



**Athletics Leinster**

**2012 Track & Field Programme**





## Athletics Leinster

### 2012 Track & Field Programme

#### **2012 Track & Field Policies**

Athletics Leinster wishes to advise clubs of the following 2012 Track & Field Policies. It is the intention of Athletics Leinster to **strictly** enforce these policies for the 2012 season.

#### **Entries**

**STRICTLY NO INDIVIDUAL ON THE DAY ENTRIES OR EVENT AMENDMENTS WILL BE ACCEPTED.**

It is the responsibility of the club sec. or club competition sec. to ensure entries for individual competition are posted in advance of the Championships to Athletics Leinster, Claremont Stadium, Navan, Co. Meath.

Changes to **relay entries**, only, may be accepted on the day of competition provided the relay team has been entered prior to competition. All relay team amendments must be clearly written out and presented on the supplied amendment sheet. Such amendments **MUST** be processed **EARLY** on the day of competition.

**ATTENTION**  
**SENIORS & MASTERS CHAMPIONSHIP, Sunday 3<sup>rd</sup> June**  
**IN EXCEPTIONAL CIRCUMSTANCES ENTRIES MAY BE ACCEPTED OVER THE PHONE**  
**For Consideration, Please contact Pat Carty 087 653 8501**  
**Accepted NO Later 13:00 Saturday Preceding Championship, 2<sup>nd</sup> June**

#### **Officials**

**IT IS THE RESPONSIBILITY OF ALL CLUBS, WITH NO EXCEPTIONS, TO PROVIDE OFFICIALS FOR COMPETITION.**

Failure of a club to provide officials will result in a club's athletes not being permitted to compete. Entry forms submitted without Club Official details will be deemed incomplete and returned.

There is a section on each Entry Form, as follows,

#### **Name / # of Official**

Officials must be clearly named on submitted club entry forms, **NOT** the name of the club sec. or club competition sec completing the form.

Officials must sign in at the check-in desk on the day of competition and be available to officiate for the duration of the competition. Where nominated officials are not in attendance on the day of competition, alternate officials must be made available. It is the intention of Athletics Leinster to wholly prohibit participation of offending clubs in competition.

**ALL** clubs will be expected to provide officials for **ALL** competitions which they have athletes competing in.



## Athletics Leinster

### 2012 Track & Field Programme

#### **Athletic Proficiency**

**ATHLETIC PROFICIENCY FOR PARTICIPATION IS NOT OPTIONAL.** In the interest of safety for all present, it is the responsibility of ALL coaches to ensure athletes exhibit proficiency in all events on the day of competition. In the event an athlete fails to exhibit the required or expected level of proficiency in a discipline, a coach or parent may be contacted and the athlete sympathetically requested to desist from competition.

#### **In-Field Coaching**

**COACHES AND PARENTS ARE STRICTLY NOT ALLOWED ON THE TRACK OR INFIELD AT ANY TIME.** The infield is for Officials & Competing Athletes. Parents & Coaches are not allowed on the infield, those found to be in violation of this guideline risk disqualification of their athletes. Please stay outside of the perimeter fencing at all venues.

#### **Valid Competition**

**Pertaining to Masters Competitions, AN EVENT WHICH HAS LESS THAN 3 COMPETITORS WILL NOT BE HELD.**

An event must have a minimum of three competitors to constitute a valid competition as there is no competition without competitors. **THIS APPLIES TO ALL MASTERS CATEGORIES.**

#### **2012 Age Groups**

1. Age categories calculated from 31st December in the year of competition.
2. No athlete may obtain a birthday in the year of competition and compete in that age.
3. Please note all ages in this booklet should be read as UNDER the stated age.

**Age 9 Born 2004**

**Age 10 Born 2003**

**Age 11 Born 2002**

**Age 12 Born 2001**

**Age 13 Born 2000**

**Age 14 Born 1999**

**Age 15 Born 1998**

**Age 16 Born 1997**

**Age 17 Born 1996**

**Age 18 Born 1995**

**Age 19 Born 1994**



#### **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's Sport.

In Athletics Ireland our first priority is the welfare of the young people and we are committed to providing an environment which 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.

<http://www.athleticsireland.ie/docs/CodeofConduct.pdf>

#### **Entry & Competition Rules**

- Please ensure all entry forms are completed in BLOCK CAPITALS and legible.
- 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

- First and last name for each athlete is required along with **DOB** and **2012 AAI registration number** (life registration numbers will **NOT** be accepted)
- All Athletes are **strictly** confined to their own age groups. A fine of €75 will be levied where this rule is broken.
- Entries received after the indicated closing date will be charged at double the normal fee.
- There is no limit on the number of athletes a club may enter per individual event.
- **Check-In:**
  - Track Athletes check-in when collecting their numbers:
  - Field Athletes check-in when their event is called:
- 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.
- 5mm spikes **ONLY** will be allowed on track.
- There will be three attempts allowed in all field events, with a further three attempts for the top eight competitors (with the exception of the High Jump & the Pole Vault).
- 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
  - Girls U17 CANNOT compete in the Girls U18 4 \* 400m
  - Boys U16 CANNOT compete in the Boys U17 4 \* 400m



## Athletics Leinster

### 2012 Track & Field Programme

- For age groups below U17, at least two members of a relay team must be the correct age for that age group.
- **Entry Forms** must be submitted, before the closing date to:

**Athletics Leinster  
Claremont Stadium  
Navan  
Co. Meath  
Tel: 046 902 9966**

- For U12 up, 4 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](http://www.athleticsleinster.ie).
- Please direct any queries to the Athletics Leinster Track & Field competition secretary, Pat Carty on 0876538501 OR [patrickcarty@gmail.com](mailto:patrickcarty@gmail.com).



## Athletics Leinster

### 2012 Track & Field Programme

<b>2012 Athletics Leinster Track &amp; Field Programme</b>				
<b>Date</b>	<b>Start Time</b>	<b>Age Category</b>	<b>Venue</b>	<b>Closing Date</b>
Sunday 20 <sup>th</sup> May	10:30	Combined Events	Greystones	Friday 18 <sup>th</sup> May
Sunday 27 <sup>th</sup> May	10:00	Juvenile Inter-Club Relay (U9 – U19)	Tullamore	Friday 18 <sup>th</sup> May
Sunday 3 <sup>rd</sup> June	10:30	Senior & Masters Championship	Tullamore	Friday 25 <sup>th</sup> May
Monday 4 <sup>th</sup> June	10:30	U9 – U15 Team Event	Celbridge	Friday 25 <sup>th</sup> May
Saturday 9 <sup>th</sup> June	10:00	U9, U10, U11 Pairs Competition & U12 Championship	Tullamore	Friday 1 <sup>st</sup> June
Saturday 16 <sup>th</sup> June	10:30 10:00	Junior / U23 Championship & Inter County League	Navan	Friday 8 <sup>th</sup> June
Saturday 30 <sup>th</sup> June	10:00	DAY 1 - Juvenile U13-U19 Championship	Tullamore	Friday 22 <sup>nd</sup> June
Sunday 1 <sup>st</sup> July	10:00	DAY 2 - Juvenile U13-U19 Championship	Tullamore	Friday 22 <sup>nd</sup> June
<b>2012 Athletics Leinster Inter-County Relay</b>				
<b>Date</b>	<b>Age Category</b>		<b>Venue</b>	<b>Closing Date</b>
County Sec.'s Please forward relay entries to Navan by the closing dates. Some small changes <b>MAY</b> be allowed to entered teams on the day.				
Saturday 9 <sup>th</sup> June	U11		Tullamore	Friday 1 <sup>st</sup> June
Sunday 1 <sup>st</sup> July	U13, U15, U17, U19		Tullamore	Friday 22 <sup>nd</sup> June



**Athletics Leinster**

**2012 Track & Field Programme**



**Athletics Leinster**

**Combined Events**

**Sunday 20<sup>th</sup> May**

**Greystones**



**Athletics Leinster**

**2012 Track & Field Programme**

**Combined Event Championship**

**Greystones**

**Sunday 20<sup>th</sup> May**

**Start-time: 10.30am**

<b>Age Category</b>	<b>Event</b>	<b>Disciplines</b>
U14 Girls	Pentathlon	75mH, High Jump, Long Jump, Shot, 800m
U14 Boys	Pentathlon	75mH, High Jump, Long Jump, Shot, 800m
U15 Girls	Pentathlon	80mH, High Jump, Long Jump, Shot, 800m
U15 Boys	Pentathlon	80mH, High Jump, Long Jump, Shot, 800m
U16 Girls	Pentathlon	80mH, Shot, Long Jump, High Jump, 800m
U16 Boys	Pentathlon	100mH, Shot, Long Jump, High Jump, 800m
U17 Girls	Pentathlon	Long Jump, Shot, 200m, High Jump, 800m
U17 Boys	Pentathlon	Long Jump, Shot, 200m, High Jump, 1000m
U18 Girls	Pentathlon	Long Jump, Shot, 200m, High Jump, 800m
U18 Boys	Pentathlon	Long Jump, Shot, 200m, High Jump, 1000m
U19 Girls	Pentathlon	Long Jump, Shot, 200m, High Jump, 800m
U19 Boys	Pentathlon	Long Jump, Shot, 200m, High Jump, 1000m
Senior Women	Pentathlon	Long Jump, Shot, 200m, Javelin, 1500m
Senior Men	Pentathlon	Long Jump, Shot, 200m, Javelin, 1500m
Master Women	Pentathlon	Long Jump, Shot, 100m, High Jump, 800m
Master Men (M1-M3)	Pentathlon	Long Jump, Shot, 100m, High Jump, 1500m
Master Men M4+	Quadrathlon	100m, Shot, Long Jump, 1500m





## Athletics Leinster

### 2012 Track & Field Programme

#### PLEASE NOTE:

- The event order will be decided on the day based on the number of athletes competing per Age Category.
- Girls 17, 18, 19 and Boys 17, 18 and 19 are separate competitions.
- All athletes should be technically proficient and competent to compete in each event.
- In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
- In the track events, an athlete shall be disqualified in any event, in which he has made two false starts.
- 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.
- The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.
- Combined Scoring tables to be used will be published in advance of the Championship on the Leinster Website.

**Entries to be emailed by**

**Closing Date Friday 18<sup>th</sup> May  
to**

**[patrickcarty@gmail.com](mailto:patrickcarty@gmail.com)**

**Payment on the Day:**

**Juvenile € 5**

**Senior & Master € 10**

**ENTRIES WILL BE ACCEPTED ON THE DAY AS LATE ENTRIES**

**LATE ENTRY FEES APPLY**

**Juvenile € 10**

**Senior & Master € 20**

**GUEST ATHLETES WELCOME**



**Athletics Leinster**

**2012 Track & Field Programme**



**Athletics Leinster**

**Juvenile Inter-Club Relays  
(U9 – U19)**

**Sunday 27<sup>th</sup> May**

**Tullamore Harriers**



**Juvenile Inter-Club Relays (U9 – U19)**

**Tullamore Harriers**

**Sunday 27<sup>th</sup> May**

**Start-time: 10:00am**

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



## Athletics Leinster

### 2012 Track & Field Programme

#### 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
  - Girls U17 CANNOT compete in the Girls U18 4 \* 400m
  - 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, 2012 AAI registration number or correct entry fees will **NOT** be accepted.
- Only 3 county relay teams are allowed to progress to the national finals. In the event of a dead-heat resulting in more than 3 teams, a coin toss will decide third place qualifier.

**Closing Date for Entries, Received by C.O.B Friday 18<sup>th</sup> May**

**Accompanied by Entry Fee of € 10 p/team**

**to**

**Athletics Leinster  
Claremont Stadium  
Navan  
Co. Meath**

**Closing Date for Late Entries, Received by C.O.B Thursday 24<sup>th</sup> May**

**LATE ENTRY FEES APPLY**

**€ 20 p/team**

**(Late Entries may not appear in Programme)**

**"STRICTLY NO ON-THE-DAY TEAM ENTRIES"  
NO EXCEPTIONS**

**SORRY, NO GUESTS**



Juvenile Inter-Club Relays (U9 – U19)

Tullamore Harriers

CLUB TEAM ENTRY FORM

**CLOSING DATE: Friday 18<sup>th</sup> May**

CLUB											
Event		Name			DOB	Reg #	Name			DOB	Reg #
Age Category		U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
4*100	4*100	1					2				
4*300	4*400	3					4				
		5					6				
Age Category		U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
4*100	4*100	1					2				
4*300	4*400	3					4				
		5					6				
Age Category		U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
4*100	4*100	1					2				
4*300	4*400	3					4				
		5					6				
Age Category		U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
4*100	4*100	1					2				
4*300	4*400	3					4				
		5					6				



## Athletics Leinster

### 2012 Track & Field Programme

CLUB											
Event		Name			DOB	Reg #	Name			DOB	Reg #
Age Category		U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
4*100	4*100	1					2				
4*300	4*400	3					4				
		5					6				
Age Category		U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
4*100	4*100	1					2				
4*300	4*400	3					4				
		5					6				
Age Category		U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
4*100	4*100	1					2				
4*300	4*400	3					4				
		5					6				
Age Category		U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
4*100	4*100	1					2				
4*300	4*400	3					4				
		5					6				
Age Category		U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
4*100	4*100	1					2				
4*300	4*400	3					4				
		5					6				

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

**Name & #of Club Official:** \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



## Athletics Leinster

### 2012 Track & Field Programme

#### Club Relay Team Entry / Amendment Form

<b>Club:</b>	
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Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			



## Athletics Leinster

### 2012 Track & Field Programme

Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			





**Athletics Leinster**

**2012 Track & Field Programme**



**Athletics Leinster**

**Senior & Master Championship**

**Sunday 3<sup>rd</sup> June**

**Tullamore Harriers**



## Athletics Leinster

### 2012 Track & Field Programme

#### Senior & Master Track & Field Championship

#### Tullamore Harriers

Sunday 3<sup>rd</sup> June, Start-time: 10:30am

Time	Age Category	TRACK	FIELD
10:30	All Categories, Senior & Masters		Pole Vault
	Masters & Senior Women	Steeplechase	
	Senior & Masters Men		Hammer
	Senior & Masters Women		Hammer
	Masters Men, Senior Women, Masters Women	3000m Walk	
	Senior Men	5000m Walk	
	Senior & Masters Women		High Jump
	Senior & Masters Men		Long Jump
	Masters & Senior Women	100m Hurdles	
	Masters & Senior Men	110m Hurdles	
	Senior & Masters Men		Discus
	Senior & Masters Women		Discus
	Masters & Senior Men	3000m Steeplechase	
	Masters & Senior Men	400m Hurdles	
	Masters & Senior Women	400m Hurdles	
	Senior & Masters Women		Long Jump
	Senior & Masters Men		High Jump
	Masters Men	800m	
	Senior & Masters Women	800m	
	Senior Men B (PB over 2.05)	800m	
	Senior Men A	800m	
	Senior & Masters Men		Shot Put
	Senior & Masters Women		Shot Put
	Masters Women	200m	
	Masters Men	200m	
	Senior Women	200m	
	Senior Men	200m	
	Senior Men A + B, Senior Women	5000m	
	Master Women, Master Men	5000m	
	All Categories, Senior & Masters		Triple Jump
13:40	Senior & Masters Men		Javelin
	Senior & Masters Women		Javelin
	Masters Women	100m	
	Masters Men	100m	
	Senior Women	100m	
	Senior Men	100m	
	Senior & Masters Women	400M	
	All Categories, Senior & Masters	400M	Weight for Distance
	Masters Men	400M	
	Senior Men	400M	
	Senior & Masters Women	1500M	
	Masters Men	1500M	
	Senior Men	1500M	



## Athletics Leinster

### 2012 Track & Field Programme

	Senior Women	4 * 100M	
	Senior Men	4 * 100M	

#### PLEASE NOTE: SENIORS & MASTERS

- 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 35<sup>th</sup> 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 they finish in the top-three of an event.

**Closing Date for Entries, Received by C.O.B Friday 25<sup>th</sup> May**

**Accompanied by Entry Fee of  
€4 p/ event  
€10 p/ relay team**

**to**

**Athletics Leinster  
Claremont Stadium  
Navan  
Co. Meath**

**Closing Date for Late Entries, Received by C.O.B Thursday 31<sup>st</sup> May**

**LATE ENTRY FEES APPLY**

**€8 p/ event  
€20 p/ relay team**

**\*\*\***

**IN EXCEPTIONAL CIRCUMSTANCES**

**Please contact Pat Carty 087 653 8501**

**FOR OVER THE PHONE ENTRIES, Accepted No Later 13:00 Saturday 2<sup>nd</sup> June**

**\*\*\***

**"STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR EVENT AMENDMENTS"  
NO EXCEPTIONS**

**ON THE DAY OF COMPETITION  
AMENDMENTS TO SUBMITTED RELAY TEAMS  
MUST BE PREPARED, CLEARLY WRITTEN AND PRESENTED AT CHECK-IN**

**GUEST ATHLETES WELCOME**



**Athletics Leinster**

**2012 Track & Field Programme**

**Senior & Master Track & Field Championship**

**ENTRY FORM**

**to**

**Athletics Leinster, Claremont Stadium, Navan, Co. Meath**

**CLOSING DATE: Friday 25<sup>th</sup> May**

Club: \_\_\_\_\_ Name: \_\_\_\_\_

Sex: \_\_\_\_\_ REG #: \_\_\_\_\_

D.O.B: \_\_\_\_\_ Age Category: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Tel #: \_\_\_\_\_ e-mail: \_\_\_\_\_

Events: \_\_\_\_\_

# of Events: \_\_\_\_\_ Fees Included: \_\_\_\_\_

Name / # of Official: \_\_\_\_\_

**Entry Fee: €4 p/event**

**Late Entry Fee: €8 p/event**

**Relay Entry Fee: €10 per team**

**Late Relay Entry Fee: €20 p/event**



# Athletics Leinster

## 2012 Track & Field Programme

### Senior & Master Relay Team Entry / Amendment Form

<b>Club:</b>	
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Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			



**Athletics Leinster**

**2012 Track & Field Programme**



**Athletics Leinster**

**Leinster U9 - U15 Team Event**

**Monday 4<sup>th</sup> June**

**Celbridge**



Juvenile (U9 - U15) Team Event

Celbridge, Monday 4<sup>th</sup> June

Start-time: 11:00am

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

**Teams**

- 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 team must have 4 athletes. 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 and an athlete must complete the event for that event to score.
- U9 & U10 teams, must compete in all events listed (the 4 events available + relay)
- U11 + teams, can only compete in 4 of the 5 events listed (+ relay)
- A substitute may replace an athlete injured during competition.

**Events**

- 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.

**Scoring**

- 3 Events + Relay to score for all age categories
- To calculate the final score, the highest scoring event for each team – except the relay – will be dropped.
- Points will be awarded on a combined placing basis. The team with the lowest combined score across events will be the winner
- The current points total will be available prior to the last event, the relay.

**TEAM MANAGERS ARE RESPONSIBLE FOR ENSURING THAT ATHLETES TAKE PART IN THE CORRECT EVENTS AS PER THE RULES ABOVE.**



**Athletics Leinster**

**2012 Track & Field Programme**

**Closing Date for Entries, Received by C.O.B Friday 25<sup>th</sup> May**

**Accompanied by Entry Fee of  
€10 p/ team**

**to**

**Athletics Leinster  
Claremont Stadium  
Navan  
Co. Meath**

**Closing Date for Late Entries, Received by C.O.B Thursday 31<sup>st</sup> May**

**LATE ENTRY FEES APPLY  
€20 p/ team**

**(Late Entries may not appear in Programme)**

**"STRICTLY NO ON-THE-DAY TEAM ENTRIES"  
NO EXCEPTIONS**

**ON THE DAY OF COMPETITION  
ATHLETE AMENDMENTS TO SUBMITTED TEAMS  
MUST BE PREPARED, CLEARLY WRITTEN AND PRESENTED AT CHECK-IN**

**SORRY, NO GUESTS**





**Athletics Leinster**  
**2012 Track & Field Programme**

**Juvenile (U9 - U15) Team Event**

**ENTRY FORM**

**CLOSING DATE: Friday 3<sup>rd</sup> June**

<b>CLUB</b>					
<b>Age Category</b>	<b>Team</b>	<b>Athlete Name</b>	<b>SEX</b>	<b>D.O.B</b>	<b>Reg #</b>
	<b>1</b>				
	<b>2</b>				
	<b>3</b>				
	<b>4</b>				
	<b>SUB</b>				

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

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

**Name & #of Club Official:** \_\_\_\_\_

*Signed:* \_\_\_\_\_

*Date:* \_\_\_\_\_



**Athletics Leinster**

**2012 Track & Field Programme**

**Athletics Leinster**

**U9, U10, U11 Pairs  
&  
U12 Championship's**

**Saturday 9<sup>th</sup> June**

**Tullamore Harriers**



## Athletics Leinster

### 2012 Track & Field Programme

#### U9, U10 & U11 Pairs Competition

&

#### U12 Track & Field Championship

Tullamore

Saturday 9<sup>th</sup> June

Start-time: 10:00am

TRACK		FIELD	
Age Category	Event	Age Category	Event / Area
	<b>HURDLE HEATS</b>		
U12 Girls	60m Hurdles	U9 Girls	<b>LONG JUMP PIT 1</b>
U12 Boys	60m Hurdles	U10 Girls	
		U11 Girls	
	<b>60mH FINALS</b>	U12 Girls	
	<b>TRACK HEATS</b>	U9 Boys	<b>LONG JUMP PIT 2</b>
U9 Girls	300m	U10 Boys	
U9 Boys	300m	U11 Boys	
U10 Girls	500m	U12 Boys	
U10 Boys	500m		
U11 Girls	600m	U11 Girls	<b>BALL THROW AREA 1</b>
U11 Boys	600m	U9 Girls	
U12 Girls (H)	600m	U10 Girls	
U12 Boys (H)	600m	U12 Girls	
		U11 Boys	<b>BALL THROW AREA 1</b>
U9 Girls	60m	U9 Boys	
U9 Boys	60m	U10 Boys	
U10 Girls	60m	U12 Boys	
U10 Boys	60m	U12 Girls	<b>SHOT PUTT</b>
U11 Girls	60m	U12 Boys	
U11 Boys	60m		
	<b>60m HEATS</b>	U12 Girls	<b>HIGH JUMP</b>
U12 Girls (H)	60m	U12 Boys	
U12 Boys (H)	60m		
	<b>U/12 600m FINALS</b>		
	<b>U/12 60m FINALS</b>		
<b>Inter County Relay</b>			
U11 Girls	4x100		
U11 Boys	4x100		



## Athletics Leinster

### 2012 Track & Field Programme

#### PLEASE NOTE: U9, U10 & U11 PAIRS COMPETITION

- 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 2004, U10 teams born in 2003, U11 team born in 2002
  - 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 scheduled for June 25<sup>th</sup> in Templemore.
  - Only 3 teams are allowed to progress to the national finals. In the event of a dead-heat resulting in more than 3 teams, a coin toss will decide third place qualifier.
  - 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 Pairs Event – both athletes must be the same age category i.e. an U9 CANNOT complete as an U10, both must be born in 2004.
  - For Relay – at least two athletes must be the correct age category for the event

**Closing Date for Entries, Received by C.O.B Friday 1<sup>st</sup> June**

**Accompanied by Entry Fee of  
€4 p/ pair  
€10 p/ relay team  
to**

**Athletics Leinster  
Claremont Stadium  
Navan  
Co. Meath**

**Closing Date for Late Entries, Received by C.O.B Thursday 7<sup>th</sup> June**

**LATE ENTRY FEES APPLY**

**€8 p/ pair  
€20 p/ relay team**

**(Late Entries may not appear in Programme)**

**"STRICTLY NO ON-THE-DAY PAIR OR RELAY TEAM ENTRIES"  
NO EXCEPTIONS**

**ON THE DAY OF COMPETITION  
AMENDMENTS TO SUBMITTED TEAMS  
MUST BE PREPARED, CLEARLY WRITTEN AND PRESENTED AT CHECK-IN**

**SORRY, NO GUESTS**



# Athletics Leinster

## 2012 Track & Field Programme

### U9, U10 & U11 Pairs Competition

#### ENTRY FORM

**CLOSING DATE: Friday 1<sup>ST</sup> June**

CLUB						
Age Category	Event	Athlete Name		SEX	D.O.B	Reg #
		1				
		2				
		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 Club Official: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



# Athletics Leinster

## 2012 Track & Field Programme

### U11 County Relay Team Entry / Amendment Form

**CLOSING DATE: Friday 1<sup>st</sup> June**

<b>County:</b>			
<b>Sex / Age Category:</b>			
	<b>Name</b>	<b>D.O.B</b>	<b>Reg. #</b>
<b>1</b>			
<b>2</b>			
<b>3</b>			
<b>4</b>			
<b>S1</b>			
<b>S2</b>			
<b>Sex / Age Category:</b>			
	<b>Name</b>	<b>D.O.B</b>	<b>Reg. #</b>
<b>1</b>			
<b>2</b>			
<b>3</b>			
<b>4</b>			
<b>S1</b>			
<b>S2</b>			
<b>Sex / Age Category:</b>			
	<b>Name</b>	<b>D.O.B</b>	<b>Reg. #</b>
<b>1</b>			
<b>2</b>			
<b>3</b>			
<b>4</b>			
<b>S1</b>			
<b>S2</b>			
<b>Sex / Age Category:</b>			
	<b>Name</b>	<b>D.O.B</b>	<b>Reg. #</b>
<b>1</b>			
<b>2</b>			
<b>3</b>			
<b>4</b>			
<b>S1</b>			
<b>S2</b>			



## Athletics Leinster

### 2012 Track & Field Programme

Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			



## Athletics Leinster

### 2012 Track & Field Programme

#### PLEASE NOTE: U12 CHAMPIONSHIP

- 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, Received by C.O.B Friday 1<sup>st</sup> June**

**Accompanied by Entry Fee of  
€2 p/ event**

**to**

**Athletics Leinster  
Claremont Stadium  
Navan  
Co. Meath**

**Closing Date for Late Entries, Received by C.O.B Thursday 7<sup>th</sup> June**

**LATE ENTRY FEES APPLY**

**€4 p/ event**

**(Late Entries may not appear in Programme)**

**"STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR EVENT AMENDMENTS"  
NO EXCEPTIONS**

**SORRY, NO GUESTS**





**Athletics Leinster**  
**2012 Track & Field Programme**

**U12 - Track & Field Championship**

**ENTRY FORM**

**CLOSING DATE: Friday 1st June**

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



**Athletics Leinster**  
**2012 Track & Field Programme**

Official Use	Age Category	Events	Athlete Name	SEX	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 Club Official:** \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



**Athletics Leinster**

**2012 Track & Field Programme**



**Athletics Leinster**

**Junior / U23 Championship's**

**Saturday 16<sup>th</sup> June**

**Navan**



## Athletics Leinster

### 2012 Track & Field Programme

#### Junior & U23 Track & Field Championship

Navan

Saturday 16<sup>th</sup> June

Start-time: 10:00am (Field) 10:30pm (Track)

Time	Age Category	TRACK	FIELD	
			JUMPS	THROWS
<del>10:00</del>	<del>Junior &amp; U23 Men &amp; Women</del>		<del>Pole Vault</del>	
10:00	Junior & U23 Men			Hammer
	Junior & U23 Women			Hammer
	Junior & U23 Women	Steeplechase		
	Junior & U23 Men		High Jump	
	Junior & U23 Women		Long Jump	
	Junior & U23 Men			Discus
	Junior & U23 Men & Women	3000m Walk		
	Junior & U23 Women			Discus
	Junior & U23 Men	Steeplechase		
<b>BREAK</b>				
10:30	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
	Junior & U23 Women	200m		
	Junior & U23 Men	200m		
	Junior & U23 Women			Shot Putt
	Junior & U23 Men	500m		
	Junior & U23 Women	3000m		
	Junior & U23 Men & Women		Triple Jump	
	Junior & U23 Men			Javelin
	Junior & U23 Women	400m Hurdles		
	Junior & U23 Men	400m Hurdles		
	Junior & U23 Women	800m		
	Junior & U23 Men	800m		
	Junior & U23 Women	100m		
	Junior & U23 Men	100m		
	Junior & U23 Women	400m		
	Junior & U23 Men	400m		
	Junior & U23 Women			Javelin
	Junior & U23 Women	1500m		
	Junior & U23 Men	1500m		
	Relays			



## Athletics Leinster

### 2012 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.
- 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 they finish in the top-three of an event.

**Closing Date for Entries, Received by C.O.B Friday 8<sup>th</sup> June**

**Accompanied by Entry Fee of  
€3 p/ event  
€10 p/ relay team**

**to**

**Athletics Leinster  
Claremont Stadium  
Navan  
Co. Meath**

**Closing Date for Late Entries, Received by C.O.B Thursday 14<sup>th</sup> June**

**LATE ENTRY FEES APPLY**

**€6 p/ event  
€20 p/ relay team**

**(Late Entries may not appear in Programme)**

**"STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR EVENT AMENDMENTS"  
NO EXCEPTIONS**

**ON THE DAY OF COMPETITION  
AMENDMENTS TO SUBMITTED RELAY TEAMS  
MUST BE PREPARED, CLEARLY WRITTEN AND PRESENTED AT CHECK-IN**

**GUEST ATHLETES WELCOME**



**Athletics Leinster**

**2012 Track & Field Programme**

**Junior & U23 Track & Field Championship**

**ENTRY FORM**

**CLOSING DATE: Friday 8th June**

Club: \_\_\_\_\_ Name: \_\_\_\_\_

Sex: \_\_\_\_\_ REG #: \_\_\_\_\_

D.O.B: \_\_\_\_\_ Age Category: \_\_\_\_\_

Address: \_\_\_\_\_

Tel #: \_\_\_\_\_ e-mail: \_\_\_\_\_

Events: \_\_\_\_\_

# of Events: \_\_\_\_\_ Fees Included: \_\_\_\_\_

Name / # of Official: \_\_\_\_\_

**Entry Fee: €3 p/event**

**Late Entry Fee: €6 p/event**

**Relay Entry Fee: €10 p/ team**

**Late Relay Entry Fee: €20 p/event**



# Athletics Leinster

## 2012 Track & Field Programme

### Junior & U23 Relay Team Entry / Amendment Form

<b>Club:</b>	
--------------	--

Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			



**Athletics Leinster**

**2012 Track & Field Programme**



**Athletics Leinster**

**Juvenile Inter County League**

**Saturday 16<sup>th</sup> June**

**Navan**





## Athletics Leinster

### 2012 Track & Field Programme

#### Juvenile Inter County League

#### Navan

#### Saturday 16th June

#### Start-time: 10:00am

- 4 Team Categories: Girls U/14, Boys U/14, Girls U/16, Boys U/16.
- Events: 100m, 800m, Long Jump, Shot & 4 x 200 Relay
- Each County is restricted to entering 2 athletes per event
- Each athlete is restricted to entering maximum 2 individual events (not including relay)
- 2 subs allowed per team. Subs **must** be declared to T&F Sec. if introduced mid-competition.
- Minimum size team 6 athletes inc. 2 subs. Maximum size team 10 inc 2 subs.
- Minimum of 5 Counties required for valid competition. Will notify each County Sec. following closing date.

#### Scoring Matrix as follows:

#Counties	# Athletes	Points
5	10	12, 10, 8, 7, 6, 5, 4, 3, 2, 1
6	12	14, 12, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
7	14	16, 14, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
8	16	18, 16, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
9	18	.
Relay		
5		10, 7, 5, 3, 1
6		12, 9, 7, 5, 3, 1
7		14, 11, 9, 7, 5, 3, 1
8		16, 13, 11, 9, 7, 5, 3, 1
9		.

- Scoring / positions are based on times. **No Finals will be held.**
- Athletics Leinster to present a Shield to the winning Counties
- Medals will be presented to athletes from the winning & runner-up Counties only.

**County Secretaries please email  
'Best Attempt' at team, Athlete / Event Allocation**

**by**

**Closing Date Friday 15<sup>th</sup> June  
to**

**[patrickcarty@gmail.com](mailto:patrickcarty@gmail.com)**

**Payment on the Day:**

**€ 20 p/team**

**Amendments accepted on day of Competition.**



**Athletics Leinster**

**2012 Track & Field Programme**

**Athletics Leinster**

**Juvenile U13 – U19 Championship**

**Day 1**

**Saturday 30<sup>th</sup> June**

**Tullamore Harriers**



**Juvenile U13-U19 Track & Field Championship**

**Tullamore Harriers**

**DAY – 1 Saturday 30<sup>th</sup> June**

**Start-time: 10:00am**

<b>Time</b>	<b>Age Category</b>	<b>TRACK</b>
		<b>WALKS</b>
10:00	U14 Girls, U15 Girls, U16 Girls,	2000m
	U14 Boys, U15 Boys	2000m
	U17 Girls, U18 Girls, U19 Girls	3000m
	U16 Boys, U17 Boys	3000m
	U18 Boys, U19 Boys	5000m
		<b>HURDLE HEATS</b>
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)
		<b>HURDLE FINALS</b>
	<b>BREAK</b>	
	U17 Boys, U18 Boys, U19 Boys	3000m
	U18 Girls, U19 Girls	3000m
		<b>TRACK HEATS</b>
	U17 Girls, (H)	400m
	U18 Girls, 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
		<b>400m FINALS</b>
		<b>100m FINALS</b>
		<b>200m FINALS</b>
		<b>INTER COUNTY RELAYS</b>
	U13 Girls U15 Girls, U17 Girls, U19 Girls	4 * 100M
	U13 Boys, U15 Boys, U17 Boys, U19 Boys	4 * 100M



## Athletics Leinster

### 2012 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 (3kg)		U14 Girls (400g)	U17 Girls (3kg)
	U14 Girls (2kg)		U13 Boys (400g)	U19 Girls (4kg)
	U13 Girls (2kg)		U17 Boys (700g)	U16 Boys (4kg)
	U17 Girls (3kg)		U19 Boys (800g)	U18 Boys (5kg)
	U16 Girls (3kg)		U15 Boys (500g)	U14 Boys (2.5kg)
	U17 Boys (5kg)	U18 Girls (1kg)	U18 Boys (700g)	
		U14 Boys (.75kg)		
		U15 Boys (1kg)		
		U16 Boys (1kg)		
		U19 Boys (1.5kg)		
		U15 Girls (.75kg)		



## Athletics Leinster

### 2012 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.
- Only 3 teams are allowed to progress to the national finals. In the event of a dead-heat resulting in more than 3 teams, a coin toss will decide third place qualifier.
- Entries without D.O.B, 2012 AAI registration number or correct entry fees will **NOT** be accepted.
- 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, Received by C.O.B Friday 22<sup>nd</sup> June**

**Accompanied by Entry Fee of  
€ 2 p/ event  
to**

**Athletics Leinster  
Claremont Stadium  
Navan  
Co. Meath**

**Closing Date for Late Entries, Received by C.O.B Thursday 28<sup>th</sup> June**

**LATE ENTRY FEES APPLY**

**"€ 4 p/event"**

**(Late Entries may not appear in Programme)**

**"STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS"  
NO EXCEPTIONS**

**SORRY, NO GUESTS**



**Athletics Leinster**

**2012 Track & Field Programme**

**Juvenile U13-U19 Track & Field Championship**

**Tullamore Harriers**

**DAY 1 - ENTRY FORM**

**CLOSING DATE: Friday 22<sup>nd</sup> June**

<b>CLUB</b>						
<b>Official Use</b>	<b>Age Category</b>	<b>Events</b>	<b>Athlete Name</b>	<b>SEX</b>	<b>D.O.B</b>	<b>Reg #</b>
		1				
		2				
		3				
		4				
		1				
		2				
		3				
		4				
		1				
		2				
		3				
		4				



**Athletics Leinster**  
**2012 Track & Field Programme**

Official Use	Age Category	Events	Athlete Name	SEX	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 Club Official:** \_\_\_\_\_

*Signed:* \_\_\_\_\_ *Date:* \_\_\_\_\_



## Athletics Leinster

### 2012 Track & Field Programme

#### Juvenile Inter-County Relay Team Entry / Amendment Form

<b>County:</b>	
----------------	--

Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			





**Athletics Leinster**

**2012 Track & Field Programme**

**Athletics Leinster**

**Juvenile U13 – U19 Championship**

**Day 2**

**Sunday 1<sup>st</sup> July**

**Tullamore Harriers**



## Athletics Leinster

### 2012 Track & Field Programme

#### Juvenile U13 - U19 Track & Field Championship

Tullamore Harriers

DAY 2 - Sunday 1<sup>ST</sup> July

Start-time: 10:00am

Time	Age Category	TRACK
		<b>HURDLE HEATS</b>
10:00	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	400mH (2' 6)
	U19 Girls	400mH (2' 6)
	U18 Boys	400mH (2' 9)
	U19 Boys	400mH (3' 0)
		<b>HURDLE FINALS</b>
		<b>TRACK HEATS</b>
	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
		<b>BREAK</b>
	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
		<b>80m / 100m SEMI-FINALS</b>
	U17 Girls, U17 Boys	2000m Steeplechase
	U18 Girls, U18 Boys	2000m Steeplechase
	U19 Girls, U19 Boys	3000m Steeplechase
		<b>200m FINALS</b>
		<b>80m / 100m FINALS</b>
		<b>600m/ 800m FINALS</b>



## Athletics Leinster

### 2012 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 (500g)	U15 Boys (3.25kg)
	U15 Boys (3.25kg)		U13 Girls (400g)	U18 Girls (3kg)
	U13 Boys (2kg)		U15 Girls (400g)	U16 Girls (3kg)
	U16 Boys (4kg)		U18 Girls (500g)	U17 Boys (5kg)
	U19 Boys (6kg)		U19 Girls (600g)	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

### 2012 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, 2012 AAI registration number or correct entry fees will **NOT** be accepted.
- 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, Received by C.O.B Friday 22<sup>nd</sup> June**

**Accompanied by Entry Fee of  
€ 2 p/ event  
to**

**Athletics Leinster  
Claremont Stadium  
Navan  
Co. Meath**

**Closing Date for Late Entries, Received by C.O.B Thursday 28<sup>th</sup> June**

**LATE ENTRY FEES APPLY**

**"€ 4 p/event"**

**(Late Entries may not appear in Programme)**

**"STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS"  
NO EXCEPTIONS**

**SORRY, NO GUESTS**



**Athletics Leinster**  
**2012 Track & Field Programme**

**Juvenile U13-U19 Track & Field Championship**

**Tullamore Harriers**

**DAY 2 - ENTRY FORM**

**CLOSING DATE: Friday 22<sup>nd</sup> June**

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



**Athletics Leinster**  
**2012 Track & Field Programme**

Official Use	Age Category	Events	Athlete Name	SEX	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 Club Official:** \_\_\_\_\_

*Signed:* \_\_\_\_\_ *Date:* \_\_\_\_\_



**Athletics Leinster**

**2012 Track & Field Programme**

**Please read, the specific details of each competition carefully.**

**Please direct any errors, queries or concerns to the**

**Athletics Leinster Track & Field Competition Secretary,**

**Pat Carty at [patrickcarty@gmail.com](mailto:patrickcarty@gmail.com) OR 0876538501**