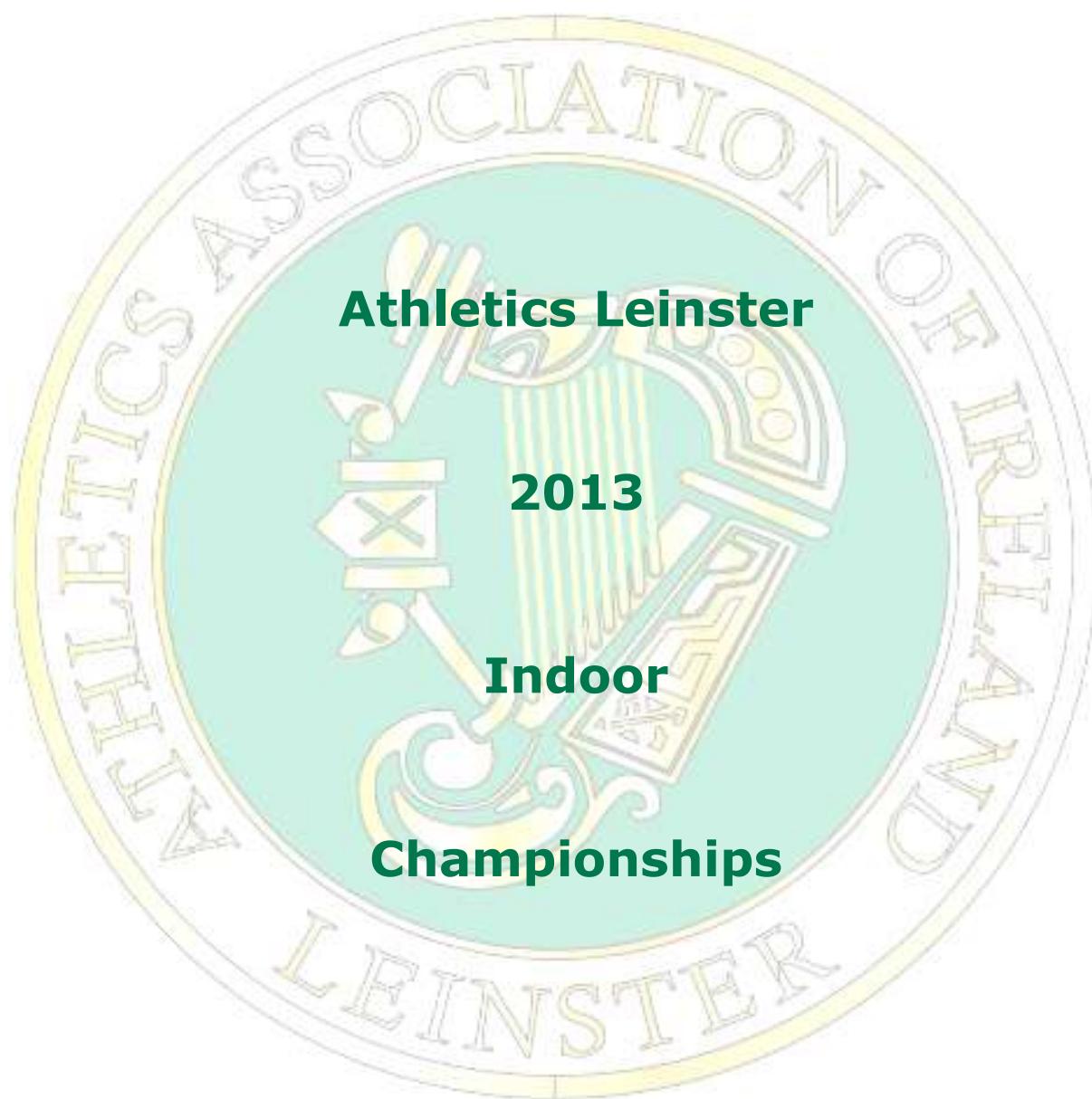




Athletics Leinster

2013 Indoor Championships



Contact
Indoor Sec.
Mary Dwyer
me_dwyer@hotmail.com

<http://www.athleticsleinster.com>



Athletics Leinster

2013 Indoor Championships

2013 Track & Field Policies

Athletics Leinster wishes to advise clubs of the following 2013 Indoor. It is the intention of Athletics Leinster to **strictly** enforce these policies for the 2013 season.

Results Processing Room

Access to the results processing room is strictly restricted to officials.

COACHES AND PARENTS ARE STRICTLY NOT ALLOWED IN THE RESULTS ROOM AT ANY TIME. The results room is strictly reserved for processing officials or representatives of Leinster. Coaches & Parents are strictly **NOT** to enter, those found to be in violation of this guideline risk disqualification of their athletes. **This rule will be enforced.** Please stay out of the results room and use the correct mechanism for Appeals.

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. All Clubs that enter athletes in a competition must provide officials on the day of competition. Officials must be clearly named on submitted club entry forms. 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.

Entries

Incorrect or Incomplete Entry Forms will NOT be accepted, and will be returned to Club Secretaries. ENTRY FORMS SUBMITTED WITHOUT VALID ATHLETE REGISTRATION NUMBERS OR CLUB OFFICIALS FOR THE DAY OF COMPETITION WILL NOT BE PROCESSED AND WILL BE RETURNED TO CLUB SECRETARIES.

STRICTLY NO INDIVIDUAL ON THE DAY ENTRIES OR EVENT AMENDMENTS WILL BE ACCEPTED. There is sufficient time provisioned to arrange club entries in advance of each championship. To avoid disappointment, Athletics Leinster advises clubs to submit entries before the closing date of each Championship.

Relay amendments may be accepted, WITHIN REASON where entries were previously processed. Relay amendments must be written out and presented on the supplied sheet. Such amendments MUST be processed EARLY on the day of competition.

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, in this event the **STEP DOWN RULE WILL APPLY.**

THIS APPLIES TO ALL MASTERS CATEGORIES.

2013 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 2005

Age 10 Born 2004

Age 11 Born 2003

Age 12 Born 2002

Age 13 Born 2001

Age 14 Born 2000

Age 15 Born 1999

Age 16 Born 1998

Age 17 Born 1997

Age 18 Born 1996

Age 19 Born 1995

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

- Athletes are allowed to compete in individual events as follows:

Age Category	# of Events
U12 – U19	3 Events + Relay

- In the Indoor Relays an athlete may move up one age group.
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age, exception U17, 18, 19 age groups where no limitation applies
- Please ensure all entry forms are completed in BLOCK CAPITALS and legible.
- First and last name for each athlete is required along with **DOB** and **2013 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, **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
 - All athletes must collect a competition number, minimum one hour prior to their event.
 - Field Athletes check-in when their event is called:
- Club singlet's 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.
- False Start Rules apply.
 - U12 to U15; one false start allowed and a second leads to disqualification
 - U16 upwards; a false start leads to disqualification.
- Athletes must leave the arena when their event is complete.
- 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).
- Where a heat is listed, if insufficient competitors check in a FINAL will be held at heat time.
- 200m, 400m and relays.
 - **If there are 2 heats the first 2 of each heat plus the 2 fastest will go forward to the Final.**
 - **3 Heats: Winner in each heat plus the 3 fastest to go forward to the Final.**
 - **4 Heats: Winner in each heat plus the 2 fastest to go forward to the Final.**
 - **5 Heats or more the 6 fastest to go forward to the Final.**
- 600, 800m and 1500m
 - If there are 2 Heats the first 3 in each heat plus the 2 fastest losers will go forward to the final.
 - If there is 3 Heats the first 2 plus the 2 fastest losers will go forward to the final.
 - If 8 or less check in (at the discretion of the committee) a FINAL will be held at heat time.



Athletics Leinster

2013 Indoor Championships

- Please have respect for the stadium and its environs.
- Please do not leave your personal belongings unattended.
- 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
- **Entry Forms** must be submitted, before the closing date to:

**Sports Development Project
Claremont Stadium
Navan
Co. Meath
Tel: 046 902 9966**
- The first three (3) from each region qualify for the National Championships. Please confirm your National entry with the Indoor Secretary before leaving the regional Championships. (U12 Hurdles is not a National Event and therefore there is no qualification)
- **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 Indoor Track & Field competition secretary, Mary Dwyer to me_dwyer@hotmail.com



Athletics Leinster

2013 Indoor Championships

2013 Athletics Leinster Indoor Programme				
Date	Start Time	Age Category	Venue	Closing Date
PLEASE NOTE: ' RED TEXT ' ON THE 'SCHEDULE OF EVENTS' INDICATE AMENDMENTS				
Saturday 2nd February	10:30	Juvenile Indoor Relays	Athlone I.T	Tuesday 22 nd January
	10:30	Junior, Senior & Master Field Events		
	13:30	Junior, Senior & Master Track Events		
Saturday 9th March	10:30	Juvenile Indoors	Athlone I.T	Friday 22 nd February
Sunday 10th March	10:30	Juvenile Indoors	Athlone I.T	Friday 22 nd February



Athletics Leinster

2013 Indoor Championships

Indoor DAY 1

**Saturday 2nd
February**

Juvenile Club Relay (U12 – U19)

Junior

Senior & Master

Championships



Indoor Championships Day 1 - Schedule of Events

Athlone I.T

Saturday 2nd February

TRACK					
Order	Age Category	Relay	Order	Age Category	Relay
MORNING 10:30					
Girls	U13	4 x 100m	Boys	U13	4 x 100m
	U15	4 x 200m		U15	4 x 200m
	U17	4 x 200m		U17	4 x 200m
	U19	4 x 200m		U19	4 x 200m
	U13/15/17/19	Relay Finals		U13/15/17/19	Relay Finals
	U12	4 x 100m		U12	4 x 100m
	U14	4 x 200m		U14	4 x 200m
	U16	4 x 200m		U16	4 x 200m
	U18	4 x 200m		U18	4 x 200m
	U12/14/16/18	Relay Finals		U12/14/16/18	Relay Finals
AFTERNOON 13:30					
Order	Age Category	Event	Order	Age Category	Event
Women	Jun/Sen/Mast	3000m	Men	Jun/Sen/Mast	3000m
	Jun/Sen/Mast	400m Heats		Jun/Sen/Mast	400m Heats
	Jun/Sen/Mast	3K Walk		Jun/Sen/Mast	3K Walk
	Jun/Sen/Mast	400m Final		Jun/Sen/Mast	400m Final
	Jun/Sen/Mast	60m Heats		Jun/Sen/Mast	60m Heats
	Jun/Sen/Mast	60m Final		Jun/Sen/Mast	60m Final
	Jun/Sen/Mast	800m		Jun/Sen/Mast	800m
	Jun/Sen/Mast	200m Heats		Jun/Sen/Mast	200m Heats
	Jun/Sen/Mast	60mH Heats		Jun/Sen/Mast	60mH Heats
	Jun/Sen/Mast	60mH Final		Jun/Sen/Mast	60mH Final
	Jun/Sen/Mast	1500m		Jun/Sen/Mast	1500m
	Jun/Sen/Mast	200m Final		Jun/Sen/Mast	200m Final
	Jun/Sen/Mast	Relays		Jun/Sen/Mast	Relays



Athletics Leinster

2013 Indoor Championships

FIELD					
Order	Age Category	Event	Order	Age Category	Event
MORNING 11:00					
Women	Junior	Triple Jump	Men	Junior	Triple Jump
	Senior	Triple Jump		Senior	Triple Jump
	Masters	Triple Jump		Masters	Triple Jump
	Junior	Pole Vault		Junior	Pole Vault
	Senior	Pole Vault		Senior	Pole Vault
	Masters	Pole Vault		Masters	Pole Vault
	Masters	High Jump		Masters	High Jump
	Junior	High Jump		Junior	High Jump
	Senior	High Jump		Senior	High Jump
	Senior	Long Jump		Senior	Long Jump
	Masters	Long Jump		Masters	Long Jump
	Junior	Long Jump		Junior	Long Jump
	Junior	Shot Putt		Junior	Shot Putt
	Senior	Shot Putt		Senior	Shot Putt
	Masters	Shot Putt		Masters	Shot Putt
					Senior
			Masters	Weight	

Closing Date for Entries. Tuesday 22nd Jan, 2013.

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

RELAYS: €10 per team

(LATE ENTRY; €20 per team)

JUNIOR ENTRY FEE:

€3 per event

(DOUBLE FEE for late entries)

SENIOR/MASTER ENTRY FEE:

€5 per event

(DOUBLE FEE for late entries)



Athletics Leinster

2013 Indoor Championships

Guest Athletes

Please Note:

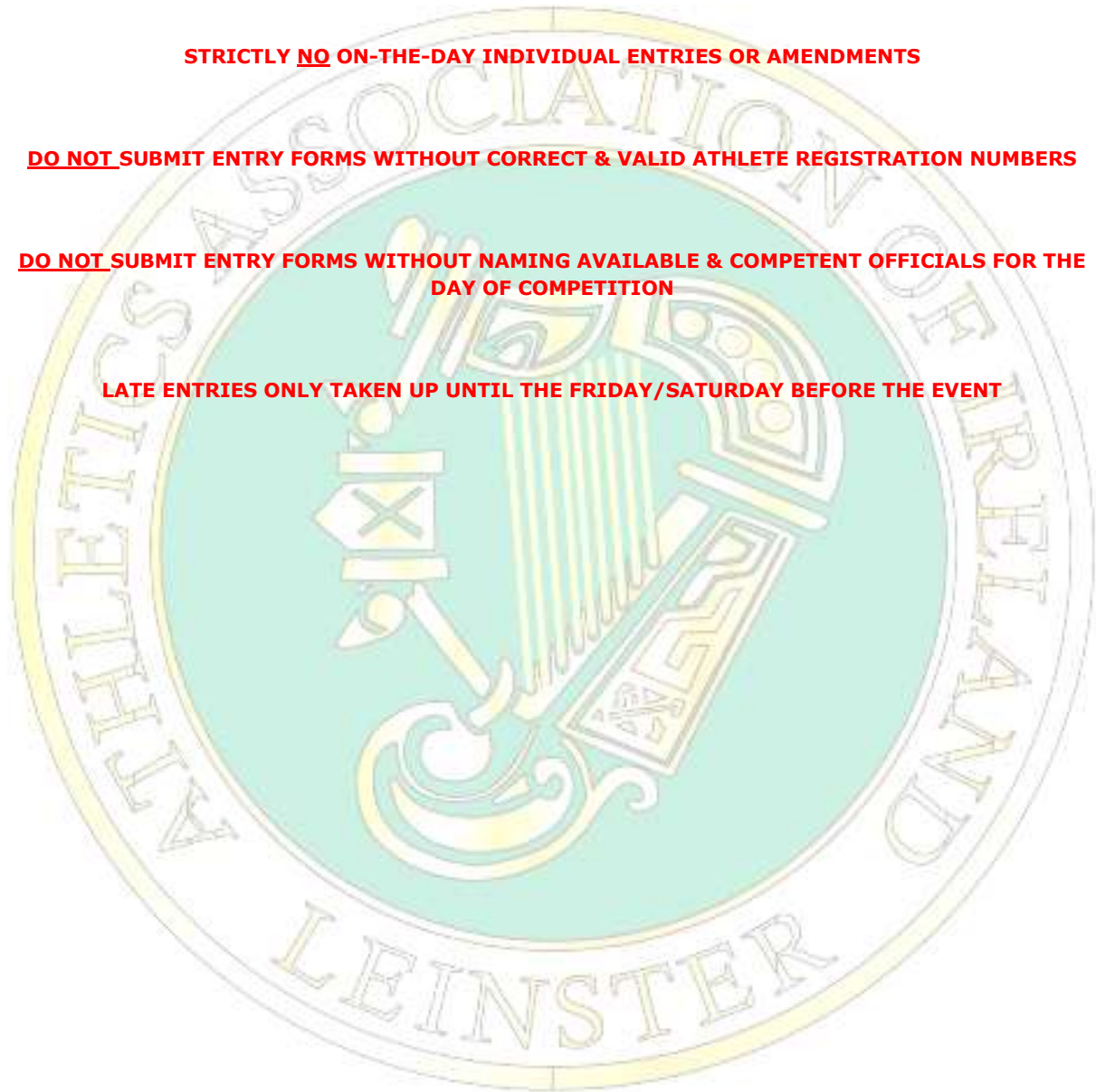
All guests are very welcome to attend and compete, but as you will appreciate as this is the Leinster Championship's and Leinster athletes must therefore take precedent. All attending athletes will be accommodated but depending on the number of guests in an event we may have separate races.

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

DO NOT SUBMIT ENTRY FORMS WITHOUT CORRECT & VALID ATHLETE REGISTRATION NUMBERS

DO NOT SUBMIT ENTRY FORMS WITHOUT NAMING AVAILABLE & COMPETENT OFFICIALS FOR THE DAY OF COMPETITION

LATE ENTRIES ONLY TAKEN UP UNTIL THE FRIDAY/SATURDAY BEFORE THE EVENT





Athletics Leinster

2013 Indoor Championships

Juvenile Indoor Relays (U12 – U19)

INDOOR RELAY TEAM ENTRY FORM

CLOSING DATE: Friday 22nd Jan 2013

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

CLUB							
EVENT		Name	DOB	Reg #	Name	DOB	Reg #
SEX / AGE CATEGORY							
4 * 100m	4 * 200m	1			2		
		3			4		
		5			6		
SEX / AGE CATEGORY							
4 * 100m	4 * 200m	1			2		
		3			4		
		5			6		
SEX / AGE CATEGORY							
4 * 100m	4 * 200m	1			2		
		3			4		
		5			6		
SEX / AGE CATEGORY							
4 * 100m	4 * 200m	1			2		
		3			4		
		5			6		



Athletics Leinster 2013 Indoor Championships

EVENT		Name	DOB	Reg #	Name	DOB	Reg #
SEX / AGE CATEGORY							
4 * 100m	4 * 200m	1			2		
		3			4		
		5			6		
SEX / AGE CATEGORY							
4 * 100m	4 * 200m	1			2		
		3			4		
		5			6		
SEX / AGE CATEGORY							
4 * 100m	4 * 200m	1			2		
		3			4		
		5			6		
SEX / AGE CATEGORY							
4 * 100m	4 * 200m	1			2		
		3			4		
		5			6		
SEX / AGE CATEGORY							
4 * 100m	4 * 200m	1			2		
		3			4		
		5			6		



Athletics Leinster 2013 Indoor Championships

EVENT		Name	DOB	Reg #	Name	DOB	Reg #
SEX / AGE CATEGORY							
4 * 100m	4 * 200m	1			2		
		3			4		
		5			6		
SEX / AGE CATEGORY							
4 * 100m	4 * 200m	1			2		
		3			4		
		5			6		
SEX / AGE CATEGORY							
4 * 100m	4 * 200m	1			2		
		3			4		
		5			6		
SEX / AGE CATEGORY							
4 * 100m	4 * 200m	1			2		
		3			4		
		5			6		

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

Name & #of Club Official: _____

Signed: _____

Date: _____



Athletics Leinster

2013 Indoor Championships

Relay Team Amendment Form

Club:	
--------------	--

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

2013 Indoor Championships

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
2013 Indoor Championships

Junior Leinster Indoor Championship

Athlone I.T

Saturday 2nd February

ENTRY FORM

CLOSING DATE: Tuesday 22nd, Jan 2013

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

Club: _____ Name: _____

Sex: _____ REG #: _____

D.O.B: _____ Age Category: _____

Address: _____

Tel #: _____ e-mail: _____

Events: _____

of Events: _____ Fees Included: _____

Name / # of Official: _____

Entry Fee: €3 per event.

Late Entry Fee: €6 per event.



Athletics Leinster

2013 Indoor Championships

Senior & Master Leinster Indoor Championship

Athlone I.T

Saturday 2nd February

ENTRY FORM

CLOSING DATE: Tuesday 22nd, Jan 2013

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

Club: _____ Name: _____

Sex: _____ REG #: _____

D.O.B: _____ Age Category: _____

Address: _____

Tel #: _____ e-mail: _____

Events: _____

of Events: _____ Fees Included: _____

Name / # of Official: _____

Entry Fee: €5 per event.

Late Entry Fee: €10 per event.



Athletics Leinster

2013 Indoor Championships



Indoor DAY 2

Saturday 9th March

**Juvenile
Championships**



Indoor Championships Day 2 - Schedule of Events

Athlone I.T

Saturday 9th February 2013

TRACK					
Order	Age Category	Event	Order	Age Category	Event
MORNING 10:30					
Girls	U16	1500m Heats	Boys	U16	1500m Heats
	U17	1500m Heats		U17	1500m Heats
	U18	1500m Heats		U18	1500m Heats
	U19	1500m Heats		U19	1500m Heats
	U16	200m Heats		U16	200m Heats
	U17	200m Heats		U17	200m Heats
	U18	400m Heats		U18	400m Heats
	U19	400m Heats		U19	400m Heats
	U12	600m Heats		U12	600m Heats
	U13	600m Heats		U13	600m Heats
	U12	60mH Heats		U12	60mH Heats
	U13	60mH Heats		U13	60mH Heats
	U14	60mH Heats		U14	60mH Heats
	U15	60mH Heats		U15	60mH Heats
	U16	60mH Heats		U16	60mH Heats
	U17	60mH Heats		U17	60mH Heats
	U18	60mH Heats		U18	60mH Heats
	U19	60mH Heats		U19	60mH Heats
	All	60mH Finals		All	60mH Finals
	All	1500m Finals		All	1500m Finals
	All	600m Finals		All	600m Finals
	All	200m Finals		All	200m Finals
	All	400m Finals		All	400m Finals
U14 / 15	1000m Walks	U14 / 15	1000m Walks		
U16/17/18/19	1500m Walks	U16/17/18/19	1500m Walks		

Please Note:

All Walkers **MUST** be checked in by no later than 14:00.



Athletics Leinster

2013 Indoor Championships

FIELD					
Order	Age Category	Event	Order	Age Category	Event
MORNING 10:30					
Girls	U12	Long Jump	Boys	U12	Long Jump
	U14	Long Jump		U14	Long Jump
	U16	Long Jump		U16	Long Jump
	U18	Long Jump		U18	Long Jump
	U18	Triple Jump		U18	Triple Jump
	U13	High Jump		U13	High Jump
	U15	High Jump		U15	High Jump
	U17	High Jump		U17	High Jump
	U19	High Jump		U19	High Jump
	U19	Shot Putt		U19	Shot Putt
	U17	Shot Putt		U17	Shot Putt
U15	Shot Putt	U15	Shot Putt		
U13	Shot Putt	U13	Shot Putt		

Closing Date for Entries. Friday 22nd February, 2013.

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

ENTRY FEE:

€3 per event

(LATE ENTRY; €6 per event)

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

LATE ENTRIES ONLY TAKEN UP UNTIL THE FRIDAY BEFORE THE EVENT

DO NOT SUBMIT ENTRY FORMS WITHOUT CORRECT & VALID ATHLETE REGISTRATION NUMBERS

DO NOT SUBMIT ENTRY FORMS WITHOUT NAMING AVAILABLE & COMPETENT OFFICIALS FOR THE DAY OF COMPETITION



Athletics Leinster
2013 Indoor Championships

Junvenile Indoor Championship (U12 – U19)

DAY 2 ENTRY FORM – Saturday 9th March

CLOSING DATE: Friday 22nd February 2013

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

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				



Athletics Leinster
2013 Indoor Championships

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
2013 Indoor Championships

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

2013 Indoor Championships



Indoor DAY 3

Sunday 10th March

**Juvenile
Championships**



Athletics Leinster

2013 Indoor Championships

Indoor Championships Day 3 - Schedule of Events

Athlone I.T

Sunday 10th March 2013

TRACK					
Order	Age Category	Event	Order	Age Category	Event
MORNING 10:30					
Girls	U18	200m Heats	Boys	U18	200m Heats
	U19	200m Heats		U19	200m Heats
	U14	800m Heats		U14	800m Heats
	U15	800m Heats		U15	800m Heats
	U16	800m Heats		U16	800m Heats
	U17	800m Heats		U17	800m Heats
	U18	800m Heats		U18	800m Heats
	U19	800m Heats		U19	800m Heats
200m Finals			200m Finals		
Girls	U12	60m Heats	Boys	U12	60m Heats
	U13	60m Heats		U13	60m Heats
	U14	60m Heats		U14	60m Heats
	U15	60m Heats		U15	60m Heats
	U16	60m Heats		U16	60m Heats
	U17	60m Heats		U17	60m Heats
	U18	60m Heats		U18	60m Heats
	U19	60m Heats		U19	60m Heats
800m Finals			800m Finals		
60m Finals			60m Finals		



Athletics Leinster

2013 Indoor Championships

FIELD					
Order	Age Category	Event	Order	Age Category	Event
MORNING 10:30					
Girls	U13	Long Jump	Boys	U13	Long Jump
	U15	Long Jump		U15	Long Jump
	U17	Long Jump		U17	Long Jump
	U19	Long Jump		U19	Long Jump
	U19	Triple Jump		U19	Triple Jump
	U14	High Jump		U14	High Jump
	U12	High Jump		U12	High Jump
	U16	High Jump		U16	High Jump
	U18	High Jump		U18	High Jump
	U18	Shot Putt		U18	Shot Putt
	U16	Shot Putt		U16	Shot Putt
	U14	Shot Putt		U14	Shot Putt
	U12	Shot Putt		U12	Shot Putt

Closing Date for Entries. Friday 22nd February, 2013.

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

ENTRY FEE:

€3 per event

(LATE ENTRY; €6 per event

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

DO NOT SUBMIT ENTRY FORMS WITHOUT CORRECT & VALID ATHLETE REGISTRATION NUMBERS

DO NOT SUBMIT ENTRY FORMS WITHOUT NAMING AVAILABLE & COMPETENT OFFICIALS FOR THE DAY OF COMPETITION



Athletics Leinster
2013 Indoor Championships

Junvenile Indoor Championship (U12 – U19)

DAY 3 ENTRY FORM – Sunday 10th March

CLOSING DATE: Friday 22nd February 2013

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

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				



Athletics Leinster
2013 Indoor Championships

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				
		1				
		2				
		3				



Athletics Leinster
2013 Indoor Championships

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

2013 Indoor Championships



**Juvenile
Championships**

Hurdles & Weights



Athletics Leinster

2013 Indoor Championships

Hurdles

Age / Distance	Heights	# Hurdles	Lead	Distance	Final
Girls 12 60m	68.6cm = 2' 3	5	11.00m	7.25m	20.00m
Girls 13 60m	68.6cm = 2' 3	5	11.00m	7.25m	20.00m
Girls 14 60m	68.6cm = 2' 3	5	11.50m	7.50m	18.50m
Girls 15 60m	76.2cm = 2' 6	5	12.00m	8.00m	16.00m
Girls 16 60m	76.2cm = 2' 6	5	12.00m	8.00m	16.00m
Girls 17 60m	76.2cm = 2' 6	5	13.00m	8.50m	13.00m
Girls 18 60m	76.2cm = 2' 6	5	13.00m	8.50m	13.00m
Girls 19 60m	84.0cm = 2' 9	5	13.00m	8.50m	13.00m
Boys 12 60m	68.6cm = 2' 3	5	11.00m	7.25m	20.00m
Boys 13 60m	68.6cm = 2' 3	5	11.00m	7.25m	20.00m
Boys 14 60m	76.2cm = 2' 6	5	11.50m	7.50m	18.50m
Boys 15 60m	84.0cm = 2' 9	5	12.00m	8.00m	16.00m
Boys 16 60m	84.0cm = 2' 9	5	13.00m	8.50m	13.00m
Boys 17 60m	91.4cm = 3' 0	5	13.00m	8.50m	13.00m
Boys 18 60m	91.4cm = 3' 0	5	13.72m	9.14m	9.72m
Boys 19 60m	99.0cm = 3' 3	5	13.72m	9.14m	9.72m



Athletics Leinster

2013 Indoor Championships

Please Note:

Follow 2012 AAI Congress a number of changes were made to weights, (RED)

Shot Putt

Boys	AGES	Girls
2 kg	12	2 kg
2 kg	13	2 kg
2.72 kg	14	2 kg
3.25 kg	15	2.72 kg
4 kg	16	3 kg
5 kg	17	3 kg
5 kg	18	3 kg
6 kg	19	4 kg

Starting Blocks

Boys & Girls U12	Optional
Boys & Girls U13 +	* Compulsory

- Please see note relating to Athletic Proficiency.