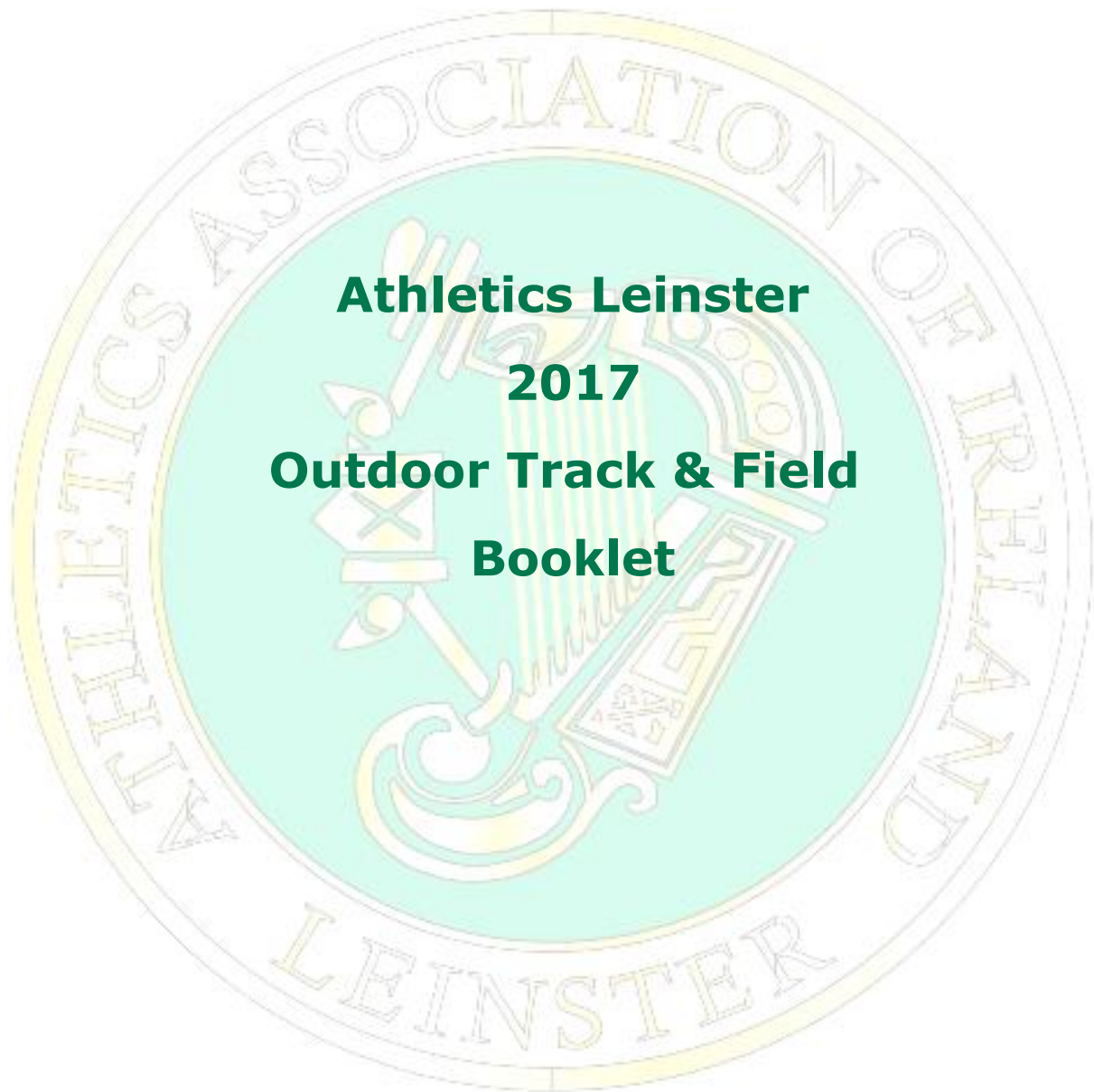




Athletics Leinster

2017 Track & Field Booklet



Athletics Leinster

2017

Outdoor Track & Field

Booklet



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Athletics Leinster

2017 Track & Field Booklet

2017 Track & Field Policies

Athletics Leinster wishes to advise clubs of the following 2017 Track & Field Policies. It is the intention of Athletics Leinster to **strictly** enforce these policies for the 2017 season.

Results Processing Room

Access to the results processing room is restricted to official only.

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

Entries

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

Online Registration Only

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

Officials

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

Failure of a club to provide officials **will** result in a club's athletes not being permitted to compete. 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. It is the intention of Athletics Leinster to wholly prohibit participation of offending clubs in competition.

Athletic Proficiency

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



Athletics Leinster

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In-Field Coaching

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

Valid Competition

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

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

2017 Age Groups

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

Age 9 Born 2009

Age 10 Born 2008

Age 11 Born 2007

Age 12 Born 2006

Age 13 Born 2005

Age 14 Born 2004

Age 15 Born 2003

Age 16 Born 2002

Age 17 Born 2001

Age 18 Born 2000

Age 19 Born 1999



**2017 Track & Field Booklet
Policy Statement for the Athletic Association of Ireland**

The Athletic Association of Ireland is fully committed to safeguarding the well-being of all of its members. Every individual in Athletics Ireland should at all times show respect and understanding for members rights, safety and welfare and conduct themselves in a manner that reflects the principles of the organisation and the guidelines contained in the Code of Ethics and Good Practice for Children’s Sport.

In Athletics Ireland our first priority is the welfare of the young people and we are committed to providing an environment which will allow participants to perform to the best of their ability, free from bullying and intimidation.

This is an extract from the Policy Statement from the Code of Ethics and acts as a guide for all rules. The Code has been distributed to all clubs and is readily available from Athletics Ireland.

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

www.iaaf.org/about-iaaf/documents/rules-regulations

Entry & Competition Rules

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

| Age Category | # of Events |
|--------------|-------------|
| U9, U10, U11 | 2 Events |
| U12 - U16 | 3 Events |
| U17 - U19 | 4 events |

- All Athletes are **strictly** confined to their own age groups. A fine of €75 will be levied where this rule is broken.
- There is no limit on the number of athletes a club may enter per individual event.
- Check-In:**
 - Track Athletes check-in when collecting their numbers:
 - Field Athletes check-in when their event is called:
- Club 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.
- Following on from AAI correspondence National Apparel is to be worn only when representing Ireland at International Competition. **No athlete** should compete at any Leinster Athletic events wearing Athletics Ireland shorts **Failure to comply will result in disqualification.**
- 5mm spikes **ONLY** will be allowed on track.
- There will be three attempts allowed in all field events, with a further three attempts for the top eight competitors (with the exception of the High Jump & the Pole Vault).
- Athletes may move up **ONE** age group only for a relay, with the following exception:

U9 athletes must born in 2009

- At least 2 athletes on a relay team must be of that age group.**



Athletics Leinster

2017 Track & Field Booklet

- For U12 up, 4 athletes qualify for the AAI National Championship from each event, **except where indicated**. This will be automatically done by the Leinster Track & Field Secretary. Coaches please contact Nicola Welsh on athleticsleinsteroutdoorsec@gmail.com if your athlete is unable to compete.
- **U17 – U19 ATHLETES, ENTERED FOR LEINSTER CHAMPIONSHIP BUT DO NOT COMPETE IN THESE CHAMPIONSHIPS DUE TO INJURY OR OTHER SPECIAL CIRCUMSTANCES MUST APPLY IN WRITING TO THE REGIONAL COMPETITION SECRETARY IF THEY WISH TO BE ENTERED FOR THE NATIONAL CHAMPIONSHIP.**
- **Athletics Leinster reserves the right to alter the timetables.** Any alterations to the programme will be published on the Athletics Leinster website and our Facebook page.

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 an 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 relevant Leinster T&F Secretary and the Track or Field Referee on the day. In the case of a conflict of interest on any particular 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

**2017 Track & Field Booklet
Appeals 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,
Nicola Welsh by email athleticsleinsteroutdoorsec@gmail.com



Athletics Leinster

2017 Track & Field Booklet

2017 Athletics Leinster Track & Field Programme

| Date | Start Time | Age Category | Venue | Online Registration Open Date | Online Registration Closing Date |
|--|------------|--|---------------------------|-------------------------------|----------------------------------|
| Saturday 20 th May | 10:00 | Combined Pentathlon Championship (U14+) & U13 Tri Event | Claremont Stadium (Navan) | Monday 24 th April | Thursday 18 th May |
| Sunday 21 st May | 11:00 | Juvenile Inter-Club Relays (U9 – U19) | Le Chéile (Leixlip) | Monday 24 th April | Wednesday 10 th May |
| Sunday 4 th June | 10:00 | U23, Senior & Masters Championship (Junior Steeplechase) | Tullamore Harriers | Monday 8 th May | Tuesday 30 th May |
| Monday 5 th June | 10:00 | U9 – U15 Team Event | Tullamore Harriers | Monday 8 th May | Friday 26 th May |
| Saturday 10 th June | 10:00 | U9,U10,U11 Pairs Competition & U12-U13 Championship | Tullamore Harriers | Monday 15 th May | Wednesday 31 st May |
| Saturday 17 th June | 10:00 | Juvenile Championships (U12-U19) | Tullamore Harriers | Monday 22 nd May | Wednesday 7 th June |
| Sunday 18 th June | 10:00 | Juvenile Championships (U12-U19) | Tullamore Harriers | Monday 22 nd May | Wednesday 7 th June |
| Friday 23 rd June | 19:00 | Junior Championships | Le Chéile (Leixlip) | Friday 2 nd June | Wednesday 21 st June |
| Wednesday 5 th July | 19:00 | Junior Championships (Javelin & Discus ONLY) | Irishtown (Dublin) | TBC | TBC |
| Wednesday 19 th July | 18:45 | Junior Championships (Pole Vault , Hammer & Shot Put ONLY) | Morton Stadium | TBC | TBC |
| 2017 Athletics Leinster Inter-County Relay | | | | | |
| County Secretary's, Please enter teams by closing dates. Some small changes MAY be allowed to entered teams on the day. | | | | | |
| Saturday 10 th June | | U11,U13 | Tullamore Harriers | Monday 15 th May | Wednesday 31 st May |
| Saturday 17 th June | | U15, U17, U19 | Tullamore Harriers | Monday 22 nd May | Wednesday 7 th June |

Please note:

- U12 and U13 Championships will be held over three days.
- All Junior Throw Events & Pole Vault will be held in conjunction with the Dublin Graded Meets.
- Junior Steeplechase will be held in conjunction with Leinster Senior & Masters Championship.



Athletics Leinster
2017 Track & Field Booklet

Relay 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

2017 Track & Field Booklet



**Athletics Leinster
Combined Events
Saturday 20th May
Claremont Stadium
(Navan)**



Athletics Leinster
2017 Track & Field Booklet

Combined Event Championship
Saturday 20th May
Claremont Stadium (Navan)
Start-time: 10.00am

| 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 | Long Jump, Shot Put, 75mH, High Jump, 800m |
| U14 Boys | Pentathlon | Long Jump, Shot Put, 75mH, High Jump, 800m |
| U15 Girls | Pentathlon | Long Jump, Shot Put, 80mH, High Jump, 800m |
| U15 Boys | Pentathlon | Long Jump, Shot Put, 80mH, High Jump, 800m |
| U16 Girls | Pentathlon | Long Jump, Shot Put, 80mH, High Jump, 800m |
| U16 Boys | Pentathlon | Long Jump, Shot Put, 100mH, High Jump, 800m |
| U17 Girls | Pentathlon | Long Jump, Shot Put, 100mH, High Jump, 800m |
| U17 Boys | Pentathlon | Long Jump, Shot Put, 100mH, High Jump, 1000m |
| U18 Girls | Pentathlon | Long Jump, Shot Put, 100mH, High Jump, 800m |
| U18 Boys | Pentathlon | Long Jump, Shot Put, 110mH, High Jump, 1000m |
| U19 Girls | Pentathlon | Long Jump, Shot Put, 100mH, High Jump, 800m |
| U19 Boys | Pentathlon | Long Jump, Shot Put, 110mH, High Jump, 1000m |
| Senior Women | Pentathlon | Long Jump, Shot Put, 100mH, Javelin, 800m |
| Senior Men | Pentathlon | Long Jump, Shot Put, 110mH, Javelin, 1500m |
| Master Women | Pentathlon | Long Jump, Shot Put, 100m, High Jump, 800m |
| Master Men (M1-M3) | Pentathlon | Long Jump, Shot Put, 100m, High Jump, 1500m |
| Master Men M4+ | Quadrathlon | Long Jump, Shot Put, 100m, 1500m |

PLEASE NOTE:



Athletics Leinster

2017 Track & Field Booklet

- The event order will be decided on the day based on the number of athletes competing per Age Category.
- Girls 17, 18, 19 and Boys 17, 18 and 19 are separate competitions.
- All athletes should be technically proficient and competent to compete in each event.
- In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
- In the track events, an athlete shall be disqualified in any event, in which he has made two false starts.
- **Athletes must make an attempt at each event. This rule is designed to guarantee that the athlete intends to do a 'pentathlon' and not just set records or get a workout in single events. Athletes failing to start any event are considered to have abandoned the competition, receive no final score and are not included in the final placing.**
- The winner of each competition will be the athlete who has scored the highest number of points in their category.
- **In the event of a tie after the final event, the winner will be the athlete scoring the higher number of points in the most events.**
- Medals will be presented to the top three.

SCORING:

- Women aged U17 and over will use the IAAF 2017 women's outdoor scoring table of athletes system for all their events.
- Men aged U18 and over will use the IAAF 2017 men's outdoor scoring table of athletes system for all their events.
- All 800m events scoring will be taking from the IAAF 2017 women's outdoor scoring table of athletes system
- All 1000m events scoring will be taking from the IAAF 2017 men's outdoor scoring table of athletes system
- All 100mH events scoring will be taking from the IAAF 2017 women's outdoor scoring table of athletes system
- The U13 Tri-Event for both Boys and Girls will use the IAAF 2017 women's outdoor scoring table of athletes system for all their events.
- Due to the IAAF not having a scoring table for both the 75m Hurdles and 80m Hurdles, Athletics Leinster will continue to use the same scoring table as previous.

[IAAF Scoring Table 2017](#)

All results are final



Athletics Leinster
2017 Track & Field Booklet

Online Registration
€6.00 Entry Fee per Athlete
Plus 4% transaction fee
Payment by card only
Online Entry Closing Date 18th May
Guests Welcome
On the day Registration
€8.00 Entry Fee per Athlete
(Cash Only)

Athletics Leinster



Athletics Leinster

2017 Track & Field Booklet

(U9 – U19) Inter-Club Relays

Sunday 21st May

Le Chéile

Leixlip



(U9 – U19) Inter-Club Relays

Le Chéile Leixlip

Sunday 21st May

Start-time: 11:00am

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



| TRACK EVENTS | | |
|--------------------------|--------------|----------|
| Uneven Age Relay Heats | | |
| Time | Age Category | Event |
| 11:00 | U9 Girls | 4 * 100m |
| | U9 Boys | 4 * 100m |
| | U11 Girls | 4 * 100m |
| | U11 Boys | 4 * 100m |
| | U13 Girls | 4 * 100m |
| | U13 Boys | 4 * 100m |
| | U15 Girls | 4 * 100m |
| | U15 Boys | 4 * 100m |
| | U17 Girls | 4 * 100m |
| | U17 Boys | 4 * 100m |
| | U19 Girls | 4 * 100m |
| | U19 Boys | 4 * 100m |
| Uneven Ages Relay Finals | | |
| Even Age Relay Heats | | |
| Time | Age Category | Event |
| | U10 Girls | 4 * 100m |
| | U10 Boys | 4 * 100m |
| | U12 Girls | 4 * 100m |
| | U12 Boys | 4 * 100m |
| | U14 Girls | 4 * 100m |
| | U14 Boys | 4 * 100m |
| | U16 Girls | 4 * 100m |
| | U16 Boys | 4 * 100m |
| | U18 Girls | 4 * 100m |
| | U18 Boys | 4 * 100m |
| Even Ages Relay Finals | | |

***Please Note:** Start times are only a guide. Please listen to PA as events may run ahead of schedules. Please ensure that athletes are present in sufficient time for events. Events can run up to an hour ahead of schedule. Athletics Leinster accepts no responsibility for athletes arriving late for event.

PLEASE NOTE for Relays:

- Athletes may move up **ONE** age group only for a relay, with the following exceptions:
 - **Boys and Girls U9 must be born in 2009**



Athletics Leinster

2017 Track & Field Booklet

- For age groups at least two members of a relay team must be the correct age for that age group **with the exception of U9 where all athletes must be born in 2009.**
- For U9 – U11 first three teams qualify for nationals.
- Entries to nationals will be completed by the Leinster Track and Field secretary upon qualification.
- All other age groups entries to Nationals via county secretary. Only three teams per county per age group allowed.

Online Registration Only

€12.00 entry fee per Relay Team

Plus 4% transaction fee

Payment by card only

Closing Date for Entries 10th May

Strictly NO on the Day Entries

SORRY NO GUESTS



Athletics Leinster

2017 Track & Field Booklet

Athletics Leinster
U23, Senior & Master Championships
Sunday 4th June
Tullamore Harriers





U23, Senior & Master Track & Field Championship

Tullamore Harriers

Sunday 4th June

Start-time: 10:00am

| Time | Age Category | TRACK | Time | FIELD |
|-------|--------------------------------------|--------------------|-------|-------------|
| 10:00 | Junior/Senior & Masters Women | 3000m Steeplechase | | |
| | Junior/Senior & Masters Men | 3000m Steeplechase | | |
| | Senior & Masters Women | | 10:00 | High Jump |
| | Senior & Masters Men | | 10:00 | Hammer |
| | Senior & Masters Women | | 10:00 | Discus |
| | Senior & Masters (Men & Women) | | 10:00 | Triple Jump |
| 10:45 | Senior & Masters Women O35-O45 Only | 100m Hurdles | | |
| | Senior & Masters Men O35-O45 Only | 110m Hurdles | | |
| | Senior & Masters (Men & Women) | | 11:00 | Pole Vault |
| | Senior & Masters Women | | 11:00 | Long Jump |
| 11:10 | Senior Women & All Masters | 3000m Walk | | |
| | Senior Men (At same time as 3k Walk) | 5000m Walk | | |
| 11:45 | Masters & Senior Men O35-O45 Only | 400m Hurdles | | |
| | Senior & Masters Women O35-O45 Only | 400m Hurdles | | |
| | Senior & Masters Women | | 11:30 | Hammer |
| | Senior & Masters Men | | 11:30 | Javelin |
| 11:55 | Senior Women A | 800m | | |
| | Senior Women B & Masters Women | 800m | | |
| | Senior Men B (PB over 2.05) | 800m | | |
| | Senior Men A | 800m | | |
| | Masters Men | 800m | | |
| 12:20 | Masters Women | 200m | | |
| | Masters Men | 200m | | |
| | Senior Women | 200m | | |
| | Senior Men | 200m | | |
| | Senior & Masters Men | | 13:00 | High Jump |
| | Senior & Masters Men | | 13:00 | Discus |
| | Senior & Masters Women | | 13:00 | Shot Put |
| 13:00 | Senior & Masters Women | 3000m | | |
| | Masters Men (65+ Only) | 3000m | | |
| | Senior Men A | 5000m | | |
| | Masters Men (O35-O60 Only) | 5000m | | |
| | Senior & Masters Men | | 14:00 | Long Jump |
| | Senior & Masters Women | | 14:00 | Javelin |
| | Senior & Masters Men | | 14:30 | Shot Put |
| 14:00 | U23 Women | 100m | | |
| | U23 Men | 100m | | |
| | Masters Women | 100m | | |
| | Masters Men | 100m | | |
| | Senior Women | 100m | | |
| | Senior Men | 100m | | |
| 14:45 | Senior Women | 400m | | |
| | Masters Women | 400m | | |
| | Senior Men | 400m | | |
| | Masters Men | 400m | | |
| 15:15 | Senior Women | 1500m | | |
| | Masters Women | 1500m | | |
| | Senior Men | 1500m | | |



| | | | | |
|-------|-----------------------------------|----------|-------|---------------------|
| | Masters Men | 1500m | | |
| | Senior & Masters (Men & Women) | | 16:00 | Weight for Distance |
| 16:00 | Senior Women | 4 * 100m | | |
| | Senior Men | 4 * 100m | | |

PLEASE NOTE: SENIORS & MASTERS

Due to the low number of athletes participating in the U23 championships Athletics Leinster have decided to host an U23 100m competition only. We have however introduced a Women's 800m B race to cater for athletes who feel they are not quite ready for the senior 800m. All U23 athletes are welcome to compete as seniors in the other events listed.

- The times listed are a guide only; events may be run ahead of time. Please listen to the P.A. for announcements.
- All Walk races will be held as a single event.
- To compete in the U23 100m, the athlete must be over 20 and under 23 in the year of competition.
- A junior athlete can only compete as a senior during this competition.
- An athlete is eligible to compete as a Master on or after their 35th birthday.
- An athlete declaring as a Master MUST compete in the age category declared. There is no switching between age categories, i.e. Senior & Master.
- No Master medals to be presented on the day of competition.
- Relays will be held at the end of the programme, entries for relays maybe taken on the day.
- Guest athletes are welcome to compete.
- All competitors are limited to **FIVE** events at Athletics Leinster Championships. No Exceptions

Online Registration Only
€6.00 entry per event
Plus 4% transaction fee
Payment by card only
Closing Date for Entries 30th May
Strictly NO on the Day Entries
Guest Athletes Welcome



Athletics Leinster

2017 Track & Field Booklet



**Athletics Leinster
U9 - U15 Team Event
Monday 5th June
Tullamore Harriers**

Team Event U9 - U15

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



Athletics Leinster

2017 Track & Field Booklet

Tullamore Harriers, Monday 5th June

Start-time: 10:00am

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

Teams

- Athletes can move up on **ONE** age, but **at least two** team members must be the correct age with the **exception of U15, where a team can be all U14. Athletes U13 cannot move up to U15.**
- Each team must have 4 athletes. Athletes can only compete on one team.
- Each athlete must compete in two events plus the relay. There must be two from each team per event and an athlete must complete the event for that event to score.
- U9 , U10 and 11 teams, must compete in all events listed (the 4 events available + relay)
- U12 + teams, can only compete in 4 of the 5 events listed (+ relay)
- A substitute may replace an athlete injured during competition.

Events

- All track results will be based on times (no heats/finals).
- For High Jump – any legal HJ method may be used.
- For U9, U10, U11 Long Jump, 1m take off area from sand. All other age categories from board.
- Shot Put, 2kg weight.

Scoring

- **All 4 Events + Relay to score for all age categories.**
- **Failure to complete an event will result in maximum point awarded for that event.**
- Points will be awarded on a combined placing basis. The team with the lowest combined score across events will be the winner
- The current points total will be available prior to the last event, the relay.
- **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.**

Team Mangers Are Responsible

For All

Their Athletes No Exceptions

Online Registration Only

€12.00 per Team

Plus 4% transaction fee

Payment by card only

Closing Date for Entries 26th May



Athletics Leinster

2017 Track & Field Booklet

| Time | Age Category | Track | Time | Age Category | Field |
|-------|--------------|-------|-------|--------------|---------------|
| 10:00 | U13 Girls | 60mH | 10:00 | U12 Boys | High Jump |
| | U13 Boys | 60mH | | U12 Girls | High Jump |
| | U15 Girls | 80mH | | U15 Girls | High Jump |
| | U15 Boys | 80mH | | U15 Boys | High Jump |
| 10:45 | 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 | | U12 Girls | Long Jump |
| | U12 Girls | 60m | | U12 Boys | Long Jump |
| | U12 Boys | 60m | | U10 Girls | Long Jump |
| 12:15 | U13 Girls | 200m | | U10 Boys | Long Jump |
| | U13 Boys | 200m | | U11 Girls | Long Jump |
| | U9 Girls | 300m | | U11 Boys | Long Jump |
| | U9 Boys | 300m | | U15 Girls | Long Jump |
| 13:00 | Track Break | | | | |
| 14:00 | U10 Girls | 500m | | U15 Boys | Long Jump |
| | U10 Boys | 500m | | | |
| | U11 Girls | 600m | | | |
| | U11 Boys | 600m | | | |
| | U12 Girls | 600m | 10:00 | U15 Girls | Shot Put |
| | U12 Boys | 600m | | U15 Boys | Shot Put |
| | U13 Girls | 600m | | U13 Girls | Shot Put |
| | U13 Boys | 600m | | U13 Girls | Shot Put |
| | U15 Girls | 800m | | U12 Girls | Shot Put |
| | U15 Boys | 800m | | U12 Boys | Shot Put |
| | | | | | |
| | | | 10:00 | U10 Boys | Turbo Javelin |
| | | | | U10 Girls | Turbo Javelin |
| | | | | U11 Girls | Turbo Javelin |
| | | | | U11 Boys | Turbo Javelin |
| | | | | U9 Girls | Turbo Javelin |
| | | | | U9 Boys | Turbo Javelin |
| 16:00 | Relays | | | | |



Athletics Leinster

2017 Track & Field Booklet

Athletics Leinster

**U9 - U11 Pairs &
U12, U13 Championships
Saturday 10th June
Tullamore Harriers**

U9 - U11 Pairs Competition

&

U12-U13 Junior Track & Field Championship



Athletics Leinster

2017 Track & Field Booklet

Tullamore Harriers Saturday 10th June

Start-time: 10:00am

| Track | | | Field | | |
|-----------------------------|----------------------|-------|-------|--------------|----------------------|
| Time | Age Category | Event | Time | Age Category | Event / Area |
| Distance Track Heats | | | | | |
| 10:00 | U12 Girls (H) | 600m | 10:00 | U9 Girls | Long Jump pit 1 |
| | U12 Boys (H) | 600m | | U10 Girls | |
| | U13 Girls (H) | 600m | | U11 Girls | |
| | U13 Boys (H) | 600m | | | |
| Pairs Distance | | | | | |
| 09:45 | U11 Girls | 600m | 10:00 | U9 Boys | Long Jump pit 2 |
| | U11 Boys | 600m | | U10 Boys | |
| | U9 Boys | 300m | | U11 Boys | |
| | U9 Girls | 300m | 10:00 | U9 Girls | Turbo Javelin area 1 |
| | U10 Girls | 500m | | U10 Girls | |
| | U10 Boys | 500m | | U11 Girls | |
| Distance Track Final | | | | | |
| 11:15 | U12 Girls | 600m | 10:00 | U9 Boys | Turbo Javelin area 2 |
| | U12 Boys | 600m | | U10 Boys | |
| | U13 Girls | 600m | | U11 Boys | |
| | U13 Boys | 600m | | | |
| Pairs Sprint | | | | | |
| 11:45 | U9 Girls | 60m | 10:00 | U12 Boys | Shot Put |
| | U9 Boys | 60m | | U12 Girls | |
| | U10 Girls | 60m | | U13 Boys | |
| | U10 Boys | 60m | | U13 Girls | |
| 13:00 | Track Break | | 10:00 | U12 Boys | High Jump |
| Sprint Heats | | | | U13 Girls | |
| 13:30 | U12 Girls (H) | 60m | | U13 Boys | |
| | U12 Boys (H) | 60m | | U12 Girls | |
| | U13 Girls (H) | 80m | | | |
| | U13 Boys (H) | 80m | | | |
| 14:30 | Sprint Semi's | | | | |
| Pairs Sprint | | | | | |
| 15:00 | U11 Girls | 60m | | | |
| | U11 Boys | 60m | | | |
| SPRINT FINALS | | | | | |
| Inter County Relay | | | | | |
| 16:00 | U11 Girls | 4x100 | | | |
| | U11 Boys | 4x100 | | | |
| | U13 Girls | 4x100 | | | |
| | U13 Boys | 4x100 | | | |

PLEASE NOTE: U9, U10 & U11 PAIRS COMPETITION



Athletics Leinster

2017 Track & Field Booklet

- The order of events is only a guide & is subject to change to ensure the smooth running of the programme. Please listen to the P.A. for announcements.
- U9 teams born in 2009, U10 teams born in 2008, U11 team born in 2007.
- Two athletes per team.
- Each athlete may compete in two events **ONLY**. With the same or different partner per event.
- Top 3 teams per event qualify for the National Team Competition.
- Only 3 teams are allowed to progress to the national finals. In the event of a dead-heat resulting in more than 3 teams, a coin toss will decide third place qualifier.
- U9 & U10 Long Jump, take-off is from a sand marker. Each athlete is allowed three jumps.
- U11 Long Jump, take-off is from the board. Each athlete is allowed three jumps.
- For Turbo Javelin, the Javelin technique **MUST** be used, with the longest throw of three consecutive attempts being measured.
- All track results will be based on times (no heats/finals)
- For Pairs Event – both athletes must be the same age category i.e. an U9 CANNOT compete as an U10, both must be born in 2009.
- For Relay – at least two athletes must be the correct age category for the event.

PLEASE NOTE: U12 & U13 CHAMPIONSHIP



Athletics Leinster

2017 Track & Field Booklet

- The order of events is only a guide & is subject to change to ensure the smooth running of the programme. Please listen to the P.A. for announcements.
- Standard Championship rules apply
- Athletes U12 & U13 are limited to three individual events in total.
- First 4 qualify for National Championship in all events with the exception of the 600m where the first three qualify.

Online Registration Only

€6.00 Entry per Pair per Event

€3.50 Entry per event for U12/U13

Plus 4% transaction fee

Payment by card only

Closing Date for Entries 31st May

Strictly NO on the Day Entries

Sorry No Guests



Athletics Leinster

2017 Track & Field Booklet



**Athletics Leinster
U12 - U19
Championships
Saturday 17th June
Tullamore Harriers**



Athletics Leinster

2017 Track & Field Booklet U12-U19

Track & Field Championship

Tullamore Harriers

Saturday 17th June

Start-time: 10:00am

| Time | Age Category | TRACK |
|------------------------|----------------------------------|--------------------------|
| WALKS | | |
| 10:00 | U14 Girls, U15 Girls, U16 Girls, | 2000m |
| | U14 Boys, U15 Boys | 2000m |
| | U17 Girls, U18 Girls, U19 Girls | 3000m |
| | U16 Boys, U17 Boys | 3000m |
| | U18 Boys, U19 Boys | 5000m |
| HURDLE HEATS | | |
| 11.00 | U12 Girls | 60mH 2'3" 68.6cm |
| | U12 Boys | 60mH 2'3" 68.6cm |
| | U13 Girls | 60mH 2'3" 68.6cm |
| | U13 Boys | 60mH 2'3" 68.6cm |
| | U14 Girls | 75mH 2'3" 68.6cm |
| | U14 Boys | 75mH 2'6" 76.2cm |
| | U15 Girls | 80mH 2'6" 76.2cm |
| | U16 Girls | 80mH 2'6" 76.2cm |
| | U15 Boys | 80mH 2'9" 84.0cm |
| | U17 Girls | 100mH 2'6" 76.2cm |
| | U18 Girls | 100mH 2'6" 76.2cm |
| | U16 Boys | 100mH 2'9" 84.0cm |
| | U19 Girls | 100mH 2'9" 84.0cm |
| | U17 Boys | 100mH 3'0" 91.4cm |
| | U18 Boys | 110mH 3'0" 91.4cm |
| | U19 Boys | 110mH 3'3" 99.0cm |
| HURDLE FINALS | | |
| SPRINT HEATS | | |
| 12:30 | U17 Girls, U17 Boys, 1(H) | 400m |
| | U18 Girls, U18 Boys (H) | 400m |
| | U19 Girls, U19 Boys (H) | 400m |
| DISTANCE FINALS | | |
| 12:50 | U17 Boys, U18 Boys, U19 Boys | 3000m |
| | U17 Girls, U18 Girls, U19 Girls | 3000m |
| SPRINT HEATS | | |
| 13:35 | U17 Girls, U17 Boys (H) | 100m |
| | U18 Girls, U18 Boys, (H) | 100m |
| | U19 Girls U19 Boys (H) | 100m |
| | U14 Girls ,U14 Boys (H) | 200m |
| | U15 Girls, U15 Boys (H) | 200m |
| | U16 Girls, U16 Boys (H) | 200m |
| DISTANCE HEATS | | |
| | U17 Girls U17 Boys (H) | 800m |
| | U18 Girls, U18 Boys (H) | 800m |
| | U19 Girls, U19 Boys (H) | 800m |



| DISTANCE FINALS | | |
|----------------------|--------------------------------|----------|
| | U14 Girls ,U14 Boys | 1500m |
| | U15 Girls, U15 Boys | 1500m |
| | U16 Girls, U16 Boys | 1500m |
| SPRINT TRACK FINALS | | |
| DISTANCE RACK FINALS | | |
| INTER COUNTY RELAYS | | |
| 16.15 | U15 Girls, U15 Boys, U17 Girls | 4 * 100M |
| | U17 Boys, U19 Girls,U19 Boys | 4 * 100M |

| JUMPS | | | | |
|--------|-----------------|-------------------|-------------------------|-------------------|
| | HIGH JUMP | TRIPLE JUMP | LONG JUMP | POLE VAULT |
| 10:00 | U14 Girls | | U16 Boys | Boys U15 - U19 |
| | U19 Boys | | U15 Girls | Girls U15 - U19 |
| | U16 Girls | | U14 Boys | |
| | U18 Girls | | U13 Girls | |
| | U17 Boys | | U13 Boys | |
| | U15 Boys | U16 Girls | U18 Boys | |
| | | U18 Boys | U17 Girls | |
| | | U19 Girls | U19 Girls | |
| | | U17 Girls | | |
| | | U17 Boys | | |
| THROWS | | | | |
| | SHOT | DISCUS | JAVELIN | HAMMER |
| 10:00 | U14 Girls (2kg) | | U16 Girls (500g) | U15 Girls (2.5kg) |
| | U19 Girls (4kg) | | U14 Girls (400g) | U17 Girls (3kg) |
| | U18 Girls (3kg) | | U17 Boys (700g) | U19 Girls (4kg) |
| | U17 Girls (3kg) | | U13 Girls (400g) | U16 Boys (4kg) |
| | U16 Girls (3kg) | | U19 Boys (800g) | U18 Boys (5kg) |
| | U17 Boys (5kg) | | U13 Boys (400g) | U14 Boys (2.5kg) |
| 12:30 | | U18 Girls (1kg) | U15 Boys (500g) | |
| | | U14 Boys (.75kg) | U18 Boys (700g) | |
| | | U15 Boys (1kg) | | |
| | | U16 Boys (1kg) | | |
| | | U19 Boys (1.75kg) | | |
| | | U15 Girls (.75kg) | | |

PLEASE NOTE:



Athletics Leinster

2017 Track & Field Booklet

- Athletes **CANNOT** step up an age group to compete in an event not held in their age group.
- All events are final unless otherwise indicated by (H) Heats.
- If for any event there are insufficient athletes to hold heats, the final will be held at **heat-time**.
- Athletes U12, U13, U14, U15, U16 are limited to **THREE** individual events in total over all days.
- Athletes U17, U18, U19 are limited to **FOUR** individual events in total over the two days.
- There is no limit on the number of athletes a club may enter per individual event.
- Only 3 teams are allowed to progress to the national finals. In the event of a dead-heat resulting in more than 3 teams, a coin toss will decide third place qualifier.
- **U17 – U19 ATHLETES, ENTERED FOR LEINSTER CHAMPIONSHIP BUT DO NOT COMPETE IN THESE CHAMPIONSHIPS DUE TO INJURY OR OTHER SPECIAL CIRCUMSTANCES MUST APPLY IN WRITING TO THE REGIONAL COMPETITION SECRETARY IF THEY WISH TO BE ENTERED FOR THE NATIONAL CHAMPIONSHIP.**
- **PLEASE NOTE U12 HURDLES IS NOT A NATIONAL QUALIFICATION EVENT. IT DOES HOWEVER COUNT AS ONE OF YOUR POSSIBLE THREE EVENTS IF YOU WISH TO COMPETE IN IT.**

Online Registration Only
€3.50 Entry per event
Plus 4% transaction fee
Payment by card only
Closing Date for Entries 7th June
Strictly NO on the Day Entries
Sorry No Guests



Athletics Leinster

2017 Track & Field Booklet



**Athletics Leinster
U12 - U19
Championships
Sunday 18th June
Tullamore Harriers**

U12-U19

Track & Field Championship

Tullamore Harriers



Athletics Leinster

2017 Track & Field Booklet

Sunday 18th June

Start-time: 10:00am

| Time | Age Category | TRACK |
|-------------------------------|--------------------------------|--------------------|
| HURDLE HEATS | | |
| 10:00 | U15 Girls | 250mH (2' 3) |
| | U16 Girls | 250mH (2' 3) |
| | U15 Boys | 250mH (2' 6) |
| | U16 Boys | 250mH (2' 6) |
| | U17 Girls | 300mH (2' 6) |
| | U17 Boys | 300mH (2' 6) |
| | U18 Girls | 400mH (2' 6) |
| | U19 Girls | 400mH (2' 9) |
| | U18 Boys | 400mH (2' 9) |
| | U19 Boys | 400mH (3' 0) |
| HURDLE FINALS | | |
| TRACK HEATS | | |
| 11:00 | U14 Girls, U14 Boys (H) | 800m |
| | U15 Girls, U15 Boys | 800m |
| | U16 Girls, U16 Boys | 800m |
| | U17 Girls, U17 Boys | 1500m |
| | U18 Girls, U18 Boys | 1500m |
| | U19 Girls, U19 Boys | 1500m |
| | U14 Girls (H), U14 Boys (H) | 80m |
| | U15 Girls, U15 Boys (H) | 100m |
| | U16 Girls, U16 Boys (H) | 100m |
| | U17 Girls, U17 Boys (H) | 200m |
| | U18 Girls, U18 Boys, (H) | 200m |
| | U19 Girls, U19 Boys (H) | 200m |
| | U16 Girls, U16 Boys | 3000m |
| 80m / 100m SEMI-FINALS | | |
| | U17 Girls, U17 Boys | 2000m Steeplechase |
| | U18 Girls, | 2000m Steeplechase |
| | U 18 Boys, U19 Girls, U19 Boys | 3000m Steeplechase |
| TRACK FINALS | | |

| JUMPS | | | | |
|--------------|-----------------------|------------------|--------------------|-------------------------|
| | HIGH JUMP | LONG JUMP | TRIPLE JUMP | TURBO JAVELIN |
| 10:00 | U14 Boys | U16 Girls | | U12 Boys (300g) |
| | U17 Girls & U19 Girls | U19 Boys | | U12 Girls (300g) |



Athletics Leinster

2017 Track & Field Booklet

| | | | | | |
|---------------|--------------------|-------------------|------------------|-------------------|--|
| | Boys | U16 Boys & U18 | U17 Boys | | |
| | U15 Girls | | U15 Boys | | |
| | | | U12 Boys | | |
| | | | U12 Girls | U15 Boys | |
| | | | U18 Girls | U18 Girls | |
| | | | U14 Girls | U16 Boys | |
| | | | | U19 Boys | |
| THROWS | | | | | |
| | SHOT | DISCUS | JAVELIN | HAMMER | |
| 10:00 | U18 Boys (5kg) | | U16 Boys (600g) | U14 Girls (2.5kg) | |
| | U14 Boys (2.72kg) | | U17 Girls (500g) | U15 Boys (3kg) | |
| | U15 Boys (3kg) | | U15 Girls (400g) | U18 Girls (3kg) | |
| | U16 Boys (4kg) | | U18 Girls (500g) | U16 Girls (3kg) | |
| | U19 Boys (6kg) | | U19 Girls (600g) | U17 Boys (5kg) | |
| | U15 Girls (2.72kg) | | U14 Boys (400g) | U19 Boys (6kg) | |
| 12:30 | | U17 Girls (1kg) | | | |
| | | U18 Boys (1.5kg) | | | |
| | | U14 Girls (.75kg) | | | |
| | | U17 Boys (1.5kg) | | | |
| | | U16 Girls (1kg) | | | |
| | | U19 Girls (1kg) | | | |

PLEASE NOTE:

- Athletes **CANNOT** step up an age group to complete in an event not held in their age group.
- All events are final unless otherwise indicated by (H) Heats.



Athletics Leinster

2017 Track & Field Booklet

- If for any event there are insufficient athletes to hold heats, the final will be held at **heat-time**.
- Athletes U12, U13, U14, U15, U16 are limited to **THREE** individual events in total over all days.
- Athletes U17, U18, U19 are limited to **FOUR** individual events in total over the two days.
- There is no limit on the number of athletes a club may enter per individual event.
- Competing clubs must supply at least one official for each day of competition.
- **U17 – U19 ATHLETES, ENTERED FOR LEINSTER CHAMPIONSHIP BUT DO NOT COMPETE IN THESE CHAMPIONSHIPS DUE TO INJURY OR OTHER SPECIAL CIRCUMSTANCES MUST APPLY IN WRITING TO THE REGIONAL COMPETITION SECRETARY IF THEY WISH TO BE ENTERED FOR THE NATIONAL CHAMPIONSHIP**

Online Registration Only

€3.50 Entry per event

Plus 4% transaction fee

Payment by card only

Closing Date for Entries 9th June

Strictly NO on the Day Entries

Sorry No Guests



Athletics Leinster

2017 Track & Field Booklet

**Athletics Leinster
Junior Championships**

Friday

23rd June 2017

Le Chéile

Leixlip

Junior Championships

Le Chéile (Leixlip)

Friday 23rd June

Start time 7:00pm



Athletics Leinster

2017 Track & Field Booklet

| TRACK | | | FIELD | | |
|-------|--------------|--------------|-------|--------------|-------------|
| | Age Category | Event | | Age Category | Event |
| 19:00 | Junior Women | 100m Hurdles | 19:00 | Junior Women | Long Jump |
| 19:03 | Junior Men | 110m Hurdles | | Junior Men | Long Jump |
| 19:10 | Junior Men | 3000m Walk | | | |
| 19:10 | Junior Women | 3000m Walk | 20:00 | Junior Men | High Jump |
| 19:30 | Junior Women | 400m Hurdles | | Junior Women | High Jump |
| 19:33 | Junior Men | 400m Hurdles | | | |
| 19:45 | Junior Women | 100m | 20:00 | Junior Women | Triple Jump |
| 19:48 | Junior Men | 100m | | Junior Men | Triple Jump |
| 19:50 | Junior Women | 3000m | | | |
| 20:05 | Junior Men | 3000m | | | |
| 20:20 | Junior Women | 200m | | | |
| 20:23 | Junior Men | 200m | | | |
| 20:26 | Junior Women | 1500m | | | |
| 20:32 | Junior Men | 1500m | | | |
| 20:38 | Junior Women | 800m | | | |
| 20:41 | Junior Men | 800m | | | |
| 20:45 | Junior Women | 400m | | | |
| 20:48 | Junior Men | 400m | | | |
| 20:52 | Junior Men | 4x100m Relay | | | |
| 20:55 | Junior Women | 4x100m Relay | | | |

PLEASE NOTE: Juniors

- The order of events will be as listed
 - The list is a guide only; events may be run ahead of time. Please listen to the P.A. for announcements.
 - All Walk races will be held as a single event.
 - To compete as a Junior the athlete must be over 16 and under 20 in the year of competition.
 - Relays will be held at the end of the Programme, and relay entries may be taken on the night.
-
- Guest athletes are welcome to compete, and will be awarded a non-Championship medal where they finish in the top-three of an event.
 - Competitors are limited to **FIVE** events at Athletics Leinster Championships. No Exceptions.

**PLEASE NOTE THE FOLLOWING JUNIOR EVENTS
WILL BE HELD AT DIFFERENT VENUES
THROUGHOUT THE PROGRAMME.**



Athletics Leinster

2017 Track & Field Booklet

- The Junior Men and Junior Women **Steeple chase** will be held on Sunday the 4th of June in Tullamore during the senior master program.
- The Junior Men and junior Women **Javelin & Discus** will be held on Wednesday the 5th of July in Irishtown (Dublin) during the Dublin Graded Meets.
- The Junior Men and junior Women **Shot Put, Hammer & Pole Vault** will be held on Wednesday the 19th of July in the Morton Stadium (Dublin) during the Dublin Graded Meets.

Online Registration Only

€6.00 entry fee per event

Plus 4% transaction fee

Payment by card only

Closing Date for entries 11th May

Strictly No on the Day Entries

Guests Welcome

Enquiries

Please read, the specific details of each competition carefully.



Athletics Leinster

2017 Track & Field Booklet

Please direct any errors, queries or concerns to the

Athletics Leinster Track & Field Competition Secretary,

Nicola Welsh at 0872144058

Or

athleticsleinsteroutdoorsec@gmail.com

