



Athletics Leinster
2018 Indoor Championships

Athletics Leinster

2018

Indoor

Championships

Contact
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<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2018 Indoor Championships

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2018 Track & Field Policies

Athletics Leinster wishes to advise clubs of the following **Policies for Our 2018 Indoor T&F Championships**.

It is the intention of Athletics Leinster to **strictly** enforce these policies for the 2018 season.

Officials

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

A minimum of one official per club must be made available and there will be no infield coaching allowed from this official. 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 sign in at the check-in desk on the day of competition and be available to officiate for the duration of the competition. Officials will be provided with a High-Viz vest which must be on display at all times. 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 one official for every ten athletes entered in ALL competitions which they have athletes competing in.

Entries

- **Entries are online at <https://events.athleticsireland.ie>**
- **An athlete cannot be entered on the system unless they have a current valid 2018 AAI registration number**
- **Any CLUB found not to be providing officials runs the risk of having their numbers confiscated until at least one official is provided no exceptions will be made.**
- **A 4% transaction fee applies to all entries.**
- **Card payments only will be accepted.**

STRICTLY NO INDIVIDUAL ON THE DAY ENTRIES OR EVENT AMENDMENTS WILL BE ACCEPTED. There will be sufficient time for clubs to arrange and review entries in advance of each championship.

Relay amendments are 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.

Please Note that there will be a charge of €5 per non-athlete / official entrance fee at the door of the arena for Days 1, 3, & 4.



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Car parking:

In AIT there is no car parking fee unless you use the underground, we (Leinster Athletics) do not receive any of this money.

In the NIA, Abbottstown parking is free however there is limited parking beside the arena, please follow direction for stewards on the day.

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 and possible their club. Please stay outside of the perimeter fencing at all venues.

Warm up Area.

In AIT this is an area upstairs overlooking the arena. This area is access by **athletes only** and they will be allowed entry to this area 60 minutes prior to their event.

In NIA, Abbottstown it is opposite the track. This area is accessed by **athletes only** and they will be allowed entry to this area 60 minutes prior to their event.

Photography

In line with the recommendation in Athletics Ireland's Code of Conduct Leinster Athletics requests that any person(s) wishing to engage in any video, zoom or close-range photography should register their details with Andrew Lynam, Leinster Indoor Secretary prior to commencing. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent / guardian.



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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 and will be strictly adhered too.**

THIS APPLIES TO ALL MASTERS CATEGORIES.

2018 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.

Under 12's – Born in 2007

Under 13's – Born in 2006

Under 14's – Born in 2005

Under 15's – Born in 2004

Under 16's – Born in 2003

Under 17's – Born in 2002

Under 18's – Born in 2001

Under 19's – Born in 2000

Junior – Born Between 1999 & 2002

Senior – Born Before 2003

Master OXX – Either XX or over on the day of competition

Policy Statement for the Athletic Association of Ireland

The Athletic Association of Ireland is fully committed to safeguarding the wellbeing of all of its members. Every individual in Athletics Ireland should at all times show respect and understanding for member's 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 website here:

<http://www.athleticsireland.ie/juvenile/child-welfare/safeguarding-statement-plan/>



Entry & Competition Rules

- IAAF Rules will apply unless otherwise stated ([rules can be found here](#))
- Athletes are allowed to compete in individual events as follows:

| Age Category | # of Events |
|-------------------------|------------------|
| U12 – U19 | 3 Events + Relay |
| Junior, Senior & Master | 5 Events + Relay |

- All Athletes are **strictly** confined to their own age groups. A fine of €75 will be levied where this rule is broken.
 - Only 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
- All entries must be made online and come through the club secretary for Juveniles.
- For the 4x100m Relay's the third athlete will break
- There is no limit on the number of athletes a club may enter per individual event.
- **Check-In:**
 - All athletes must collect a competition number, minimum one hour prior to their event.
 - Track Athletes must check-in at where they collect their numbers. They then must report to the call room when their event is called and check-in with the call room official.
 - Field Athlete can check-in at event when it is called. It will be called at least 15 minutes before starting. No call room is in operation for field events.
 - Track and field Athletes check-in when collecting their numbers, **COLLECTING YOU NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
- Club singlet 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. National Apparel is not to be worn either at Leinster Championships doing so risks disqualification.
- 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).



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- U12 & U13 Athletes may use starting blocks, U14 athletes upwards MUST use starting blocks
- Where a heat is listed, if insufficient competitors check in a FINAL will be held at heat time.
- Athlete must leave the track / field when their event has completed.
- Wining athlete must report for medal presentation 20 minutes after their event where possible or when called from the Public Address System.
- Athletes are not permitted to carry / use electronic or transmission equipment (i.e. Phones, iPods, Media Players etc.) in the competition area. Note: The competition area starts at the assembly/call room.
- Warm up marks for field events should be completed where possible before the time schedule, **WARM UP MARKS SHOULD NOT INVOLVE PINS OR CHALK.**
- Please have respect for the stadium and its environs.
- Please do not leave your personal belongings unattended. Athletics Leinster accepts no responsibility for items loss at it competitions.
- The **first four (4)** from each region qualify for the National Championships.
 - Except in the 600m & Relays where 3 qualify only.
 - U12 Hurdles U16, U17 triple jump, and U17 400m are not a National Event and therefore there is no qualification.
 - This will automatically be done by Indoor Leinster Secretary. Therefore, any athlete unable to attend please notify your coach who in turn is responsible for notifying Indoor secretary via email on LeinsterAL@gmail.com
 - **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 LEINSTER INDOOR COMPETITION SECRETARY IF THEY WISH TO BE ENTERED FOR THE NATIONAL CHAMPIONSHIP. Deadline for application is Monday the 5th of March 2018 at 20:00.**
- A PROVISIONAL TIMETABLE WILL BE AVAILABLE ONLINE ON THE WEEK OF COMPETITIONS ALONG WITH LIST OF REGISTERED ATHLETES FOR EACH EVENT Athletics Leinster reserves the right to alter the timetables. Any alterations to the programme will be published on the Athletics Leinster website, www.athleticsleinster.org
- Please direct any queries to the Athletics Leinster Indoor Track & Field competition secretary, Andrew Lynam at LeinsterAL@gmail.com



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2018 Indoor Championships

2018 Athletics Leinster Indoor Programme

| Date | Start Time | Age Category | Venue | Closing Date |
|------------------------------------|-------------------|---|-------------------------|---|
| Saturday 10 th February | 9:30 | Juvenile Indoors (Sprints) | AIT International Arena | 22:00 Wednesday 31 st January |
| Saturday 24 th February | 10:00 | Junior, Senior & Master Indoors | NIA, Abbottstown | 22:00 Wednesday 14 th February |
| Sunday 25 th February | 10:00 | Juvenile Indoor Relays and some Juvenile Events (please check these to ensure your athlete doesn't miss their event) | NIA, Abbottstown | 22:00 Wednesday 14 th February |
| Saturday 3 rd March | 10.00 | Juvenile Indoors (Hurdles) | AIT International Arena | 22:00 Wednesday 21 st February |

ONLINE REGISTRATION ONLY

CLUBS can enter Athletes & Teams here: <https://events.athleticsireland.ie> using their appropriate club logins.

<https://events.athleticsireland.ie/ps/event/AthleticsLeinster2018IndoorChampionships>

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2018 Indoor Championships

Indoors DAY 1
Saturday 10th February

Juvenile
Championships
Sprints



Athletics Leinster

2018 Indoor Championships

Indoor Championships Day 1 - Schedule of Events

Athlone I.T

Saturday 10th February 2018

Start Time: 9:30am

| Track | | | | | |
|------------------|--------------|------------|------------------|--------------|------------|
| Gender | Age Category | Event | Gender | Age Category | Event |
| Girls | U14 / U15 | 1km Walk | Boys | U14 / U15 | 1km Walk |
| Girls | U16 – U19 | 1.5km Walk | Boys | U16 – U19 | 1.5km Walk |
| Girls | U17 | 400m | Boys | U17 | 400m |
| Girls | U18 | 400m | Boys | U18 | 400m |
| Girls | U19 | 400m | Boys | U19 | 400m |
| Girls | U16 | 1500m | Boys | U16 | 1500m |
| Girls | U17 | 1500m | Boys | U17 | 1500m |
| Girls | U18 | 1500m | Boys | U18 | 1500m |
| Girls | U19 | 1500m | Boys | U19 | 1500m |
| Girls | U12 | 60m | Boys | U12 | 60m |
| Girls | U13 | 60m | Boys | U13 | 60m |
| Girls | U14 | 60m | Boys | U14 | 60m |
| Girls | U15 | 60m | Boys | U15 | 60m |
| All 400m Final's | | | All 400m Final's | | |
| All 60m Semi's | | | All 60m Semi's | | |
| Girls | U16 | 60m | Boys | U16 | 60m |
| Girls | U17 | 60m | Boys | U17 | 60m |
| Girls | U18 | 60m | Boys | U18 | 60m |
| Girls | U19 | 60m | Boys | U19 | 60m |
| Women | JSM | 3km Walk | Men | JSM | 3km Walk |
| All 60m Final's | | | All 60m Final's | | |

INDIVIDUAL ENTRY FEE: €3.50 per event

ONLINE REGISTRATION ONLY

CLUBS can enter Athletes & Teams here: <https://events.athleticsireland.ie>

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

ENTRIES ONLY TAKEN UP UNTIL 22:00hrs on Wednesday the 31st January 2018



Athletics Leinster
2018 Indoor Championships

Start Time: 10:00am

| Field | | | | | |
|--------|--------------|-----------|--------|--------------|-----------|
| Gender | Age Category | Event | Gender | Age Category | Event |
| | | | Boys | U12 | High Jump |
| Girls | U16 | High Jump | Boys | U16 | High Jump |
| Girls | U14 | High Jump | Boys | U14 | High Jump |
| | | | | | |
| Girls | U13 | Long Jump | Boys | U13 | Long Jump |
| Girls | U15 | Long Jump | Boys | U15 | Long Jump |
| Girls | U17 | Long Jump | Boys | U17 | Long Jump |
| Girls | U19 | Long Jump | Boys | U19 | Long Jump |
| | | | | | |
| Girls | U16 | Shot Putt | Boys | U16 | Shot Putt |
| Girls | U14 | Shot Putt | Boys | U14 | Shot Putt |
| Girls | U12 | Shot Putt | | | |

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

ENTRIES ONLY TAKEN UP UNTIL 22:00hrs on Wednesday the 31st January 2018

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

OFFICIALS NAMES MUST BE SENT ON TO THE LEINSTER SECRETARY BEFORE THE DAY OF COMPETITION.

CLUBS can enter Athletes & Teams here: <https://events.athleticsireland.ie>



Athletics Leinster
2018 Indoor Championships

Indoors DAY 2

Saturday 24th February 2018

Junior, Senior & Master
Championships



Athletics Leinster

2018 Indoor Championships

Indoor Championships Day 2 - Schedule of Events

National Indoor Arena, Abbottstown

Saturday 24th February 2018

Start Time: 10:00am

| Track | | | |
|--------------|-------------------|------------|-------------------|
| Gender | Event | Gender | Event |
| Women | 60m | Men | 60m |
| Women | 1500m | Men | 1500m |
| Women | 60m Final | Men | 60m Final |
| Women | 60mH | Men | 60mH |
| Women | 200m | Men | 200m |
| Women | 800m | Men | 800m |
| Women | 200m Final | Men | 200m Final |
| Women | 3000m | Men | 3000m |
| Women | 400m | Men | 400m |
| Women | 4x200m | Men | 4x200m |
| Women | 4x400m | Men | 4x400m |

Track Events will occur in the following order:

- Junior Women, Senior Women,
- Master Women O35-O45, Master Women O50+,
- Junior Men, Senior Men,
- Master Men O35-O45, Master Men O50+
- Heats & Finals in the 60m / 200m are for Junior & Senior Athletes Only, everyone else is on time trials
- JSM Walks are on Day 1 with Juveniles.

| Field | | | |
|--------|-------------------|--------|------------------------|
| Gender | Event | Gender | Event |
| Women | High Jump | Men | High Jump |
| Women | Long Jump | Men | Long Jump |
| Women | Triple Jump | Men | Triple Jump |
| Women | Pole Vault | Men | Pole Vault |
| Women | Shot Putt | Men | Shot Putt |
| Women | 28lb for Distance | Men | 35lb/56lb for Distance |

EVENT ENTRY FEE:

€6 per event

€15 per Relay Team (Entry on the Day)

ONLINE REGISTRATION ONLY

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2018 Indoor Championships

ENTRIES ONLY TAKEN UP UNTIL 22:00hrs Wednesday the 14th February 2018

PB's / SB's needed for all Track Events for seeding purposes.

Final Timetable will be released at the latest Wednesday the 21st of February

CLUBS can enter Athletes here: <https://events.athleticsireland.ie>

Day 4 Athletes (Junior, Senior, & Master) can also enter here:

<https://events.athleticsireland.ie/ps/event/AthleticsLeinster2018IndoorChampionships>

Guest Athletes for Master, Seniors and Juniors ONLY

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.

Guest Athletes do not receive medals

Juniors, Seniors and Masters Athletes PLEASE NOTE:

- To compete as a Junior, the athlete must be over 16 and under 20 in the year of competition.
- To compete as a Master, the athlete must be over the age of the category on the day of competition.
- Competitors are limited to **FIVE** events plus a relay at Athletics Leinster Championships. No Exceptions will be accepted, athlete caught entering more than five events with forfeit their entry fees for the extra events.
- Master Hurdles & Masters PV will only have a competition on these age group O35 O40 & O45.
- Entries for the 4x200m Relay and the 4x400m Relay will take place on the day of competition. Sheet will be available at check-in. They must be submitted before 14:00 on day of competition along with entry fee of 15€ to the Leinster Secretary or Check-in Officials.

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

CLUB RELAY TEAM ENTRIES CAN BE SUMITTED ON THE DAY OF COMPEITION BEFORE 14:00 TO EITHER CHECKIN OFFICALS OR INDOOR SECRETARY

YOU WILL BE UNABLE TO ENTER ONLINE WITHOUT CORRECT & VALID ATHLETE REGISTRATION NUMBERS

OFFICALS NAMES MUST BE SUBMITTED ON TO THE LEINSTER SECRETARY BEFORE THE DAY OF COMPEITIION.



Athletics Leinster

2018 Indoor Championships

Indoors DAY 3
Sunday 25th February

Juvenile Club Relay
Championships



Athletics Leinster

2018 Indoor Championships

Indoor Championships Day 3 - Schedule of Events

National Indoor Arena, Abbottstown

Sunday 25th February 2018

Start Time: 10:00am

| Track | | | | | |
|--------------------------|--------------|--------------|--------------------------|--------------|--------------|
| Gender | Age Category | Event | Gender | Age Category | Event |
| Girls | U13 | 4x100m Relay | Boys | U13 | 4x100m Relay |
| Girls | U15 | 4x200m Relay | Boys | U15 | 4x200m Relay |
| Girls | U17 | 4x200m Relay | Boys | U17 | 4x200m Relay |
| Girls | U19 | 4x200m Relay | Boys | U19 | 4x200m Relay |
| Odd Relay Finals | | | Odd Relay Finals | | |
| Girls | U12 | 4x100m Relay | Boys | U12 | 4x100m Relay |
| Girls | U14 | 4x200m Relay | Boys | U14 | 4x200m Relay |
| Girls | U16 | 4x200m Relay | Boys | U16 | 4x200m Relay |
| Girls | U18 | 4x200m Relay | Boys | U18 | 4x200m Relay |
| Even Relay Finals | | | Even Relay Finals | | |

ENTRY FEE:

RELAYS: €12 per team

ON LINE REGISTRATION ONLY

ENTRIES ONLY TAKEN UP UNTIL 22:00hrs Wednesday the 14th February 2018

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

CLUB RELAY TEAM ENTRIES MUST BE SUBMITTED BY COMPETITION CLOSING DATE, SOME AMMENDMENTS WILL BE ALLOW ON THE DAY OF COMPETION PROVIDED THE TEAM WAS ENTERED BEFORE THE CLOSING DATE.

CLUBS can enter Athletes here: <https://events.athleticsireland.ie>



Athletics Leinster

2018 Indoor Championships

| Field | | | | | |
|--------|--------------|-------------|--------|--------------|-------------|
| Gender | Age Category | Event | Gender | Age Category | Event |
| Girls | U17 | High Jump | Boys | U17 | High Jump |
| Girls | U18 | High Jump | Boys | U18 | High Jump |
| Girls | U19 | High Jump | Boys | U19 | High Jump |
| | | | | | |
| Girls | U17 | Shot Putt | Boys | U17 | Shot Putt |
| Girls | U18 | Shot Putt | Boys | U18 | Shot Putt |
| Girls | U19 | Shot Putt | Boys | U19 | Shot Putt |
| | | | | | |
| Girls | U15-U19 | Pole Vault | Boys | U15-U19 | Pole Vault |
| | | | | | |
| Girls | U16-U19 | Triple Jump | Boys | U16-U19 | Triple Jump |

ENTRY FEE:

€3.50 per event

ON LINE REGISTRATION ONLY

ENTRIES ONLY TAKEN UP UNTIL 22:00hrs Wednesday the 14th February 2018

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

OFFICIALS NAMES MUST BE SENT ON TO THE LEINSTER SECRETARY BEFORE THE DAY OF COMPETITION.

CLUBS can enter Athletes & Teams here: <https://events.athleticsireland.ie>



Athletics Leinster
2018 Indoor Championships

Indoors DAY 4
Saturday 3rd March

Juvenile
Championships
Hurdles



Athletics Leinster

2018 Indoor Championships

Indoor Championships Day 4 - Schedule of Events

Athlone I.T

Saturday 3rd March 2018

Start Time: 10:00am

| Track | | | | | |
|-------------------------|--------------|-------|-------------------------|--------------|-------|
| Gender | Age Category | Event | Gender | Age Category | Event |
| Girls | U16 | 200m | Boys | U16 | 200m |
| Girls | U17 | 200m | Boys | U17 | 200m |
| Girls | U18 | 200m | Boys | U18 | 200m |
| Girls | U19 | 200m | Boys | U19 | 200m |
| Girls | U12 | 600m | Boys | U12 | 600m |
| Girls | U13 | 600m | Boys | U13 | 600m |
| Girls | U14 | 800m | Boys | U14 | 800m |
| Girls | U15 | 800m | Boys | U15 | 800m |
| Girls | U16 | 800m | Boys | U16 | 800m |
| Girls | U17 | 800m | Boys | U17 | 800m |
| Girls | U18 | 800m | Boys | U18 | 800m |
| Girls | U19 | 800m | Boys | U19 | 800m |
| All 200m Final's | | | All 200m Final's | | |
| Girls | U12 | 60mH | Boys | U12 | 60mH |
| Girls | U13 | 60mH | Boys | U13 | 60mH |
| Girls | U14 | 60mH | Boys | U14 | 60mH |
| Girls | U15 | 60mH | Boys | U15 | 60mH |
| Girls | U16 | 60mH | Boys | U16 | 60mH |
| Girls | U17 | 60mH | Boys | U17 | 60mH |
| Girls | U18 | 60mH | Boys | U18 | 60mH |
| Girls | U19 | 60mH | Boys | U19 | 60mH |
| Girls | U16 | 200m | Boys | U16 | 200m |
| Girls | U17 | 200m | Boys | U17 | 200m |
| Girls | U18 | 200m | Boys | U18 | 200m |
| Girls | U19 | 200m | Boys | U19 | 200m |
| All 600m Final's | | | All 600m Final's | | |
| ALL 800m Final's | | | ALL 800m Final's | | |
| ALL 60mH Final's | | | ALL 60mH Final's | | |

ENTRY FEE:

€3.50 per event

ON LINE REGISTRATION ONLY

ENTRIES ONLY TAKEN UP UNTIL 22:00hrs on Wednesday the 21st February 2018

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

CLUBS can enter Athletes here: <https://events.athleticsireland.ie>

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2018 Indoor Championships

| Field | | | | | |
|--------|--------------|-----------|--------|--------------|-----------|
| Gender | Age Category | Event | Gender | Age Category | Event |
| Girls | U15 | High Jump | Boys | U15 | High Jump |
| Girls | U13 | High Jump | Boys | U13 | High Jump |
| Girls | U12 | High Jump | | | |
| | | | | | |
| Girls | U12 | Long Jump | Boys | U12 | Long Jump |
| Girls | U14 | Long Jump | Boys | U14 | Long Jump |
| Girls | U16 | Long Jump | Boys | U16 | Long Jump |
| Girls | U18 | Long Jump | Boys | U18 | Long Jump |
| | | | | | |
| Girls | U15 | Shot Putt | Boys | U15 | Shot Putt |
| Girls | U13 | Shot Putt | Boys | U13 | Shot Putt |
| | | | Boys | U12 | Shot Putt |

ENTRY FEE:

€3.50 per event

ON LINE REGISTRATION ONLY

ENTRIES ONLY TAKEN UP UNTIL 22:00hrs on Wednesday the 21st February 2018

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

OFFICIALS NAMES MUST BE SENT ON TO THE LEINSTER SECRETARY BEFORE THE DAY OF COMPETITION.

CLUBS can enter Athletes & Teams here: <https://events.athleticsireland.ie>



Athletics Leinster
2018 Indoor Championships

Leinster Indoor
Championships
Appendices



1. Hurdles & Weights

Hurdles

| Age | Distance | Heights | # Hurdles | Lead | Distance | Final |
|--------------------|----------|----------------|-----------|--------|----------|--------|
| Girls 12 | 60mH | 68.6cm = 2' 3 | 5 | 11.00m | 7.25m | 20.00m |
| Girls 13 | 60mH | 68.6cm = 2' 3 | 5 | 11.00m | 7.25m | 20.00m |
| Girls 14 | 60mH | 68.6cm = 2' 3 | 5 | 11.50m | 7.50m | 18.50m |
| Girls 15 | 60mH | 76.2cm = 2' 6 | 5 | 12.00m | 8.00m | 16.00m |
| Girls 16 | 60mH | 76.2cm = 2' 6 | 5 | 12.00m | 8.00m | 16.00m |
| Girls 17 | 60mH | 76.2cm = 2' 6 | 5 | 13.00m | 8.50m | 13.00m |
| Girls 18 | 60mH | 76.2cm = 2' 6 | 5 | 13.00m | 8.50m | 13.00m |
| Girls 19 | 60mH | 83.8cm = 2' 9 | 5 | 13.00m | 8.50m | 13.00m |
| Junior W | 60mH | 83.8cm = 2' 9 | 5 | 13.00m | 8.50m | 13.00m |
| Senior W | 60mH | 83.8cm = 2' 9 | 5 | 13.00m | 8.50m | 13.00m |
| Master W O35-39 | 60mH | 83.8cm = 2' 9 | 5 | 13.00m | 8.50m | 13.00m |
| Master W O40-49 | 60mH | 76.2cm = 2' 6 | 5 | 12.00m | 8.00m | 16.00m |
| | | | | | | |
| Boys 12 | 60mH | 68.6cm = 2' 3 | 5 | 11.00m | 7.25m | 20.00m |
| Boys 13 | 60mH | 68.6cm = 2' 3 | 5 | 11.00m | 7.25m | 20.00m |
| Boys 14 | 60mH | 76.2cm = 2' 6 | 5 | 11.50m | 7.50m | 18.50m |
| Boys 15 | 60mH | 84.0cm = 2' 9 | 5 | 12.00m | 8.00m | 16.00m |
| Boys 16 | 60mH | 84.0cm = 2' 9 | 5 | 13.00m | 8.50m | 13.00m |
| Boys 17 | 60mH | 91.4cm = 3' 0 | 5 | 13.00m | 8.50m | 13.00m |
| Boys 18 | 60mH | 91.4cm = 3' 0 | 5 | 13.72m | 9.14m | 9.72m |
| Boys 19 | 60mH | 99.0cm = 3' 3 | 5 | 13.72m | 9.14m | 9.72m |
| Junior M | 60mH | 99.0cm = 3' 3 | 5 | 13.72m | 9.14m | 9.72m |
| Senior M | 60mH | 106.7cm = 3' 6 | 5 | 13.72m | 9.14m | 9.72m |
| Master M O35-49 | 60mH | 99.0cm = 3' 3 | 5 | 13.72m | 9.14m | 9.72m |



Shot Putt

| Boys / Men | AGES | Girls / Women |
|----------------|-----------------------|----------------|
| 2 kg | U12 | 2 kg |
| 2 kg | U13 | 2 kg |
| 2.72 kg | U14 | 2 kg |
| 3kg | U15 | 2.72 kg |
| 4 kg | U16 | 3 kg |
| 5 kg | U17 | 3 kg |
| 5 kg | U18 | 3 kg |
| 6 kg | U19 | 4 kg |
| 6 kg | Junior | 4 kg |
| 7.26 kg | Senior | 4 kg |
| 7.26 kg | Master O35-045 | 4 kg |
| 6 kg | Master O50-055 | 3 kg |
| 5 kg | Master O60-065 | 3 kg |
| 4 kg | Master O70 | 3 kg |
| 4 kg | Master O75 | 2 kg |
| 3 kg | Master O80+ | 2 kg |

Weight

| Men | AGES | Women |
|------------------------|-----------------------|----------------------|
| 35 lb (15.88kg) | Junior | 28lb (12.7kg) |
| 56lb (25.4kg) | Senior | 28lb (12.7kg) |
| 56lb (25.4kg) | Master O35-045 | 28lb (12.7kg) |
| 35 lb (15.88kg) | Master O50+ | 28lb (12.7kg) |

Starting Blocks

| | | |
|------------------------|-------------------|---|
| Boys & Girls U12,13 | Optional | One False Start Allow, following false start is a DQ |
| Boys & Girls U14 – U15 | Compulsory | One False Start Allow, following false start is a DQ |
| Boys & Girls U16+ | Compulsory | IAAF False Start Rule Applies R162.7a |

- Please see note relating to **Athletic Proficiency**.



Athletics Leinster

2018 Indoor Championships

2. 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

2018 Indoor Championships

3. Appeals

Athletics Leinster Appeals Procedure

Any appeal in the first instance shall be presented in writing to either the competition manager, track or field referee as appropriate within 15 minutes of the finish of the event.

Appeals will only be accepted when presented by a competent club official citing basis for appeal and any backup evidence. If the initial appeal is unsatisfactory, the decision may then be appealed to a Jury of Appeal accompanied by a fee of €20.00 (refundable in the case of a successful appeal). This appeal must be presented on official appeals form available upon request at 'Check-In', within 20 minutes of the outcome of the initial appeal.

The Jury of Appeal shall, in the first instance, be composed of the Leinster Chairperson, the Leinster Indoor Secretary and the Track or Field Referee on the day. In the case of a conflict of interest on any matter an alternate shall replace the conflicted member(s) for the determination of that issue. In the event that any member/alternate of first instance is unavailable on the day of competition they may be substituted by the Leinster Vice-Chairman, the Leinster Treasurer or such other Leinster officers as are present on the day, as appropriate.

All appeals will be dealt with on the day. The ruling of the Jury of Appeal shall be final.



Athletics Leinster

2018 Indoor Championships

Appeals Form

| | |
|--|--------------|
| Date: | Time: |
| Athlete Name: | |
| Club: | |
| Event: | |
| Details | |
| Club Official: | Role: |
| Appeal Fee 20€ (refundable in the case of a successful appeal) | |

Please direct any queries to the Athletics Leinster Indoor Competition Secretary
Andrew Lynam by email at LeinsterAL@gmail.com



Athletics Leinster

2018 Indoor Championships

4. 2018 Leinster Executive

| | |
|----------------------------------|---|
| Chairperson | Jim Corcoran |
| Deputy Chairperson | Pat Hooper |
| Secretary & Registrar | (Vacant) Formerly Mary Dwyer |
| Treasurer | Philip Cogavin |
| Assistant Treasurer | Frank Kilrane |
| Outdoor Secretary | (Vacant) Formerly Nicola Welsh |
| Road & Cross Country | Catriona Duffy |
| Indoor Secretary | Andrew Lynam |
| Development Officer | Fintan Reilly |
| National Committee Rep | Brian Dowling |
| Juvenile Committee Rep | Jim Corcoran |
| Competition Committee Rep | Ronnie Quigley |
| Child Welfare Officers | Lisa Dixon, James Welsh, Joe Walsh |

Athletics Leinster AGM

20:00, Thursday the 15th February 2018

Keadeen Hotel, Newbridge, Co. Kildare

Please read, the specific details of each competition carefully.

Please direct any errors, queries or concerns to the

Athletics Leinster Indoor Competition Secretary,

Andrew Lynam at LeinsterAL@gmail.com