

Outdoor Track & Field Competition Booklet 2019



Athletics Leinster

Index

Contents

TRACK & FIELD POLICIES	5
1 POLICY STATEMENT FOR THE ATHLETIC ASSOCIATION OF IRELAND	6
1.1 Code of Ethics	6
2 CODE OF CONDUCT	7
2.1 Technical Officials Code of Conduct	7
2.2 Athlete Code of Conduct	7
2.3 Parent/Spectator Code of Conduct	7
3 PHOTOGRAPHIC IMAGES	8
3.1 Image Guidelines	8
4 REGISTRATION	9
4.1 Online Entry System	9
4.2 Standard Entry Fees	9
4.3 Late Entry Fees	9
5 GENERAL GUIDELINES	10
5.1 Officials	10
5.2 Athletic Proficiency	10
5.3 In-Field Coaching	10
5.4 Valid Competition	10
5.5 Competition Timetable	11
5.6 Event Attire	11
5.7 Results Processing Rooms	11
6 ENTRY & COMPETITION RULES	12
6.1 Check-In	12
6.2 Failure to Compete	12
7 AGE CATEGORIES	13
7.1 General	13
7.2 Masters Athletes	13
7.3 U23 Athletes	14
8 FIELD EVENT GUIDELINES	15
8.1 General Guideline	15
8.2 Jump and Throw Guidelines	15
8.3 Jump Guidelines	15
8.4 Throw Guidelines	16
8.5 Throwing Implements	16
9 TRACK EVENT GUIDELINES	18
9.1 General Guidelines	18
9.2 Starting Blocks	18
9.3 False Start	18
9.4 Relay Guidelines	19
9.5 Hurdle Specifications	19

10	ENTRY TO THE NATIONAL CHAMPIONSHIPS	21
10.1	<i>Combined Events</i>	21
10.2	<i>Inter Club Relay - U9 to U11 Categories</i>	21
10.3	<i>Inter Club Relay U12 to U19 Categories.....</i>	21
10.4	<i>Pairs (Children's Games) Categories.....</i>	21
10.5	<i>Juveniles U12 to U16 Categories</i>	21
10.6	<i>Juveniles U17 to U19 Categories</i>	21
10.7	<i>National 'B' Championships.....</i>	22
10.8	<i>Athletes qualified and NOT competing at Nationals.....</i>	22
11	APPEALS PROCEDURE	23
11.1	<i>Verbal</i>	23
11.2	<i>Written</i>	23
12	ATHLETE AGE CATEGORY EVENT LIST.....	24
12.1	<i>Guidelines.....</i>	24
12.2	<i>U9 Boys – U13 Boys.....</i>	24
12.3	<i>U9 Girls – U14 Girls</i>	24
12.4	<i>U14 Boys – U19 Boys.....</i>	25
12.5	<i>U15 Girls – U19 Girls, Junior Women</i>	25
12.6	<i>Junior, U23, Senior & Master Men</i>	26
12.7	<i>U23, Senior & Master Women.....</i>	26
13	ATHLETICS LEINSTER TRACK & FIELD PROGRAMME	27
14	COMBINED & JUNIOR CHAMPIONSHIPS	28
14.1	<i>Combined Athlete Event List.....</i>	29
14.2	<i>Junior Athletes Event List</i>	29
14.3	<i>Combined and Junior Track Timetable</i>	30
14.4	<i>Combined and Junior Field Timetable</i>	31
14.5	<i>Combined and Junior Check-in</i>	31
14.6	<i>Combined Event Guidelines.....</i>	31
14.7	<i>Combined Scoring system.....</i>	32
14.8	<i>Junior Event Guidelines.....</i>	32
15	INTER CLUB RELAYS	33
15.1	<i>Inter-Club Relay Timetable</i>	34
15.2	<i>Inter-Club Relay Guidelines</i>	35
15.3	<i>Inter-Club Relay Event Entry Fees</i>	35
16	JUNIOR, U23, SENIOR & MASTER CHAMPIONSHIPS.....	36
16.1	<i>Junior, U23, Senior & Master Track Timetable</i>	37
16.2	<i>Senior & Masters Field Programme.....</i>	38
16.3	<i>Junior, U23, Senior & Master Event Entry Fees.....</i>	38
17	TEAM EVENT	39
17.1	<i>Team Event List</i>	40
17.2	<i>Team Event Timetable</i>	40
17.3	<i>Team Event Rules</i>	41
17.4	<i>Team Event Scoring.....</i>	42
17.5	<i>Team Event Field Guidelines.....</i>	42
17.6	<i>Team Event Track Guidelines.....</i>	42
17.7	<i>Team Event Entry Fees</i>	42
18	PAIRS (CHILDREN'S GAMES) & U12 – U13 CHAMPIONSHIP.....	43
18.1	<i>Pairs (Children's Games) & U12 – U13 Track Timetable</i>	44
18.2	<i>Pairs (Children's Games) & U12 – U13 Field Timetable.....</i>	45

18.3	<i>Pairs (Children's Games) & U12 – U13 Championship Events.....</i>	45
18.4	<i>Pairs (Children's Games) Competition Guidelines</i>	45
18.5	<i>Pairs (Children's Games) Field Events Guidelines</i>	46
18.6	<i>Pairs (Children's Games) Track Event Guidelines</i>	46
18.7	<i>Pairs (Children's Games) & U12 -U13 Event Entry Fees.....</i>	46
19	DAY 1 JUVENILE CHAMPIONSHIPS	47
19.1	<i>Juvenile Track Timetable.....</i>	48
19.2	<i>Juvenile Field Timetable.....</i>	50
19.3	<i>Juvenile Field Events Guidelines.....</i>	50
19.4	<i>Juvenile Track Event Guidelines</i>	50
19.5	<i>Juvenile Event Entry Fees.....</i>	50
20	DAY 2 JUVENILE CHAMPIONSHIPS	51
20.1	<i>Juvenile Track Timetable.....</i>	52
20.2	<i>Juvenile Field Timetable.....</i>	54
20.3	<i>Juvenile Field Events Guidelines.....</i>	54
20.4	<i>Juvenile Track Event Guidelines</i>	54
20.5	<i>Juvenile Event Entry Fees.....</i>	54
21	HOSTING AN ATHLETICS LEINSTER OUTDOOR EVENT	55
21.1	<i>Event Hosting Guidelines.</i>	55
21.2	<i>Track Hosting Guidelines</i>	55
22	ENQUIRIES	56
23	LEINSTER EXECUTIVES FOR THE YEAR OF 2019.....	57
24	FORMS AND SIGN-OFF SHEETS.....	58
24.1	<i>Appeal Form.....</i>	58
24.2	<i>Relay Amendment Form</i>	59
24.3	<i>Officials List.....</i>	60
24.4	<i>Race Number Collection Sheet.....</i>	61
24.5	<i>BIB Assignment Sign out Sheet</i>	62
24.6	<i>Pairs Amendment Form</i>	63
24.7	<i>Event Management Form</i>	64
24.8	<i>Team Event Substitute Form.....</i>	65

Track & Field Policies

Athletics Leinster wishes to advise clubs of the following 2019 Track & Field Policies. It is the intention of Athletics Leinster to **strictly** enforce all policies for the 2019 season.

The IAAF Rule Book 2018 - 2019 applies unless otherwise stated. In the event of any conflict between the rules of the IAAF and the rules set out herein, the following rules have precedence.

1 Policy Statement for the Athletic Association of Ireland

1.1 Code of Ethics

- 1.1.1 Extract from the Policy Statement from the Code of Ethics and acts as a guide for all rules.

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.

- 1.1.2 The Code of ethics has been distributed to all clubs and is readily available from Athletics Ireland under the following link:

https://www.athleticsireland.ie/downloads/other/code-of-ethics-for-children_soft.pdf

2 Code of Conduct

Athletics Leinster will not tolerate any breach of rules set out in the following Codes of Conduct. Any technical official, athlete, or parent/spectator whose behaviour is inconsistent with these codes during any Athletic Leinster events will be dealt with appropriately.

2.1 Technical Officials Code of Conduct

- 2.1.1 Technical Officials are expected to adhere to the following Code. Details are at the following link:

<https://www.athleticsireland.ie/index.php/competition/officials/code-of-conduct/>

2.2 Athlete Code of Conduct

- 2.2.1 Athletes are expected to adhere to the following Code. Details are at the following link:

<https://www.athleticsireland.ie/juvenile/child-welfare/athletes/>

2.3 Parent/Spectator Code of Conduct

- 2.3.1 Parents/Spectators are expected to adhere to the following Code. Details are at the following link:

<https://www.athleticsireland.ie/index.php/juvenile/child-welfare/adults-carers/>

3 Photographic Images

3.1 Image Guidelines

- 3.1.1 The use of the word 'image' refers to all photographic and film/video footage.
- 3.1.2 Persons wishing to use photographic devices at events must first register with the organiser prior to the event.
- 3.1.3 For registration, each person may be required to produce acceptable photographic identification as proof of identity.
- 3.1.4 Athletics Leinster works under the umbrella of the Athletics Ireland's Filming and Photography Guidelines, please use link to make yourself familiar with all aspects of guide. [AAI Filming and Photography Guideline](#)

4 Registration

4.1 Online Entry System

- 4.1.1 All Athletics Leinster Outdoor Competitions will operate on an online registration system only.
- 4.1.2 Click on the link to take you to registration. [Event Entry System](#)
- 4.1.3 Use the following URL if you do not have access at this time:
<https://athleticsireland.entry4sports.com/wp-login.php>
- 4.1.4 Athletics Leinster Online Registration will apply a late entry fee.
- 4.1.5 Pay on the day for events will not be accepted unless stated under the rules for said event.

4.2 Standard Entry Fees

- 4.2.1 Athletes U9 to U11 €6 per team entered.
- 4.2.2 Athletes U12 to U16 €4 per event entered.
- 4.2.3 Athletes U17 to U19 €5 per event entered.
- 4.2.4 Junior Athlete €6 per event entered.
- 4.2.5 U23, Senior and Master Athletes €10 per event entered.
- 4.2.6 U9 – U19 & Junior Relay €12 per team entered.
- 4.2.7 Senior Relay €16 per team entered.
- 4.2.8 Team Event €12 per Team entered.
- 4.2.9 Combined Event €8 per athlete entered.

4.3 Late Entry Fees

- 4.3.1 Athletes U9 to U11 €12 per team entered.
- 4.3.2 Athletes U12 to U16 €8 per event entered.
- 4.3.3 Athletes U17 to U19 €10 per event entered.
- 4.3.4 Junior Athlete €12 per event entered.
- 4.3.5 U23, Senior and Master Athletes €20 per event entered.
- 4.3.6 U9 – U19 & Junior Relay €24 per team entered.
- 4.3.7 Senior Relay €32 per team entered.
- 4.3.8 Team Event €24 per Team entered.
- 4.3.9 Combined Event €16 per team entered.

5 General Guidelines

5.1 Officials

- 5.1.1 It is the responsibility of all clubs, without exception, to provide officials for competitions in which their athletes are competing.
- 5.1.2 Failure of a club to provide officials will result in a club's athletes not being permitted to compete.
- 5.1.3 Officials must sign in at the check-in desk on the day of competition, and must be available to officiate for the duration of the competition.
- 5.1.4 It is the intention of Athletics Leinster to wholly prohibit participation of offending clubs in competition.
- 5.1.5 Only club officials can request amendments to their team.
- 5.1.6 Coach/Team Managers are responsible for all their athletes, no exceptions.

5.2 Athletic Proficiency

- 5.2.1 Athletic proficiency for participation is not optional.
- 5.2.2 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.
- 5.2.3 In the event of an athlete failing to exhibit the required or expected level of proficiency in a discipline, a coach or parent will be contacted and the athlete sympathetically requested to withdraw from the event.

5.3 In-Field Coaching

- 5.3.1 Coaches and parents are strictly not allowed on the track or infield at any time.
- 5.3.2 In-field is for officials & competing athletes.
- 5.3.3 Those found to be in violation of this rule risk disqualification of their athletes.

5.4 Valid Competition

- 5.4.1 Pertaining to the master competitions, an event which has less than three (3) competitors will not be held.
- 5.4.2 An event must have a minimum of three competitors to constitute a valid competition as there is no competition without competitors.
- 5.4.3 This applies to all Masters Categories.

5.5 Competition Timetable

- 5.5.1 The order of events is only a guide and is subject to change on the day to ensure the smooth running of each event programme.
- 5.5.2 Alterations to the Timetable will be published on the Athletics Leinster website and our Facebook page.
- 5.5.3 Athletics Leinster reserves the right to alter the timetables at any time without notice.

5.6 Event Attire

- 5.6.1 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.
- 5.6.2 Following on from AAI correspondence national apparel is to be worn only when representing Ireland at International Competition.
- 5.6.3 Athletes who compete at any Leinster Athletic events wearing national apparel risk disqualification.
- 5.6.4 5mm spikes only will be allowed on track. Spot checks will take place.
- 5.6.5 Athletes are not permitted to carry or use electronic recording or transmission equipment during competition.
- 5.6.6 Competition starts once an athlete has reported to the call room or checked-in at their field event.

5.7 Results Processing Rooms

- 5.7.1 Access to the results processing room is restricted to officials only.
- 5.7.2 Coaches, athletes, and parents/spectators are not allowed in the results room at any time.
- 5.7.3 The results room is strictly reserved for processing officials or representatives of Athletics Leinster.
- 5.7.4 Those found to be in violation of this rule risk disqualification of their athletes.

6 Entry & Competition Rules

6.1 Check-In

- 6.1.1 Only Club officials are permitted to collect athlete BIB numbers.
- 6.1.2 Collecting of Number **DOES NOT** mean you are checked in.
- 6.1.3 Check-in and number collection opening times vary for each event, please refer to event timetables for clarification.
- 6.1.4 An announcement will be made by the PA system for all events. Please listen carefully as Athletics Leinster is not responsible for athletes missing their event.
- 6.1.5 Numbers must be collected prior to competition start time. A contact name and number will be taken to allow your club members access to get in touch.
- 6.1.6 There is no limit on the number of athletes a club can enter per individual event.

6.2 Failure to Compete

- 6.2.1 If a final confirmation is given that the athlete will start in an event, but then fails to participate, the athlete shall be excluded from participation in all further events during the competition.
- 6.2.2 If an athlete qualifies in a preliminary round of an event for further participation in that event but then fails to participate further, the athlete shall be excluded from participation in all further events during the competition.
- 6.2.3 If an athlete fails to compete honestly with bona fide effort, the relevant Referee will decide on this and the athlete may be excluded from participation in all further events during the competition.

7 Age Categories

7.1 General

- 7.1.1 All age categories are calculated as at the 31st December in the year of competition, **excluding all master categories.**
- 7.1.2 All ages in this booklet should be read as under the stated age, **excluding all master categories.**
- 7.1.3 No athlete may obtain a birthday in the year of competition and compete in that age category, **excluding all Master categories.**
- 7.1.4 All athletes (excluding U23 and master age categories) are **strictly** confined to their own age groups during competition. A fine of €75 will be levied where this rule is broken.
- 7.1.5 Master athletes are strictly confined to their initial chosen age group during competition. If a master opts to compete as a senior for any of their chosen events, they must remain as a senior for all other events.
- 7.1.6 All athletes must be at least eight (8) years of age in the year of competition unless otherwise stated.
- 7.1.7 Athlete Age Categories:

Age Category	Born
U9 Athletes	2011
U10 Athletes	2010
U11 Athletes	2009
U12 Athletes	2008
U13 Athletes	2007
U14 Athletes	2006
U15 Athletes	2005
U16 Athletes	2004
U17 Athletes	2003
U18 Athletes	2002
U19 Athletes	2001
Junior Athletes	2000 – 2003
U23 Athletes	1997 – 1999
Senior Athletes	1903 – 2003

7.2 Masters Athletes

- 7.2.1 An athlete is eligible to compete as a master on or after the date of their 35th birthday.
- 7.2.2 Masters age categories are defined by the athlete's age on the day of competition.
- 7.2.3 Masters age categories are compiled over a 5-year period.

- 7.2.4 Masters age category rankings start from lowest being O35, increasing a level with each increase in age category.
- 7.2.5 Master athletes can compete in an age category which is lower than their age category ranking (e.g. M2 can compete as an M1).
- 7.2.6 Masters athletes cannot compete in an age category which is higher than their age category ranking (e.g. M1 cannot compete as an M2).
- 7.2.7 Masters Athletes must declare their chosen age category prior to competing in their first event.
- 7.2.8 Masters athletes must compete in the same age category for their chosen events throughout the competition.
- 7.2.9 Masters athletes who compete in more than one age category during a competition will be disqualified from all events outside of the initial age category competed in.
- 7.2.10 Master Age Categories

Age Category	Minimum Age on Day of Competition	Women	Men
Master O35	35	W1	M1
Master O40	40	W2	M2
Master O45	45	W3	M3
Master O50	50	W4	M4
Master O55	55	W5	M5
Master O60	60	W6	M6
Master O65	65	W7	M7
Master O70	70	W8	M8
Master O75	75	W9	M9
Master O80	80	W10	M10
Master O85	85	W11	M11

7.3 U23 Athletes

- 7.3.1 Athletics Leinster will only host the 100m sprint competition.
- 7.3.2 U23 athletes can compete as a senior for remaining events listed but cannot exceed the 5-event limit between both categories.

8 Field Event Guidelines

8.1 General Guideline

- 8.1.1 Field event check-in takes place at the location where the event takes place.
- 8.1.2 Athletes using their own throwing implements must declare and get them signed off at weigh-in prior to competing in their event. Failure to do so risks disqualification.
- 8.1.3 All field event athletes must be technically proficient and competent in the event in the interest of their and others safety.
- 8.1.4 No athletes can receive in-field coaching throughout the duration of the competition once started. Athletes found to be in breach of this rule risk disqualification.
- 8.1.5 Athletes will be called 15 minutes prior to start time. All athletes must check-in during this time to ensure they can compete.
- 8.1.6 An announcement will be made by the PA system for all field events, please listen carefully as Athletics Leinster are not responsible for athletes missing their event.
- 8.1.7 Athletes called to their field event whilst competing in another event can get a representative to check-in for them.
- 8.1.8 Once an event is complete and results signed off, the competition is closed.
- 8.1.9 No field event can be reopened once it has been closed.
- 8.1.10 Coach/Team Managers are responsible for all their athletes, no exceptions.
- 8.1.11 Warm up trials may be permitted prior to each event.
- 8.1.12 Warm-up trials are at the event officials' discretion.

8.2 Jump and Throw Guidelines

- 8.2.1 An athlete may request, upon completion of their trials in field events, to leave the competition area if required for medal presentation.
- 8.2.2 There will be three (3) trials allowed in all field events, with a further three trials for the top eight competitors unless otherwise stated in an event programme.
- 8.2.3 In master's competition, an athlete has four (4) trials only.
- 8.2.4 Athletes checked-in to a field event with more than eight (8) competitors in an age category may enter the event at any point up to the end of the third (3) trial.
- 8.2.5 Athletes checked-in to a field event with eight (8) competitors or fewer in an age category, can enter the event at any point up until the event closes.

8.3 Jump Guidelines

- 8.3.1 For U9, U10, Long Jump, 1 metre take off area from sand. All other age categories take-off from board.

- 8.3.2 Athletes who compete in the High Jump and Pole Vault may continue to compete in competition until they have accumulated 3 consecutive fouls.
- 8.3.3 Any legal High Jump method may be used.
- 8.3.4 Run up marks for High Jump events must be of easily removable tape. Use of any other type of marking system risks disqualification.
- 8.3.5 All jump marks used by athletes must be removed once their competition is complete.

8.4 Throw Guidelines

- 8.4.1 Turbo Javelin throw as per Javelin throw (tip must touch ground first to count).
- 8.4.2 U9, U10, U11 Turbo Javelin – Pairs (Children’s Games) will take all three trials together with all trials measured to where the tip first touches the ground.
- 8.4.3 U9, U10, U11 Turbo Javelin – Team Event athletes will take all three trials together measuring only the furthest trial.
- 8.4.4 U12 Turbo Javelin - one throw per athlete per round with the throw measured to where the tip first touches the ground.
- 8.4.5 In U23 and Senior Men’s shot put, discus and hammer events, athletes must be 18 years or over to compete.

8.5 Throwing Implements

8.5.1 Male Athletes

Age	Shot Put	Discus	Turbo Javelin	Javelin	Hammer	Weight For distance
U9 – U11 Boys			300gr			
U12 Boys	2k		300gr			
U13 Boys	2k			400gr		
U14 Boys	2.72k	0.75k		400gr	2.5k	
U15 Boys	3k	1k		500gr	3k	
U16 Boys	4k	1k		600gr	4k	
U17 Boys	5k	1.5k		700gr	5k	
U18 Boys	5k	1.5k		700gr	5k	
U19 Boys	6k	1.75k		800gr	6k	
Junior Men	6k	1.75k		800gr	6k	35k
U23 Men	7.26k	2k		800gr	7.26k	35k
Senior Men	7.26k	2k		800gr	7.26k	56k
Master Men O35 -O45	7.26k	2k		800gr	7.26k	56k
Master Men O50 -O55	6k	1.5k		700gr	6k	35k
Master Men O60 -O65	5k	1k		600gr	5k	35k
Master Men O70 -O75	4k	1k		500gr	4k	35k
Master Men O80+	3k	1k		400gr	3k	35k

8.5.2 Female Athletes

Age	Shot Put	Discus	Turbo Javelin	Javelin	Hammer
U9 – U11 Girls			300gr		
U12 Girls	2k		300gr		
U13 Girls	2k			400gr	
U14 Girls	2k	0.75k		400gr	2.5k
U15 Girls	2.72k	0.75k		400gr	2.5k
U16 Girls	3k	1k		500gr	3k
U17 Girls	3k	1k		500gr	3k
U18 Girls	3k	1k		500gr	3k
U19 Girls	4k	1k		600g	4k
Junior Women	4k	1k		600gr	4k
U23 Women	4k	1k		600gr	4k
Senior Women	4k	1k		600gr	4k
Master Women O35 -O45	4k	1k		600gr	4k
Master Women O50 -O55	3k	1k		500gr	3k
Master Women O60 -O70	3k	1k		400gr	3k
Master Women O75 +	2k	0.75k		400gr	2.5k

9 Track Event Guidelines

9.1 General Guidelines

- 9.1.1 Track check-in takes place at Call Room.
- 9.1.2 Athletes will be called 15 minutes prior to their race. All athletes must check-in during this time to ensure they can compete.
- 9.1.3 Announcement will be made by the PA system for all track events, please listen carefully as Athletics Leinster is not be responsible for any athletes missing their event.
- 9.1.4 Athletes cannot step up an age group to complete in an event not held in their age group.
- 9.1.5 All events are finals unless otherwise indicated by Heats.
- 9.1.6 The guidelines for middle distance events are: a straight final will be held if there are 16 or less competitors in the 600m and 800m, 20 or less competitors in the 1500m.
- 9.1.7 If for any event there are insufficient athletes to hold heats, the final will be held at **heat-time**.
- 9.1.8 Athletes must leave the track area when their event is complete.
- 9.1.9 Coaches and parents/spectators are not allowed on the track at any times.
- 9.1.10 All parent/spectator or club official found on the track risks their athlete and club being disqualified.
- 9.1.11 Coach/Team Mangers are responsible for all their athletes, no exceptions.

9.2 Starting Blocks

- 9.2.1 Athletes U14 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used.
- 9.2.2 Starting blocks are optional for U12 and U13 athletes. Athletes not using starting blocks must start from a 4-point crouching position.
- 9.2.3 Athletes U9, U10, or U11 standing or crouch start is optional.
- 9.2.4 The Start Commands for all sprints are "On Your Marks", then "Set".

9.3 False Start

- 9.3.1 IAAF False start outdoor rules apply.
- 9.3.2 U16 upwards – first false start results in disqualification.
- 9.3.3 U12, U13, U14, and U15 – first false start and all athletes are on a warning; next and subsequent false starts result in disqualification.
- 9.3.4 U9, U10, U11 – persistent false start may result to disqualification.
- 9.3.5 Combined Events all age categories – first false start and all are on a warning; next and subsequent false starts result in disqualification.

9.4 Relay Guidelines

- 9.4.1 Athletes must be a least eight (8) years old in the year of competition.
- 9.4.2 Athletes may step up one (1) age group only.
- 9.4.3 At least two (2) athletes competing on a relay team must be of that age group.
- 9.4.4 U17, U18, and U19 age groups, all athletes may step up one age group.
- 9.4.5 **U16 athletes may not step up an age group to compete in the 4 x 400m relays.**
- 9.4.6 Changes to relay entries will be accepted on the day of competition provided proof of registration can be given.
- 9.4.7 All relay team amendments must be clearly written out and presented on the relay amendment form. (Refer to section 24 for form)
- 9.4.8 **All amendments must be processed during number collection.**
- 9.4.9 If a sub is present on the day and declared, medal will be presented.

9.5 Hurdle Specifications

9.5.1 Sprint Hurdle Heights

Age Group	Distance	Height	No.	Approach	Interval	Finish
U12 Girls	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
U12 Boys	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
U13 Girls	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
U13 Boys	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
U14 Girls	75m	68.6cm 2' 3"	8	11.50m	7.50m	11.00m
U14 Boys	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.00m
U15 Girls	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
U16 Girls	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
U15 Boys	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
U17 Girls	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
U18 Girls	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
U16 Boys	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
U19 Girls	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
U17 Boys	100m	91.4cm 3' 0"	10	13.00m	8.50m	10.50m
U18 Boys	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
U19 Boys	110m	99.1cm 3' 3"	10	13.72m	9.14m	14.02m
Junior Women	100m	83.8cm 2' 9"	10	13.00m	8.50m	10.50m
Senior Women	100m	83.8cm 2' 9"	10	13.00m	8.50m	10.50m
Master Women O35	100m	83.8cm 2' 9"	10	13.00m	8.50m	10.50m
Master Women O40 - O45	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Junior Men	110m	99.1cm 3' 3"	10	13.72m	9.14m	14.02m
Senior Men	110m	106.7cm 3' 6"	10	13.72m	9.14m	14.02m
Master Men O35 - O45	110m	99.1cm 3' 3"	10	13.72m	9.14m	14.02m

9.5.2 Distance Hurdle Heights

Age Group	Distance	Height	No.	Approach	Interval	Finish
U15 Girls	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
U16 Girls	250m	68.6cm 2' 3"	6	35.00m	8.00m	40.00m
U15 Boys	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
U16 Boys	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
U17 Girls	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
U17 Boys	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
U18 Girls	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
U19 Girls	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
U18 Boys	400m	84.0cm 2' 9"	10	45.00m	35.00m	40.00m
U19 Boys	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m
Junior Women	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Senior Women	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Junior Men	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m
Senior Men	400m	91.4cm 3' 0"	11	45.00m	35.00m	40.00m

10 Entry to the National Championships

10.1 Combined Events

- 10.1.1 The combined event is not a championship event; athletes do not need to place to qualify for entry to nationals.
- 10.1.2 All combined entries to be registered to national via your club secretary.

10.2 Inter Club Relay - U9 to U11 Categories

- 10.2.1 The first three placed inter club relay teams from the U9 to U11 age groups qualify for the national relay championships.
- 10.2.2 All qualifying U9 - U11 inter club relay teams will be entered to nationals via regional secretary.

10.3 Inter Club Relay U12 to U19 Categories

- 10.3.1 Teams competing in the U12 - U19 inter club relay do not need to place to qualify for entry to nationals.
- 10.3.2 U12 - U19 inter club relay teams are entered to nationals via county secretary.
- 10.3.3 Only three teams per county from age groups U12 to U19 group can be entered to nationals.

10.4 Pairs (**Children's Games**) Categories

- 10.4.1 All U9 to U11 pairs who qualify will enter the National Children's Games.
- 10.4.2 Only the top 3 pairs in each event qualify for the national finals. In the event of a tie resulting in more than 3 pairs qualifying, a coin toss will decide which of the tying pairs qualify.
- 10.4.3 Entries to nationals via regional secretary.

10.5 Juveniles U12 to U16 Categories

- 10.5.1 The first three athletes in the 600m Event will qualify for the National Juvenile Track and Field Championships.
- 10.5.2 The first 4 athletes from all other events will qualify for the National Juvenile Track and Field Championships.
- 10.5.3 All entries to nationals are made by the regional secretary.

10.6 Juveniles U17 to U19 Categories

- 10.6.1 Athletes cannot enter into the national championships if they have not entered in the same events in their provincial/regional juvenile championships.
- 10.6.2 Athletes may compete in the national championships provided they were unable to compete in their event at the provincial/regional championships due to injury.

- 10.6.3 Athletes may compete in the national championships provided they were unable to compete in their event at the provincial/regional championships due to special circumstances.
- 10.6.4 Athletes may compete in the national championships provided they were unable to compete due to being chosen to represent their country on the same day as the provincial/regional championships.
- 10.6.5 Athletes cannot compete in the national championships if they do not meet any of the criteria in Sections 10.6.2, 10.6.3, or 10.6.4.
- 10.6.6 The first 4 athletes from all events are automatically entered for the national championships.
- 10.6.7 Any other athletes who wish to be entered for their chosen event at the national championship must do so through their club secretary. Club secretaries wishing to register an athlete to nationals must apply in writing/email to the regional competition secretary stating the reason under one of the following 4 categories:
 - 10.6.7.1 Competed at regional championships and did not place.
 - 10.6.7.2 Injured at time of regional championships.
 - 10.6.7.3 Special Circumstances (with brief comment of reason)
 - 10.6.7.4 Representing their Country.
- 10.6.8 All entries to nationals via regional secretary.

10.7 National 'B' Championships

- 10.7.1 An athlete who did NOT qualify for the national juvenile championships in any individual event is eligible to compete in this competition.
- 10.7.2 Athletes may enter in two events only and must compete in their own age category.
- 10.7.3 ALL ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.
- 10.7.4 Entries to competition via Club Secretaries

10.8 Athletes qualified and NOT competing at Nationals

- 10.8.1 Club secretaries are required to inform the regional secretary if any of their qualified athletes are not able to compete at the national championships.
- 10.8.2 Club secretaries may be notified by the regional secretary to offer the next best athlete to replace a qualified athlete who is not available to compete at the national championships.

11 Appeals Procedure

11.1 Verbal

- 11.1.1 Any appeal in the first instance shall be given orally by the athlete or club official to the competition track or field referee as appropriate within 15 minutes of the closing of the event.

11.2 Written

- 11.2.1 If the athlete or club official does not agree with this decision, they have the right to appeal to a Jury of Appeal, accompanied by a fee of €20.00 (refundable in the case of a successful appeal).
- 11.2.2 This appeal must be presented using an official appeal form available upon request at 'Check-In', within 20 minutes of the outcome of the initial appeal.
- 11.2.3 The appeal will only be accepted when presented by a competent club official citing basis for appeal and any backup evidence.
- 11.2.4 The Jury of Appeal shall, in the first instance, be composed of the Athletics Leinster Chairperson, and 2 other Athletics Leinster Executive Officers, to be determined on the day of competition.
- 11.2.5 In the case of a conflict of interest an alternate shall replace the conflicted member(s) for the determination of that issue.
- 11.2.6 All appeals will be dealt with on the day. The ruling of the Jury of Appeal shall be final.

12 Athlete Age Category Event List

12.1 Guidelines

- 12.1.1 Athletes can perform in the following number of individual events not including relays in each competition.

Age Category	Maximum # of Individual Events
U9, U10, U11	2 Events
U12 – U16	3 Events
U17 – U19	4 Events
Junior, U23, Senior & Master	5 Events

- 12.1.2 All events highlighted are not national qualification events.

- 12.1.3 All events highlighted count as one of your chosen events.

12.2 U9 Boys – U13 Boys

U9 Boys	U10 Boys	U11 Boys	U12 Boys	U13 Boys
60m Sprint 300m Long Jump Turbo Javelin	60m Sprint 500m Long Jump Turbo Javelin	60m Sprint 600m Long Jump Turbo Javelin	60m Hurdles 60m Sprint 600m Long Jump Turbo Javelin High Jump Shot Put	60m Hurdles 80m Sprint 600m Long Jump Javelin High Jump Shot Put

12.3 U9 Girls – U14 Girls

U9Girls	U10 Girls	U11 Girls	U12 Girls	U13 Girls	U14 Girls
60m Sprint 300m Long Jump Turbo Javelin	60m Sprint 500m Long Jump Turbo Javelin	60m Sprint 600m Long Jump Turbo Javelin	60m Hurdles 60m Sprint 600m Long Jump Turbo Javelin High Jump Shot Put	60m Hurdles 80m Sprint 600m Long Jump Javelin High Jump Shot Put	75m Hurdles 80m Sprint 200m Sprint 300m Sprint 800m 1500m 2000m Walk Long Jump Javelin High Jump Shot Put Hammer Discus

12.4 U14 Boys – U19 Boys

U14 Boys	U15 Boys	U16 Boys	U17 Boys	U18 Boys	U19 Boys
75m Hurdles	80m Hurdles	100m Hurdles	100m Hurdles	110m Hurdles	110m Hurdles
	250m Hurdles	250m Hurdles	300m Hurdles	400m Hurdles	400m Hurdles
80m Sprint	100m Sprint	100m Sprint	100m Sprint	100m Sprint	100m Sprint
200m Sprint	200m Sprint	200m Sprint	200m Sprint	200m Sprint	200m Sprint
300m Sprint	300m Sprint	400m Sprint	400m Sprint	400m Sprint	400m Sprint
800m	800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m	1500m
		3000m	3000m	3000m	3000m
			2000m S/chase	3000m S/chase	3000m S/chase
2000m Walk	2000m Walk	3000m Walk	3000m Walk	5000m Walk	5000m Walk
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Javelin	Javelin	Javelin	Javelin	Javelin	Javelin
High Jump	High Jump	High Jump	High Jump	High Jump	High Jump
Shot Put	Shot Put	Shot Put	Shot Put	Shot Put	Shot Put
Hammer	Hammer	Hammer	Hammer	Hammer	Hammer
Discus	Discus	Discus	Discus	Discus	Discus
	Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
	Pole Vault	Pole Vault	Pole Vault	Pole Vault	Pole Vault

12.5 U15 Girls – U19 Girls, Junior Women

U15 Girls	U16 Girls	U17 Girls	U18 Girls	U19 Girls	Junior Women
80m Hurdles	80m Hurdles	100m Hurdles	100m Hurdles	100m Hurdles	110m Hurdles
250m Hurdles	250m Hurdles	300m Hurdles	400m Hurdles	400m Hurdles	400m Hurdles
100m Sprint	100m Sprint	100m Sprint	100m Sprint	100m Sprint	100m Sprint
200m Sprint	200m Sprint	200m Sprint	200m Sprint	200m Sprint	200m Sprint
300m Sprint	400m Sprint	400m Sprint	400m Sprint	400m Sprint	400m Sprint
800m	800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m	1500m
	3000m	3000m	3000m	3000m	3000m
		2000m S/chase	2000m S/chase	3000m S/chase	3000m S/chase
2000m Walk	2000m Walk	3000m Walk	3000m Walk	3000m Walk	3000m Walk
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Javelin	Javelin	Javelin	Javelin	Javelin	Javelin
High Jump	High Jump	High Jump	High Jump	High Jump	High Jump
Shot Put	Shot Put	Shot Put	Shot Put	Shot Put	Shot Put
Hammer	Hammer	Hammer	Hammer	Hammer	Hammer
Discus	Discus	Discus	Discus	Discus	Discus
Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
Pole Vault	Pole Vault	Pole Vault	Pole Vault	Pole Vault	Pole Vault

12.6 Junior, U23, Senior & Master Men

Junior Men	U23 Men	Senior Men	Master Men 035 -045	Master Men 050 – 060	Master Men 065+
110m Hurdles	100m Sprint	110m Hurdles	110m Hurdles		
400m Hurdles		400m Hurdles	400m Hurdles		
80m Sprint		100m Sprint	100m Sprint	100m Sprint	100m Sprint
200m Sprint		200m Sprint	200m Sprint	200m Sprint	200m Sprint
400m Sprint		400m Sprint	400m Sprint	400m Sprint	400m Sprint
800m		800m	800m	800m	800m
1500m		1500m	1500m	1500m	1500m
3000m		5000m	5000m	5000m	3000m
3000m S/chase		3000m S/chase	3000m S/chase		
5000m Walk		5000m Walk	5000m Walk	3000m Walk	3000m Walk
Long Jump		Long Jump	Long Jump	Long Jump	Long Jump
Javelin		Javelin	Javelin	Javelin	Javelin
High Jump		High Jump	High Jump	High Jump	
Shot Put		Shot Put	Shot Put	Shot Put	Shot Put
Hammer		Hammer	Hammer	Hammer	Hammer
Discus		Discus	Discus	Discus	Discus
Triple Jump		Triple Jump	Triple Jump	Triple Jump	Triple Jump
Pole Vault		Pole Vault	Pole Vault		
		Weight for Dist.	Weight for Dist.	Weight for Dist.	Weight for Dist.

12.7 U23, Senior & Master Women

U23 Women	Senior Women	Master Women 035	Master Women 040 -045	Master Women 050 – 060	Master women 065+
100m Sprint	100m Hurdles	100m Hurdles	80m Hurdles		
	400m Hurdles	400m Hurdles	400m Hurdles		
	100m Sprint	100m Sprint	100m Sprint	100m Sprint	100m Sprint
	200m Sprint	200m Sprint	200m Sprint	200m Sprint	200m Sprint
	400m Sprint	400m Sprint	400m Sprint	400m Sprint	400m Sprint
	800m	800m	800m	800m	800m
	1500m	1500m	1500m	1500m	1500m
	5000m	5000m	5000m	5000m	3000m
	3000m S/chase	3000m S/chase	3000m S/chase		
	3000m Walk	3000m Walk	3000m Walk	3000m Walk	3000m Walk
	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
	Javelin	Javelin	Javelin	Javelin	Javelin
	High Jump	High Jump	High Jump	High Jump	
	Shot Put	Shot Put	Shot Put	Shot Put	Shot Put
	Hammer	Hammer	Hammer	Hammer	Hammer
	Discus	Discus	Discus	Discus	Discus
	Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
	Pole Vault	Pole Vault	Pole Vault		
	Weight for Dist.	Weight for Dist.	Weight for Dist.	Weight for Dist.	Weight for Dist.



Athletics Leinster

2019 Track & Field Booklet

Athletics Leinster Track & Field Programme

Event Date	Start Time	Event Type	Venue	Registration Opens	Registration Closes	Late Entry Opens	Late Entry Closes
Saturday 25 th May	10:30 *	Combined & Junior Event	Shorelines Greystones	29 th April 2019	14 th May 2019	16 th May 2019	20 th May 2019
Sunday 26 th May	10:30	(U9 – U19) Inter-Club Relays	Amenities Centre Leixlip	29 th April 2019	14 th May 2019	16 th May 2019	20 th May 2019
Sunday 2 ND June	10:00	U23, Senior & Masters Championship Junior Steeplechase, Pole Vault **	Tullamore Harriers	6 th May 2019	20 th May 2019	22 nd May 2019	27 th May 2019
Monday 3 rd June	10:00	U9 – U15 Team Event	Lourdes Stadium, Drogheda	6 th May 2019	21 st May 2019	23 rd May 2019	27 th May 2019
Saturday 8 th June	10:00	U9, U10, U11 Pairs Competition & U12-U13 Championship	Tullamore Harriers	13 th May 2019	27 th May 2019	29 th May 2019	3 rd June 2019
Saturday 15 th June	10:00	Juvenile Championships (U12-U19)	Tullamore Harriers	20 th May 2019	4 th June 2019	6 th June 2019	10 th June 2019
Sunday 16 th June	10:00	Juvenile Championships (U12-U19)	Tullamore Harriers	20 th May 2019	4 th June 2019	6 th June 2019	10 th June 2019
Junior Men and Women 4 * 400m Relays							
Saturday 15 th June		Junior 4 * 400m Relays	Tullamore Harriers	20 th May 2019	4 th June 2019	6 th June 2019	10 th June 2019
Athletics Leinster Inter-County Relay County Secretaries register teams for County Relay's (ONLY)							
Saturday 8 th June		U11, U13 County Relays	Tullamore Harriers	13 th May 2019	27 th May 2019	29 th May 2019	3 rd June 2019
Saturday 15 th June		U15, U17, U19 County Relays	Tullamore Harriers	20 th May 2019	4 th June 2019	6 th June 2019	10 th June 2019

Please Note: * the Junior Long jump will start at 10:15am, refer to the Combined and Junior Field Timetable for more details.
 ** Junior Steeplechase and Junior Pole Vault events will be held in conjunction with Leinster Senior & Masters Championships



Athletics Leinster
Combined & Junior Championships
Saturday 25th May 2019
Shorelines
(Greystones)

Combined & Junior Championship
Saturday 25th May, Shorelines (Greystones)

Start-time: 10.15 am

14.1 Combined Athlete Event List

Age Category	Event	Disciplines
U13 Girls	Tri Event	Long Jump, Shot Put, 200m
U13 Boys	Tri Event	Long Jump, Shot Put, 200m
U14 Girls	Pentathlon	75mH, Long Jump, Shot Put, High Jump, 800m
U14 Boys	Pentathlon	75mH, Long Jump, Shot Put, High Jump, 800m
U15 Girls	Pentathlon	80mH, Long Jump, Shot Put, High Jump, 800m
U15 Boys	Pentathlon	80mH, Long Jump, Shot Put, High Jump, 800m
U16 Girls	Pentathlon	80mH, Long Jump, Shot Put, High Jump, 800m
U16 Boys	Pentathlon	100mH, Long Jump, Shot Put, High Jump, 800m
U17 Girls	Pentathlon	Shot Put, 100mH, High Jump, Long Jump, 800m
U18 Girls	Pentathlon	Shot Put, 100mH, High Jump, Long Jump, 800m
U19 Girls	Pentathlon	Shot Put, 100mH, High Jump, Long Jump, 800m
Senior Women	Pentathlon	High Jump, 100mH, Long Jump, Shot Put, 800m
Master Women O35	Pentathlon	High Jump, 100mH, Long Jump, Shot Put, 800m
Master Women O40	Pentathlon	High Jump, 80mH, Long Jump, Shot Put, 800m
Master Women O45+	Pentathlon	High Jump, 100m, Long Jump, Shot Put, 800m
U17 Boys	Pentathlon	100mH, Long Jump, Shot Put, High Jump, 1000m
U18 Boys	Pentathlon	110mH, Long Jump, Shot Put, High Jump, 1000m
U19 Boys	Pentathlon	110mH, Long Jump, Shot Put, High Jump, 1000m
Senior Men	Pentathlon	110mH, Long Jump, Shot Put, High Jump, 1500m
Master Men O35-O45	Pentathlon	110mH, Long Jump, Shot Put, High Jump, 1500m
Master Men O50	Quadrathlon	100m, Long Jump, Shot Put, 1500m

14.2 Junior Athletes Event List

Age Category	Events
Junior Men	110mH, 400mH, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m Walk Long Jump, High Jump, Triple Jump, Shot Put, Javelin, Discus, Hammer
Junior Women	100mH, 400mH, 100m, 200m, 400m, 800m, 1500m, 3000m, 3000m Walk Long Jump, High Jump, Triple Jump, Shot Put, Javelin, Discus, Hammer

14.3 Combined and Junior Track Timetable

Time	Event Type	Age Category	Event	Criteria
10:00	Check-in			
10:15	Junior	Men	400m Hurdles	3'0" 91.4cm
	Junior	Women	400m Hurdles	2'6" 76.2cm
	Junior	Women	3000m Walk	
	Junior	Men	3000m Walk	
	Junior	Women	100m Hurdles	2'9" 84.0cm
	Junior	Men	110m Hurdles	3'3" 99.0cm
	Junior	Women	3000m	
	Junior	Men	3000m	
	Pentathlon	U14 Girls	75m Hurdles	2'3" 68.6cm
	Pentathlon	U14 Boys	75m Hurdles	2'6" 76.2cm
	Pentathlon	U15 Girls	80m Hurdles	2'6" 76.2cm
	Pentathlon	U16 Girls	80m Hurdles	2'6" 76.2cm
	Pentathlon	Master Women O40	80m Hurdles	2'6" 76.2cm
	Pentathlon	U15 Boys	80m Hurdles	2'9" 84.0cm
	Pentathlon	U17 Girls	100m Hurdles	2'6" 76.2cm
	Pentathlon	U18 Girls	100m Hurdles	2'6" 76.2cm
	Pentathlon	U16 Boys	100m Hurdles	2'9" 84.0cm
	Pentathlon	U19 Girls	100m Hurdles	2'9" 84.0cm
	Pentathlon	Senior Women	100m Hurdles	2'9" 84.0cm
	Pentathlon	Master Women O35	100m Hurdles	2'9" 84.0cm
	Pentathlon	U17 Boys	110m Hurdles	3'0" 91.4cm
	Pentathlon	U18 Boys	110m Hurdles	3'0" 91.4cm
	Pentathlon	U19 Boys	110m Hurdles	3'3" 99.0cm
	Pentathlon	Senior Men	110m Hurdles	3'3" 99.0cm
	Pentathlon	Master Men O35 – O45	110m Hurdles	3'3" 99.0cm
	Pentathlon	Master Women O50+	100m Sprint	
	Quadrathlon	Master Men O50+	100m Sprint	
	Tri - Event	U13 Girls	200m	
	Tri - Event	U13 Boys	200m	
	Junior	Women	200m	
	Junior	Men	200m	
	Junior	Women	800m	
	Junior	Men	800m	
	Pentathlon	U14 Girls	800m	
	Pentathlon	U15 Girls	800m	
	Pentathlon	U16 Girls	800m	
	Pentathlon	U14 Boys	800m	
	Pentathlon	U15 Boys	800m	
	Pentathlon	U16 Boys	800m	
	Pentathlon	U17 Girls	800m	
	Pentathlon	U18 Girls	800m	
	Pentathlon	U19 Girls	800m	
	Pentathlon	Senior Women	800m	
	Pentathlon	Master Women	800m	
	Junior	Women	400m	
	Junior	Men	400m	
	Pentathlon	U17 Boys	1000m	
	Pentathlon	U18 Boys	1000m	
	Pentathlon	U19 Boys	1000m	
	Quadrathlon	Master Men M4+	1500m	
	Pentathlon	Master Men	1500m	
	Pentathlon	Senior Men	1500m	
	Junior	Women	1500m	
	Junior	Men	1500m	

14.4 Combined and Junior Field Timetable

Time	Long Jump	Time	Triple Jump	Time	Shot Put	Time	High Jump
10:15	Junior Woman	10:30		10:30	Junior Women	10:30	U14 Girls
	Junior Men				Junior Men		U15 Girls
10:30	Senior Women				U14 Boys		U16 Girls
	Master Women				U15 Boys		Senior Women
	U13 Girls				U16 Boys		Master Women
	U13 Boys				Senior Women		Senior Men
	U14 Girls				Master Women		Master Men
	U15 Girls				U17 Girls		U14 Boys
	U16 Girls				U18 Girls		U15 Boys
	U14 Boys				U19 Girls		U16 Boys
	U15 Boys				U13 Girls		U17 Girls
	U16 Boys				U13 Boys		U18 Girls
	U17 Girls				U14 Girls		U19 Girls
	U18 Girls				U15 Girls		U17 Boys
	U19 Girls				U16 Girls		U18 Boys
	U17 Boys				U17 Boys		U19 Boys
	U18 Boys				U18 Boys		Junior Woman
	U19 Boys				U19 Boys		Junior Men
	Senior Men				Senior Men		
	Master Men				Master Men		
	Master Men M4+				Master Men M4+		
		16:00	Junior Woman				
			Junior Men				
Time	Javelin	Time	Hammer	Time	Discus		
13:00	Junior Women	14:00	Junior Men	15:00	Junior Men		
	Junior Men		Junior Women		Junior Women		

14.5 Combined and Junior Check-in

- 14.5.1 Check - In for Junior Long Jump opens at 9:45am and **closes at 10:00am**
- 14.5.2 Check - In for Junior 400m Hurdles opens at 09:45 and **closes at 10:00am**
- 14.5.3 Check - In for Junior Walks opens at 09:45 and **closes at 10:00am**
- 14.5.4 Check - In for all remaining Junior athletes opens at 10:00am
- 14.5.5 Check - In for all combined athletes opens at 10:00am and **closes at 10:20am.**

14.6 Combined Event Guidelines

- 14.6.1 Guest athletes are welcome to compete in the combined event.
- 14.6.2 Combined athletes will have three (3) trials in their field events only.
- 14.6.3 Combined Athletes disqualified under the false starts rule (section 9.3) shall be allowed to compete in succeeding events.
- 14.6.4 Combined Athletes deemed to have fouled other athletes during an event will be disqualified for that event but shall be allowed to compete in succeeding events.
- 14.6.5 Athletes must make an attempt at each event. Those failing to start any event are considered to have abandoned the competition, receive no final score and are not included in the final placing.

- 14.6.6 The winner of the competition is the athlete who has scored the highest number of points.
- 14.6.7 In the event of a tie, the athlete scoring the higher number of points in the most events shall be awarded the higher place.
- 14.6.8 Medals will be presented to the top three athletes in each category and all results are final.

14.7 Combined Scoring system

- 14.7.1 Female athletes from U17 and over use the Women's IAAF Scoring Table.
- 14.7.2 Male athletes from U18 and over use the Men's IAAF Scoring Table.
- 14.7.3 All 800m events scoring will be taking from the IAAF Women's Scoring Table.
- 14.7.4 All 1000m events scoring will be taking from the IAAF Men's Scoring Table.
- 14.7.5 All 100mH events scoring will be taking from the IAAF Women's Scoring Table.
- 14.7.6 The U13 Tri-Event for both Boys and Girls will use the IAAF Women's Scoring Table.
- 14.7.7 Due to the IAAF not having a scoring table for either the 75m or 80m Hurdles, Athletics Leinster will continue to use the same scoring table as previous.
- 14.7.8 Click on the following link for [Combined Scoring](#), or use the following URL if no access at this time: http://www.athle.fr/pdf/docffa/IAAF_TablesCombined_Events.pdf

14.8 Combined & Junior Event Entry Fees

- 14.8.1 Online Registration, (refer to section 4), **late entry fees apply.**
- 14.8.2 Registration opens 29th April and closes the 14th of May.
- 14.8.3 **Late Entry opens 16th of May and closes the 20th of May.**
- 14.8.4 Payment by Card only.
- 14.8.5 **There will be no entrance fee at the gate for this event.**



Athletics Leinster
Inter-Club Relays
(U9 – U19)
Sunday 26st May
Leixlip Amenities Centre

Leixlip Amenities Centre

Sunday 26th May 2019

Start Time 10:30 am

15.1 Inter-Club Relay Timetable

TRACK EVENTS				
09:30	Check – in			
Time	Age Category	Event	Event Type	
10:30	U9 Girls	4 * 100m Relay	Heat	
	U9 Boys	4 * 100m Relay	Heat	
	U11 Girls	4 * 100m Relay	Heat	
	U11 Boys	4 * 100m Relay	Heat	
	U13 Girls	4 * 100m Relay	Heat	
	U13 Boys	4 * 100m Relay	Heat	
	U15 Girls	4 * 100m Relay	Heat	
	U15 Boys	4 * 100m Relay	Heat	
	U17 Girls	4 * 100m Relay	Heat	
	U17 Boys	4 * 100m Relay	Heat	
	U19 Girls	4 * 100m Relay	Heat	
	U19 Boys	4 * 100m Relay	Heat	
	U9 Girls	4 * 100m Relay		Final
	U9 Boys	4 * 100m Relay		Final
	U11 Girls	4 * 100m Relay		Final
	U11 Boys	4 * 100m Relay		Final
	U13 Girls	4 * 100m Relay		Final
	U13 Boys	4 * 100m Relay		Final
	U15 Girls	4 * 100m Relay		Final
	U15 Boys	4 * 100m Relay		Final
Break				
	U10 Girls	4 * 100m Relay	Heat	
	U10 Boys	4 * 100m Relay	Heat	
	U12 Girls	4 * 100m Relay	Heat	
	U12 Boys	4 * 100m Relay	Heat	
	U14 Girls	4 * 100m Relay	Heat	
	U14 Boys	4 * 100m Relay	Heat	
	U16 Girls	4 * 100m Relay	Heat	
	U16 Boys	4 * 100m Relay	Heat	
	U18 Girls	4 * 100m Relay	Heat	
	U18 Boys	4 * 100m Relay	Heat	
	U10 Girls	4 * 100m Relay		Final
	U10 Boys	4 * 100m Relay		Final
	U12 Girls	4 * 100m Relay		Final
	U12 Boys	4 * 100m Relay		Final
	U14 Girls	4 * 100m Relay		Final
	U14 Boys	4 * 100m Relay		Final

15.2 Inter-Club Relay Guidelines

15.2.1 Refer to section 9.4

15.3 Inter-Club Relay Event Entry Fees

15.3.1 Online Registration Only (refer to section 4), **late entry fees apply.**

15.3.2 Registration opens 29th April and closes the 14th of May.

15.3.3 Late Entry opens 16th of May and closes the 20th of May

15.3.4 Strictly no guest teams allowed.

15.3.5 Payment by Card only.

15.3.6 **There will be a standard entrance charge of €5 per non-athlete and non-official for this event.**



Athletics Leinster
Junior, U23, Senior & Master
Championships
Sunday 2nd June
Tullamore Harriers

Tullamore Harriers, 10:00am Sunday 2nd June

16.1 Junior, U23, Senior & Master Track Timetable

Time	Age Category	Event	Specifications
9:00	Check -in opens		
10:00	Junior Women	3000m Steeplechase	2'6" 76.2cm
	Senior Women	3000m Steeplechase	2'6" 76.2cm
	Masters Women	3000m Steeplechase	2'6" 76.2cm
	Junior Men	3000m Steeplechase	3'0" 91.4cm
	Senior Men	3000m Steeplechase	3'0" 91.4cm
	Master Men	3000m Steeplechase	3'0" 91.4cm
	Senior Women	1500m	
	Masters Women	1500m	
	Senior Men	1500m	
	Masters Men	1500m	
	Senior Women	100m Hurdles	2'9" 84.0cm
	Master Women O35	100m Hurdles	2'9" 84.0cm
	Masters Women O40-O45	80m Hurdles	2'6" 76.2cm
	Senior Men	110m Hurdles	3'3" 99.0cm
	Masters Men O35-O45	110m Hurdles	3'3" 99.0cm
	Senior Women, Junior Women	3000m Walk	
	Master Women	3000m Walk	
	Master Men, Junior Men	3000m Walk	
	Senior Men	5000m Walk	
	Senior Men	400m Hurdles	3'0" 91.4cm
	Master Men O35-O45	400m Hurdles	3'0" 91.4cm
	Senior Women	400m Hurdles	2'6" 76.2cm
	Masters Women O35-O45	400m Hurdles	2'6" 76.2cm
	Senior Women	800m	
	Master Women	800m	
	Senior Men	800m	
	Master Men	800m	
	Master Women	200m	
	Master Men	200m	
	Senior Women	200m	
	Senior Men	200m	
	Senior Women	3000m	
	Masters Women	3000m	
	Masters Men O65	3000m	
	Senior Men	5000m	
	Masters Men O35-O60	5000m	
	Senior Women	100m	
	Senior Men	100m	
	Masters Women	100m	
	Masters Men	100m	
	U23 Women	100m	
	U23 Men	100m	
	Senior Women	400m	
	Master Women	400m	
	Senior Men	400m	
	Master Men	400m	
	Senior Women	4 * 100m	
	Senior Men	4 * 100m	
	Senior Women	4 * 400m	
	Senior Men	4 * 400m	

16.2 Senior & Masters Field Programme

JUMPS					
		Pit 1	Pit 2		
Time	High Jump	Long Jump	Triple Jump	Pole Vault	
	Senior Women	Senior Women	Master Women	Junior Women	
	Master Women	Master Women	Senior Women	Senior Women	
	Senior Men	Senior Men	Senior Men	Master Women	
	Master Men	Master Men	Master Men	Junior Men	
				Senior Men	
				Master Men	
Throws					
Time	Shot Put	Discus	Javelin	Hammer	Weight for Distance
	Senior Women	Senior Women	Senior Men	Senior Men	Senior Men
	Master Women	Master Women	Master Men	Master Men	Master Men
	Senior Men	Senior Men	Senior Women	Senior Women	Senior Women
	Master Men	Master Men	Master Women	Master Women	Master Women

16.3 Junior, U23, Senior & Master Event Entry Fees

- 16.3.1 Online registration only, (refer to section 4), **late entry fees apply**
- 16.3.2 Standard entry registration opens 6th May and closes the 20th of May.
- 16.3.3 **Late entry registration opens 22nd May and closes the 27th of May.**
- 16.3.4 Guest athletes are welcome to compete at this event.
- 16.3.5 No entries will be accepted after late entry registration closes.
- 16.3.6 Payment by card only.
- 16.3.7 **There will be no entrance fee at the gate for this event.**



Athletics Leinster
Team Event
(U9 - U15)
Monday 3rd June
Lourdes Stadium
Drogheda

Lourdes Stadium, Drogheda

Monday 3rd June

Start-time: 10:00am

17.1 Team Event List

U9	U10	U11	U12	U13	U15
60m	60m	60m	60m	80m	100m
300m	500m	600m	600m	600m	800m
Long Jump	Long Jump	Long Jump	Long Jump	200m	200m
Turbo Javelin	Turbo Javelin	Turbo Javelin	High Jump	High Jump	High Jump
			Shot Put	Shot Put	Shot Put
4 * 100m	4 * 100m	4 * 100m	4 * 100m	4 * 100m	4 * 100m

17.2 Team Event Timetable

Time	Age Category	Track	Time	Age Category	Field
9:00	Check -in Opens				
	U13 Girls	80m	10:00	U12 Boys	High Jump
	U13 Boys	80m		U12 Girls	High Jump
	U15 Girls	100m		U15 Girls	High Jump
	U15 Boys	100m		U15 Boys	High Jump
	U9 Girls	60m		U13 Girls	High Jump
	U9 Boys	60m		U13 Boys	High jump
	U10 Girls	60m			
	U10 Boys	60m	10:00	U9 Girls	Long Jump
	U11 Girls	60m		U9 Boys	Long Jump
	U11 Boys	60m		U10 Girls	Long Jump
	U12 Girls	60m		U10 Boys	Long Jump
	U12 Boys	60m		U11 Girls	Long Jump
	U13 Girls	200m		U11 Boys	Long Jump
	U13 Boys	200m		U12Girls	Long Jump
	U15Girls	200m		U12Boys	Long Jump
	U15Boys	200m			
Track Break					
	U9 Girls	300m	10:00	U15 Girls	Shot Put
	U9 Boys	300m		U15 Boys	Shot Put
	U10 Girls	500m		U13 Girls	Shot Put
	U10 Boys	500m		U13 Girls	Shot Put
	U11 Girls	600m		U12 Girls	Shot Put
	U11 Boys	600m		U12 Boys	Shot Put
	U12 Girls	600m			
	U12 Boys	600m			
	U13 Girls	600m	10:00	U10 Boys	Turbo Javelin
	U13 Boys	600m		U10 Girls	Turbo Javelin
	U15 Girls	800m		U11 Girls	Turbo Javelin
	U15 Boys	800m		U11 Boys	Turbo Javelin
				U9 Girls	Turbo Javelin
				U9 Boys	Turbo Javelin
Relay Finals					

17.3 Team Event Rules

- 17.3.1 Each team must have four (4) athletes, a sub member is optional.
- 17.3.2 Athletes can step up ONE age group.
- 17.3.3 Athletes can only compete on one team.
- 17.3.4 All U9 to U13 teams must have at least two team members from the correct age category.
- 17.3.5 U13 Athletes cannot move up to a U15 team.
- 17.3.6 U15 Teams can comprise of both U14 and U15 athletes in any particular order.
- 17.3.7 Two athletes from a team must pair together to complete an event.
- 17.3.8 Team pairs do not need to stay the same for their four (4) events.

N.B. *If an athlete is good at 60m sprint and long jump, then that can be their two events. Likewise, if an athlete is good at the high jump and long Jump, then that can be their two events. You will now have two athletes doing the long Jump, so no other athlete can do the long Jump. This will mean the remaining two athletes will be required to do either the high jump or 60m sprint, but both will need to pair together to do the 600m to ensure all athletes are competing in two events.*

- 17.3.9 Each athlete must compete in two events of their choice from the age category they are competing in.
- 17.3.10 U9, U10 and U11 teams, must compete in all four (4) events listed.
- 17.3.11 U12, U13 and U15 teams compete in only four (4) of the five (5) events listed.
- 17.3.12 A substitute can only be used to replace an athlete if injured during competition.
- 17.3.13 Once an athlete has been substituted, they cannot re-enter the competition, this also includes the relay.
- 17.3.14 **Team coaches are required to complete a substitute form prior to making their change, (refer to section 24).**
- 17.3.15 **Forms will be available at the check – in desk**

Team Event Substitute Form			
Club: Dunleer A.C.		Age Category: U11 Girls	
Team Bib Number	Athletes Being Replaced	Athletes Being Added	Time:
245	Julie Black	Lynn Olive	13:00 hrs

- 17.3.16 Athletes will be asked to provide their name before the start of each event.
- 17.3.17 If a sub is present on the day and declared, medal will be presented.

17.4 Team Event Scoring

- 17.4.1 All Events including the relay to score for all age categories.
- 17.4.2 Points for each event will be awarded on a combined pair time or distance basis.
- 17.4.3 Both athletes must complete their event for their team to score.
- 17.4.4 A team's failure to complete an event will result in maximum point awarded for that event.
- 17.4.5 Maximum points are deemed the quantity of teams in age category.
- 17.4.6 If an athlete competes in an event after being substituted, their team will be awarded maximum points for that event.
- 17.4.7 The team with the lowest combined score across events will be the winner.
- 17.4.8 The current points total will be available prior to the last event, the relay.
- 17.4.9 If two or more teams finish on the same points at the end of the competition the team that finishes in a higher position in the relay will be awarded the overall higher position.

17.5 Team Event Field Guidelines

- 17.5.1 Athletes competing in the U15 age category will use the following weight for their Shot-Put Event.
 - 17.5.1.1 U15 Boys 3k weight
 - 17.5.1.2 U15 Girls 2.72k weight
- 17.5.2 For all other field events refer to section 8

17.6 Team Event Track Guidelines

- 17.6.1 Refer to section 9

17.7 Team Event Entry Fees

- 17.7.1 Online registration only (refer to section 4), late entry fees apply
- 17.7.2 Registration opens 6th May and closes the 21st of May
- 17.7.3 Late entry Registration opens 23rd of May and closes the 27th of May.
- 17.7.4 Strictly no guest teams allowed.
- 17.7.5 Payment by card only.
- 17.7.6 There will be a standard entrance charge of €5 per non-athlete and non-official for this event.



Athletics Leinster⁸
U9-U11 Pairs (Children's Games)
U12-U13 Championship's
Saturday 8th June
Tullamore Harriers

Tullamore Harriers

Saturday 8th June

Start-time: 10:00am

18.1 Pairs (Children's Games) & U12 – U13 Track Timetable

Time	Age Category	Event	Event Type		
9:00	Check -in Opens				
10:00	U12 Girls	600m	Heat		
	U12 Boys	600m	Heat		
	U13 Girls	600m	Heat		
	U13 Boys	600m	Heat		
	U11 Girls	600m Pairs			
	U11 Boys	600m Pairs			
	U9 Boys	300m Pairs			
	U9 Girls	300m Pairs			
	U10 Girls	500m Pairs			
	U10 Boys	500m Pairs			
	U12 Girls	600m			Final
	U12 Boys	600m			Final
	U13 Girls	600m			Final
	U13 Boys	600m			Final
	U9 Girls	60m Pairs Sprint			
	U9 Boys	60m Pairs Sprint			
	U10 Girls	60m Pairs Sprint			
	U10 Boys	60m Pairs Sprint			
Track Break					
	U12 Girls	60m Sprint	Heat		
	U12 Boys	60m Sprint	Heat		
	U13 Girls	80m Sprint	Heat		
	U13 Boys	80m Sprint	Heat		
	U12 Girls	60m Sprint		Semi	
	U12 Boys	60m Sprint		Semi	
	U13 Girls	80m Sprint		Semi	
	U13 Boys	80m Sprint		Semi	
	U11 Girls	60m Pairs Sprint			
	U11 Boys	60m Pairs Sprint			
	U13 Girls	80m Sprint			Final
	U13 Boys	80m Sprint			Final
	U12 Girls	60m Sprint			Final
	U12 Boys	60m Sprint			Final
	U11 Girls	4x100 Inter County Relay			Final
	U11 Boys	4x100 Inter County Relay			Final
	U13 Girls	4x100 Inter County Relay			Final
	U13 Boys	4x100 Inter County Relay			Final

18.2 Pairs (Children's Games) & U12 – U13 Field Timetable

Field Events						
Time	Long Jump (Pit 1)	Long Jump (Pit 2)	Turbo Javelin (Area 1)	Turbo Javelin (Area 1)	Shot Put	High Jump
10:00	U9 Girls	U9 Boys	U11 Girls	U11 Boys	U12 Boys	U12 Boys
	U10 Girls	U10 Boys	U10 Girls	U10 Boys	U12 Girls	U13 Girls
	U11 Girls	U11 Boys	U9 Girls	U9 Boys	U13 Boys	U13 Boys
					U13 Girls	U12 Girls

18.3 Pairs (Children's Games) & U12 – U13 Championship Events

U9 – to U11 Pairs & U12 – U13 Championship Events				
U9 Girls & Boys	U10 Girls & Boys	U11 Girls & Boys	U12 Girls & Boys	U13 Girls & Boys
60m Sprint	60m Sprint	60m Sprint	60m Sprint	80m Sprint
300m	500m	600m	600m	600m
Long Jump	Long Jump	Long Jump		
Turbo Javelin	Turbo Javelin	Turbo Javelin		
			Shot Put	Shot Put
			High Jump	High Jump
		4x100m Inter County Relay		4x100m Inter County Relay

18.4 Pairs (Children's Games) Competition Guidelines

- 18.4.1 Athletes can only compete in their own age category.
- 18.4.2 Athletes can only compete in two events. With the same or different partner per event.
- 18.4.3 Amendments can be made to existing pair entries on the day of competition.
- 18.4.4 All amendments must be clearly written out and presented on the pair's amendment Form, (refer to section 24).

Club: Dunleer A.C.			Age Category: U10 Boys		Event Type: Long Jump	
Pair	Registered Athletes Names	Bib Number	New Athletes Names	Bib Number	New Athletes D.O.B.	New Athletes Reg. #
1	David Brown	845	David Brown	845	14/03/2009	110000001
2	Brian Green	846	John White	1203	11/08/2009	110000002

- 18.4.5 All amendments must be processed during number collection.
- 18.4.6 An athlete who does not have a pair can compete in competition but will not be recorded as part of the results processed.

18.4.7 All results will be based on the combined total of both paired athletes.

18.4.8 Event winners will be the accumulated best result from each pair in each age category.

18.5 Pairs (Children's Games) Field Events Guidelines

18.5.1 Refer to section 8

18.6 Pairs (Children's Games) Track Event Guidelines

18.6.1 Refer to section 9

18.7 Pairs (Children's Games) & U12 -U13 Event Entry Fees

18.7.1 Online registration only (refer to section 4), **late entry fees apply**

18.7.2 Standard entry registration opens 13th May and closes the 27th of May

18.7.3 Late Entry Registration opens 29th May and closes the 3rd of June.

18.7.4 Strictly no guests allowed.

18.7.5 Payment by Card only.

18.7.6 There will be a standard entrance charge of €5 per non-athlete and non-official for this event.



Athletics Leinster
Day 1 Juvenile Championships
Saturday 15th June
Tullamore Harriers

Tullamore Harriers
Saturday 15th June
Start-time: 10:00am

19.1 Juvenile Track Timetable

Time	Age Category	Event	Event Type		Specifications
09:00	Check -in Opens				
10:00	U12 Girls	60m Hurdles	Heat		2'3" 68.6cm
	U12 Boys	60m Hurdles	Heat		2'3" 68.6cm
	U13 Girls	60m Hurdles	Heat		2'3" 68.6cm
	U13 Boys	60m Hurdles	Heat		2'3" 68.6cm
	U14 Girls	75m Hurdles	Heat		2'3" 68.6cm
	U14 Boys	75m Hurdles	Heat		2'6" 76.2cm
	U15 Girls	80m Hurdles	Heat		2'6" 76.2cm
	U16 Girls	80m Hurdles	Heat		2'6" 76.2cm
	U15 Boys	80m Hurdles		Final	2'9" 84.0cm
	U17 Girls	100m Hurdles		Final	2'6" 76.2cm
	U18 Girls	100m Hurdles		Final	2'6" 76.2cm
	U16 Boys	100m Hurdles		Final	2'9" 84.0cm
	U19 Girls	100m Hurdles		Final	2'9" 84.0cm
	U17 Boys	100m Hurdles		Final	3'0" 91.4cm
	U18 Boys	110m Hurdles		Final	3'0" 91.4cm
	U19 Boys	110m Hurdles		Final	3'3" 99.0cm
	U14 Girls, U15 Girls, U16 Girls U14 Boys, U15 Boys	2000m Walk		Final	
	U12 Girls	60m Hurdles		Final	2'3" 68.6cm
	U12 Boys	60m Hurdles		Final	2'3" 68.6cm
	U13 Girls	60m Hurdles		Final	2'3" 68.6cm
	U13 Boys	60m Hurdles		Final	2'3" 68.6cm
	U14 Girls	75m Hurdles		Final	2'3" 68.6cm
	U14 Boys	75m Hurdles		Final	2'6" 76.2cm
	U15 Girls	80m Hurdles		Final	2'6" 76.2cm
	U17 Girls, U18 Girls, U19 Girls U16 Boys, U17 Boys	3000m Walk		Final	
	U18 Boys, U19 Boys	5000m Walk			
	U17 Girls	400m Sprint	Heat		
	U17 Boys	400m Sprint	Heat		
	U18 Girls	400m Sprint		Final	
	U18 Boys	400m Sprint		Final	
	U19 Girls	400m Sprint		Final	
	U19 Boys	400m Sprint		Final	

Time	Age Category	Event	Event Type	
	U17 Boys, U18 Boys, U19 Boys	3000m		Final
	U17 Girls, U18 Girls, U19 Girls	3000m		Final
	U14 Girls	200m Sprint	Heat	
	U14 Boys	200m Sprint	Heat	
	U15 Girls	200m Sprint	Heat	
	U15 Boys	200m Sprint	Heat	
	U16 Girls	200m Sprint	Heat	
	U16 Boys	200m Sprint	Heat	
	U17 Girls	100m Sprint	Heat	
	U17 Boys	100m Sprint	Heat	
	U18 Girls	100m Sprint	Heat	
	U18 Boys	100m Sprint	Heat	
	U19 Girls	100m Sprint		Final
	U19 Boys	100m Sprint		Final
	U17 Girls	800m		Final
	U17 Boys	800m		Final
	U18 Girls	800m		Final
	U18 Boys	800m		Final
	U19 Girls	800m		Final
	U19 Boys	800m		Final
	U14 Girls	300m Sprint	Times	Final
	U14 Boys	300m Sprint	Times	Final
	U15 Girls	300m Sprint	Times	Final
	U15 Boys	300m Sprint	Times	Final
	U16 Girls	400m Sprint	Times	Final
	U16 Boys	400m Sprint	Times	Final
	U17 Girls	400m Sprint		Final
	U17 Boys	400m Sprint		Final
	U14 Girls	1500m		Final
	U14 Boys	1500m		Final
	U15 Girls	1500m		Final
	U15 Boys	1500m		Final
	U16 Girls	1500m		Final
	U16 Boys	1500m		Final
	U14 Girls	200m Sprint		Final
	U14 Boys	200m Sprint		Final
	U15 Girls	200m Sprint		Final
	U15 Boys	200m Sprint		Final
	U16 Girls	200m Sprint		Final
	U16 Boys	200m Sprint		Final
	U18 Girls	100m Sprint		Final
	U18 Boys	100m Sprint		Final
	U17 Girls	100m Sprint		Final
	U17 Boys	100m Sprint		Final
INTER COUNTY RELAYS				
	U19 Girls	4 * 100m		Final
	U19 Boys	4 * 100m		Final
	U15 Girls	4 * 100m		Final
	U15 Boys	4 * 100m		Final
	U17 Girls	4 * 100m		Final
	U17 Boys	4 * 100m		Final
JUNIOR 4 * 400m CLUB RELAYS				
	Junior Women	4 * 400m		Final
	Junior Men	4 * 400m		Final

19.2 Juvenile Field Timetable

JUMPS				
		Pit 1	Pit 2	
Time	High Jump	Long Jump	Triple Jump	Pole Vault
10:00	U14 Girls	U14 Boys		U15 Girls
	U15 Girls	U15 Boys		U16 Girls
	U16 Girls	U16 Boys		U15 Boys
	U17 Boys	U17 Girls		U16 Boys
	U18 Boys	U18 Girls	U17 Boys	U17 Girls
	U19 Boys	U19 Girls	U18 Boys	U18 Girls
		U13 Girls	U19 Boys	U19 Girls
		U13 Boys	U14 Girls	U17 Boys
			U15 Girls	U18 Boys
			U16 Girls	U19 Boys
Throws				
Time	Shot Put	Discus	Javelin	Hammer
10:00	U14 Boys (2.72kg)		U13 Girls (400g)	U17 Boys (5kg)
	U15 Boys (3kg)	U14 Girls (.75kg)	U17 Girls (500g)	U18 Boys (5kg)
	U16 Boys (4kg)	U15 Girls (0.75kg)	U18 Girls (500g)	U19 Boys (6kg)
	U17 Girls (3kg)	U16 Girls (1kg)	U19 Girls (600g)	U14 Girls (2.5kg)
	U18 Girls (3kg)	U17 Boys (1.5kg)	U13 Boys (400g)	U15 Girls (2.5kg)
	U19 Girls (4kg)	U18 Boys (1.5kg)	U14 Boys (400g)	U16 Girls (3kg)
		U19 Boys (1.75kg)	U15 Boys (500g)	
			U16 Boys (600g)	

19.3 Juvenile Field Events Guidelines

19.3.1 Refer to section 8

19.4 Juvenile Track Event Guidelines

19.4.1 Refer to section 9

19.5 Juvenile Event Entry Fees

19.5.1 Online Registration Only (refer to section 4), **late entry fees apply.**

19.5.2 Standard entry registration opens 29th May and closes the 4th June

19.5.3 Late entry registration opens 6th June and closes the 10th of June.

19.5.4 Strictly no guest allowed.

19.5.5 Payment by Card only.

19.5.6 There will be a standard entrance charge of €5 per non-athlete and non-official for this event.



Athletics Leinster
U12 - U19 Championships
Sunday 16th June
Tullamore Harriers

Tullamore Harriers
Sunday 16th June
Start-time: 10:00am

20.1 Juvenile Track Timetable

Time	Age Category	Event	Event Type	Specifications
09:00	Check -in Opens			
10:00	U15 Girls	250m Hurdles	Heat	2'3" 68.6cm
	U16 Girls	250m Hurdles	Heat	2'3" 68.6cm
	U15 Boys	250m Hurdles	Final	2'6" 76.2cm
	U16 Boys	250m Hurdles	Final	2'6" 76.2cm
	U17 Girls	300m Hurdles	Final	2'6" 76.2cm
	U17 Boys	300m Hurdles	Final	2'6" 76.2cm
	U18 Girls	400m Hurdles	Final	2'6" 76.2cm
	U19 Girls	400m Hurdles	Final	2'9" 84.0cm
	U18 Boys	400m Hurdles	Final	2'9" 84.0cm
	U19 Boys	400m Hurdles	Final	3'0" 91.4cm
	U15 Girls	250m Hurdles	Final	2'3" 68.6cm
	U16 Girls	250m Hurdles	Final	2'3" 68.6cm
	U14 Girls	800m	Heat	
	U14 Boys	800m	Heat	
	U15 Girls	800m	Heat	
	U15 Boys	800m	Heat	
	U16 Girls	800m	Heat	
	U16 Boys	800m	Heat	
	U17 Girls	1500m	Final	
	U17 Boys	1500m	Final	
	U18 Girls	1500m	Final	
	U18 Boys	1500m	Final	
	U19 Girls	1500m	Final	
	U19 Boys	1500m	Final	
	U14 Girls	80m Sprint	Heat	
	U14 Boys	80m Sprint	Heat	
	U15 Girls	100m Sprint	Heat	
	U15 Boys	100m Sprint	Heat	
	U16 Girls	100m Sprint	Heat	
	U16 Boys	100m Sprint	Heat	

Time	Age Category	Event	Event Type		Specifications
	U17 Girls	200m Sprint	Heat		
	U17 Boys	200m Sprint	Heat		
	U18 Girls	200m Sprint	Heat		
	U18 Boys	200m Sprint	Heat		
	U19 Girls	200m Sprint	Heat		
	U19 Boys	200m Sprint	Heat		
	U16 Girls	3000m		Final	
	U16 Boys	3000m		Final	
	U19 Girls	3000m Steeplechase		Final	2'6" 76.2cm
	U18 Boys	3000m Steeplechase		Final	3'0" 91.4cm
	U19 Boys	3000m Steeplechase		Final	3'0" 91.4cm
	U17 Girls	2000m Steeplechase		Final	2'6" 76.2cm
	U18 Girls	2000m Steeplechase		Final	2'6" 76.2cm
	U17 Boys	2000m Steeplechase		Final	3'0" 91.4cm
	U14 Girls	800m		Final	
	U14 Boys	800m		Final	
	U15 Girls	800m		Final	
	U15 Boys	800m		Final	
	U16 Girls	800m		Final	
	U16 Boys	800m		Final	
	U14 Girls	80m Sprint		Final	
	U14 Boys	80m Sprint		Final	
	U15 Girls	100m Sprint		Final	
	U15 Boys	100m Sprint		Final	
	U16 Girls	100m Sprint		Final	
	U16 Boys	100m Sprint		Final	
	U17 Girls	200m Sprint		Final	
	U17 Boys	200m Sprint		Final	
	U18 Girls	200m Sprint		Final	
	U18 Boys	200m Sprint		Final	
	U19 Girls	200m Sprint		Final	
	U19 Boys	200m Sprint		Final	

20.2 Juvenile Field Timetable

Jumps					
			PIT 1	Pit 2	
Time	High Jump		Long Jump	Triple Jump	
10:00	U14 Boys		U14 Girls	U17 Girls	
	U15 Boys		U15 Girls	U18 Girls	
	U16 Boys		U16 Girls	U19 Girls	
	U17 Girls		U17 Boys	U14 Boys	
	U18 Girls		U18 Boys	U15 Boys	
	U19 Girls		U19 Boys	U16 Boys	
				Long Jump	
				U12 Boys	
				U12 Girls	
Throws					
Time	Shot Put	Discus	Hammer	Javelin	Turbo Javelin
10:00	U14 Girls (2kg)		U17 Girls (3kg)		U12 Boys (300g)
	U15 Girls (2.72kg)	U14 Boys (0.75kg)	U18 Girls (3kg)		U12 Girls (300g)
	U16 Girls (3kg)	U15 Boys (1kg)	U19 Girls (4kg)	U17 Boys (700g)	
	U17 Boys (5kg)	U16 Boys (1kg)	U14 Boys (2.5kg)	U18 Boys (700g)	
	U18 Boys (5kg)	U17 Girls (1kg)	U15 Boys (3kg)	U19 Boys (800g)	
	U19 Boys (6kg)	U18 Girls (1kg)	U16 Boys (4kg)	U14 Girls (400g)	
		U19 Girls (1kg)		U15 Girls (400g)	
				U16 Girls (500g)	

20.3 Juvenile Field Events Guidelines

20.3.1 Refer to section 8

20.4 Juvenile Track Event Guidelines

20.4.1 Refer to section 9

20.5 Juvenile Event Entry Fees

20.5.1 Online Registration Only (refer to section 4), **late entry fees apply.**

24.5.1 Standard entry registration opens 29th May and closes the 4th June.

24.5.2 Late entry registration opens 6th June and closes the 10th of June.

24.5.3 Strictly no guest allowed.

24.5.4 Payment by Card only.

24.5.5 There will be a standard entrance charge of €5 per non-athlete and non-official for this event.

21 Hosting an Athletics Leinster Outdoor Event

21.1 Event Hosting Guidelines.

- 21.1.1 All Counties/Clubs/Venues are encouraged to apply to host any of the Athletics Leinster Outdoor Events.
- 21.1.2 Counties/Clubs/Venues seeking to host an event should contact the Leinster Outdoor T&F Secretary as early as possible with their expression of interest.
- 21.1.3 All expressions of interest must be made to the Leinster Outdoor T&F Secretary before the date of the Athletics Leinster Annual General Meeting for that year.
- 21.1.4 All Counties/Clubs/Venues will be informed as soon as possible of the decision on their expression of interest.
- 21.1.5 The Leinster Outdoor Secretary will arrange to meet and discuss the form of event and layout of venue with the hosting County/Club/Venue.
- 21.1.6 The hosting County/Club/Venue must submit a completed Event Management Form set out in Section 24. The Leinster Outdoor T&F Secretary will assist with the completion of this form.

21.2 Track Hosting Guidelines

- 21.2.1 Hosts will be required to cater for all events set out in the event timetable in the desired event they propose to run.
- 21.2.2 With the growing number of tartan running tracks, Athletics Leinster will seek to host their events at the most suitable venue available. In determining the most suitable venue, Athletics Leinster will have regard, amongst other criteria to:
 - 21.2.2.1 The proposed venue offers field event facilities that no other proposed venue offers.
 - 21.2.2.2 There are no other proposed venues.
- 21.2.3 Athletics Leinster requires that all host venues have secure perimeter fencing surrounding their track area, separating it from spectators.
- 21.2.4 Where host venues that do not have such a perimeter, suitable temporary perimeter fencing must be installed, and accounted for in any costings for the event.

22 Enquiries

Please read the specific details of the competition booklet carefully.

Please direct any errors, queries, or concerns to the Outdoor Track & Field
Competition Secretary.

James Welsh Leinster Athletics Outdoor Track & Field

Email: athleticsleinsteroutdoorsec@gmail.com

Phone Number: 087 6424945

23 Leinster Executives for the year of 2019

Chairperson	Philip Cogavin
Deputy Chairperson	Pat Hooper
Secretary & Registrar	Larry Dunne
Treasurer	Frank Kilrane
Assistant Treasurer	Mary Dwyer
Outdoor T&F Secretary	James Welsh
Road & Cross-Country	Greg Duggan
Assisted Road & XC	Catriona Duffy
Indoor T&F Secretary	Andrew Lynam
Development Officer	Fintan Reilly
National Committee Rep	Brian Dowling
Juvenile Committee Rep	Jim Corcoran
Competition Committee Rep	Ronnie Quigley
Child Welfare Officer	Lisa Dixon
Child Welfare Officer	Joe Walsh

Appeal Form

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

Please direct any queries to the Athletics Leinster Track & Field competition secretary at:

athleticsleinsteroutdoorsec@gmail.com

Relay Amendment Form

Club:	
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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			

Officials List

Position	Name	Club
Track Manager:		
Track Referee:		
Field Referee:		
Child welfare officer		
P.A.:		
Check In:		
Call Room and Assembly:		
Starters:		
Finish Line:		
Walks Judge:		
High Jump		
Pole Vault		
Hammer		
Discus		
Shot Put		
Javelin		
Triple Jump		

Race Number Collection Sheet

Clubs	County	Official Collected	Contact Phone Number
Adamstown A.C.	Wexford		
APFS Harriers	Dublin		
Arditti A.C.	Carlow		
Ardee & District A.C.	Louth		
Ashford A.C	Wicklow		
Athlone IT A.C.	Westmeath		
Aughrim A.C.	Wicklow		
Bagenalstown A.C.	Carlow		
Balbriggan & District	Dublin		
Ballon Rathoe A.C.	Carlow		
Ballyboughal A.C	Dublin		
Ballyfin A.C.	Laois		
Ballyroan Abbeyleix & District A.C	Laois		
Ballyskenach A.C.	Offaly		
Barrow Valley A.C.	Carlow		
Blackrock A.C.	Dublin		
Bohermeen A.C.	Meath		
Boyne A.C.	Louth		
Bray Runners A.C.	Wicklow		
Breakaway Running Club	Dublin		
Bree A.C.	Wexford		
Brothers Pearse A.C.	Dublin		
Brow Rangers A.C.	Kilkenny		
Cabinteely A.C.	Dublin		
Castlecomer A.C.	Kilkenny		
Celbridge A.C.	Kildare		
Celtic DCH A.C.	Dublin		
Cillies A.C.	Meath		
Civil Service A.C.	Dublin		
Clane A.C.	Kildare		

BIB Assignment Sign out Sheet

Bib Number	Colour	Official	Sign Out	Sign In

Pairs Amendment Form

Club:			Age Category:		Event Type:	
Pair	Registered Athletes Names	Bib Number	New Athletes Names	Bib Number	New Athletes D.O.B.	New Athletes Reg. #
1					/ /	
2					/ /	

Club:			Age Category:		Event Type:	
Pair	Registered Athletes Names	Bib Number	New Athletes Names	Bib Number	New Athletes D.O.B.	New Athletes Reg. #
1					/ /	
2					/ /	

Club:			Age Category:		Event Type:	
Pair	Registered Athletes Names	Bib Number	New Athletes Names	Bib Number	New Athletes D.O.B.	New Athletes Reg. #
1					/ /	
2					/ /	

Club:			Age Category:		Event Type:	
Pair	Registered Athletes Names	Bib Number	New Athletes Names	Bib Number	New Athletes D.O.B.	New Athletes Reg. #
1					/ /	
2					/ /	

Club:			Age Category:		Event Type:	
Pair	Registered Athletes Names	Bib Number	New Athletes Names	Bib Number	New Athletes D.O.B.	New Athletes Reg. #
1					/ /	
2					/ /	

Event Management Form

List of criteria that Counties, Clubs, or Venues must have in place to host an Athletics Leinster Championship event.	Responsible Person/s	Confirmed
First Aid		
Refreshments (Officials Only)		
Toilet / Portaloo		
PA system		
Power Supply, (Generator, Mains supply)		
Correct Equipment (Sandpit levels, high jump mats, shot puts, hurdles, Measuring equipment. Weighing Scales)		
Car park Facility with attendants if needed		
Tent and preferably not a white one as this affect computer screen		
Crowd Control in place for health and safety		
A physical barrier from track a rope is not enough		

Team Event Substitute Form

Team Event Substitute Form			
Club:		Age Category:	
Team Bib Number	Athletes Being Replaced	Athletes Being Added	Time
			hrs

Team Event Substitute Form			
Club:		Age Category:	
Team Bib Number	Athletes Being Replaced	Athletes Being Added	Time
			hrs

Team Event Substitute Form			
Club:		Age Category:	
Team Bib Number	Athletes Being Replaced	Athletes Being Added	Time
			hrs