
10:00	U18 Boys (5kg)		U16 Boys (600g)	U14 Girls (2.5kg)
	U14 Boys (2.72kg)		U17 Girls (600g)	U15 Boys (3.25kg)
	U13 Boys (2kg)		U15 Girls (400g)	U18 Girls (4kg)
	U15 Boys (3.25kg)		U18 Girls (600g)	U16 Girls (3.25)
	U16 Boys (4kg)		U19 Girls (600g)	U17 Boys (5kg)
	U19 Boys (6kg)		U13 Boys (400g)	U19 Boys (6kg)
	U15 Girls (2.72kg)	U17 Girls (1kg)	U14 Boys (400g)	
		U18 Boys (1.5kg)		
		U14 Girls (.75kg)		
		U17 Boys (1.5kg)		
		U16 Girls (1kg)		
		U19 Girls (1kg)		



Athletics Leinster

2010 Track & Field Programme

PLEASE NOTE:

- All events are final unless otherwise indicated by (H) Heats.
- If for any event there are insufficient athletes to hold heats, the final will be held at **heat-time**.
- Athletes U13, 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.
- There is no limit on the number of athletes a club may enter per individual event.
- Entries without D.O.B, 2010 AAI registration number or correct entry fees will **NOT** be accepted.
- Inter-County relay entries are taken on the day at a cost of €10 per/team.
- Competing clubs must supply at least one official for each day of competition.
- **U17 – U19 ATHLETES, ENTERED FOR LEINSTER CHAMPIONSHIP BUT DO NOT COMPETE IN THESE 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 CHAMPIONSHIP.**

Closing Date for Entries. Friday 11th June, 2010.

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

Entry Fee: €2 per event

Late Entry Fee: €4 per event



Athletics Leinster

2010 Track & Field Programme

Juvenile U13-U19 Track & Field Championship

Tullamore Harriers Stadium

DAY 2 – FEMALE ENTRY FORM

CLOSING DATE: Friday 11TH June

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

CLUB					
Official Use	Age Category	Events	Athlete Name	D.O.B	Reg #
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			



Athletics Leinster
2010 Track & Field Programme

Official Use	Age Category	Events	Athlete Name	D.O.B	Reg #
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			

I declare that all entries are eligible and enclose entry fees of: € _____ *Name of Official and desired Event:* _____

Signed: _____ *Date:* _____



Athletics Leinster

2010 Track & Field Programme

Juvenile U13-U19 Track & Field Championship

Tullamore Harriers Stadium

DAY 2 – MALE ENTRY FORM

CLOSING DATE: Friday 11TH June

To Sports Development Project, Claremont Stadium, Navan, Co. Meath

CLUB					
Official Use	Age Category	Events	Athlete Name	D.O.B	Reg #
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			



Athletics Leinster
2010 Track & Field Programme

Official Use	Age Category	Events	Athlete Name	D.O.B	Reg #
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			
		1			
		2			
		3			
		4			

I declare that all entries are eligible and enclose entry fees of: € _____ *Name of Official and desired Event:* _____

Signed: _____ *Date:* _____



Combined Event Championship

Navan

Sunday 29th August

Start-time: 10.30am

Age Category	Event	Sunday 29th August
U14 Girls	Pentathlon	75mH, SP, LJ, HJ, 800m
U15 Girls	Pentathlon	80mH, SP, LJ, HJ, 800m
U16 Girls	Pentathlon	80mH, SP, LJ, HJ, 800m
Master Women	Pentathlon	100mH, SP, LJ, HJ, 800m
U17 Girls	Heptathlon	100mH, SP, HJ, 200m, Jav, LJ, 800m
U18 Girls	Heptathlon	100mH, SP, HJ, 200m, Jav, LJ, 800m
U19 Girls	Heptathlon	100mH, SP, HJ, 200m, Jav, LJ, 800m
Senior Women	Heptathlon	100mH, SP, HJ, 200m, Jav, LJ, 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
Master Men (M1-M3)	Pentathlon	100mH, SP, LJ, HJ, 1500m
U17 Boys	Heptathlon	100mH, SP, HJ, 200m, Jav, LJ, 800m
U18 Boys	Octathlon	200m, HJ, LJ, SP, 100mH, Jav, PV, 1000m
U19 Boys	Octathlon	200m, HJ, LJ, SP, 100mH, Jav, PV, 1000m
Senior Men	Decathlon	200m, HJ, LJ, SP, 100m, 100mH, Jav, PV, DT, 1500m
Master Men M4+	Quadrathlon	100m, SP, LJ, 1500m

PLEASE NOTE:

- The event order will be decided on the day based on the number of athletes competing per Age Category.
- All of the above are one day events

Entry Fee (Paid on day of Competition)

Juveniles: €5

Seniors & Masters: €10