



Athletics Leinster
2018
Outdoor Track & Field
Booklet



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2018 Track & Field Policies

Athletics Leinster wishes to advise clubs of the following 2018 Track & Field Policies. It is the intention of Athletics Leinster to **strictly** enforce these policies for the 2018 season.

Results Processing Room

Access to the results processing room is restricted to officials 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.



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.

2018 Age Groups

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

Age 9 Born 2010

Age 10 Born 2009

Age 11 Born 2008

Age 12 Born 2007

Age 13 Born 2006

Age 14 Born 2005

Age 15 Born 2004

Age 16 Born 2003

Age 17 Born 2002

Age 18 Born 2001

Age 19 Born 2000



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 2010
- At least 2 athletes on a relay team must be of that age group.
- Athletics Leinster reserves the right to alter the timetables at any time. Any alterations to the programme will be published on the Athletics Leinster website and our Facebook page.



Qualification to the National Championships

The Following rules have not changed but have been emitted to the booklet to give clarity.

Combined Event

U14 – U19

Entries to National via Club Secretary, Athletes do not need to qualify to enter this event

Inter Club Relays

U9 – U11

Entries to Nationals via Regional secretary, the first three teams from each age group will qualify to run in the National Relay Championships.

U12 – U19

Entries to Nationals via County secretary, only three teams per county per age group allowed.

Inter County Relays

The Inter County track relay competition has been discontinued as a National Event

Pairs

U9 – U11

Entries to Nationals via Regional secretary, athletes who qualify will enter the National Team Competition

Juveniles

U12 – U16

Entries to Nationals via Regional secretary, the top 4 athletes from all events who qualify will be entered into the National Juvenile track and Field championships (**Excluding those who qualify for the 600m**, were only three qualify).

U17 – U19

Entries to Nationals via Regional secretary, the top 4 athletes from all events who qualify will be entered into the National Juvenile track and Field championships as standard.

Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships.

Athletes, entered for the Leinster championship but do not compete in said championship 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.

Junior, U23, Senior and Master Athletes

Entries to National via Athletics Ireland webpage, competition/fixture

U9-U15 Team Event

No entries to Nationals, this is not a national event.

If an athlete qualifies for a national championship and is not able to compete; it would be greatly appreciated if you could please contact your regional secretary to allow the next available athlete to take their place.



Athletics Leinster Appeal Procedure

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 finish of the event.

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).

Appeal procedure

- 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.
- The appeal will only be accepted when presented by a competent club official citing basis for appeal and any backup evidence.
- 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.



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, by email athleticsleinsteroutdoorsec@gmail.com



2018 Athletics Leinster Track & Field Programme

Date	Start Time	Event Type	Venue	Online Registration Open Date	Online Registration Closing Date
Saturday 19 th May	10:00	Combined Events Open track event	The Watershed, Kilkenny	Monday 23 rd April	Thursday 17 th May
Sunday 20 th May	10:00	* (U9 – U19) Inter-Club Relays	The Hub, Enniscorthy	Monday 23 rd April	Wednesday 9 th May
Thursday 24 th May	18:45	Junior Championship in conjunction with the Drogheda & District Graded Meets	Lourdes Stadium Drogheda	Monday 23 rd April	Wednesday 6 th June
Thursday 31 st May	18:45	Junior Championship in conjunction with the Drogheda & District Graded Meets	Lourdes Stadium Drogheda	Monday 23 rd April	Wednesday 6 th June
Sunday 3 rd June	10:00	U23, Senior & Masters Championship ** Junior Steeplechase, Pole Vault & Walk	Tullamore Harriers	Monday 7 th May	Tuesday 29 th May
Monday 4 th June	10:00	U9 – U15 Team Event	Tullamore Harriers	Monday 7 th May	Friday 25 th May
Saturday 9 th June	10:00	U9, U10, U11 Pairs Competition & U12-U13 Championship	Tullamore Harriers	Monday 14 th May	Wednesday 30 th May
Saturday 16 th June	10:00	Juvenile Championships (U12-U19) *** Junior Women Discus & Hammer	Tullamore Harriers	Monday 21 st May	Wednesday 6 th June
Sunday 17 th June	10:00	Juvenile Championships (U12-U19) **** Junior Men Discus & Hammer	Tullamore Harriers	Monday 21 st May	Wednesday 6 th June
2018 Athletics Leinster Inter-County Relay					
County Secretaries, please enter teams by closing dates. Some small changes MAY be allowed to entered teams on the day.					
Saturday 9 th June		U11, U13	Tullamore Harriers	Monday 14 th May	Wednesday 30 th May
Sunday 16 th Jun Please		U15, U17, U19	Tullamore Harriers	Monday 21 st May	Wednesday 6 th June

Please Note:

- * Junior Relays will be held in conjunction with the (U9 – U19) Inter-Club Relays championships
- ** Junior Steeplechase, Pole Vault and Walk events will be held in conjunction with Leinster Senior & Masters Championship
- *** Junior Women Discus, Hammer and Triple Jump be held in conjunction with Day 1 Juvenile Championships
- **** Junior Men Discus, Hammer and Triple Jump will be held in conjunction with Day 2 Juvenile Championships

All other Leinster outdoor Junior Championship events will be held in conjunction with the Drogheda & District Graded Meets. Please consult the Outdoor competition booklet for event details.



Athletics Leinster
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Relay Amendment Form

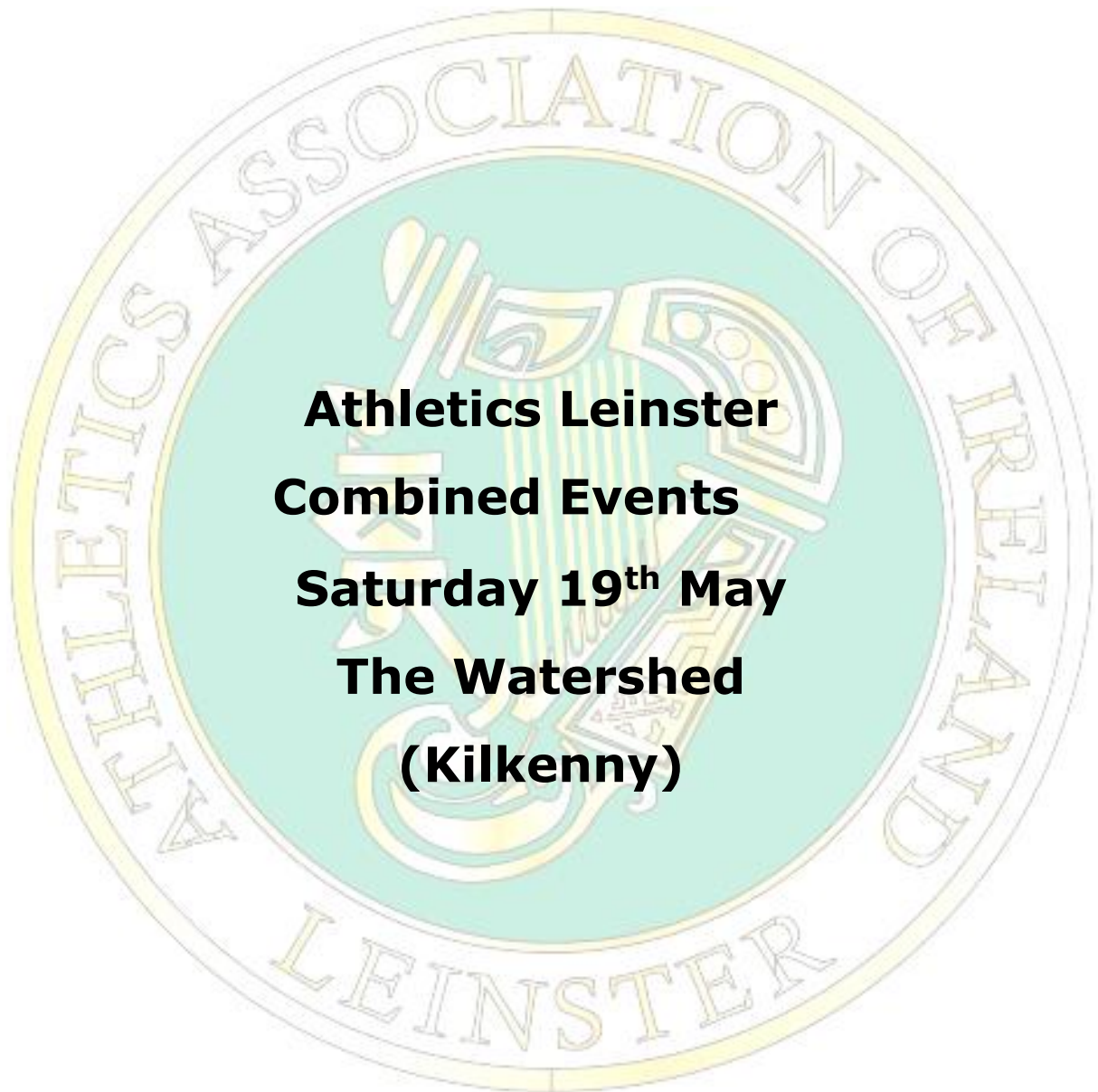
Club:	
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Sex / Age Category:			
	Name	D.O. B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O. B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O. B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category: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



Athletics Leinster

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**Athletics Leinster
Combined Events
Saturday 19th May
The Watershed
(Kilkenny)**



Combined Event Championship

Saturday 19th May

The Watershed (Kilkenny)

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	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	Pentathlon	High Jump, Short Hurdles , 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 (M1-M3)	Pentathlon	Short Hurdles , Long Jump, Shot Put, High Jump, 1500m
Master Men M4+	Quadathlon	100m, Long Jump, Shot Put, 1500m
Open Event		
Athletes must be 16 years of age on the 31st December in the year of competition		
Category	Event	Disciplines
Men	Open	100m sprint, 400m Sprint, 1500m
Women	Open	100m sprint, 400m Sprint, 800m

Please Note: The open event is a non-championship event.
 No medals will be awarded in these races. However electronic times will be posted.
 Event order is subject to chance and should only be used as a guide



Combined Track Timetable

Time	Event Type	Age Category	Event	Criteria
	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 O45	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 - O40	80m 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	110m Hurdles	3'3" 99.0cm
	Quadrathlon	Master Men M4+	100m Sprint	
	Open	Men	100m Sprint	
	Open	Women	100m Sprint	
	Tri - Event	U13 Girls	200m	
	Tri - Event	U13 Boys	200m	
	Open	Men	400m Sprint	
	Open	Women	400m Sprint	
	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	
	Open	Women	800m	
	Pentathlon	U17 Boys	1000m	
	Pentathlon	U18 Boys	1000m	
	Pentathlon	U19 Boys	1000m	
	Open	Men	1500m	
	Quadrathlon	Master Men M4+	1500m	
	Pentathlon	Master Men	1500m	
	Pentathlon	Senior Men	1500m	



Combined Field Timetable

Time	Long Jump (Pit 1)	Time	Long Jump (Pit 2)	Time	Shot Put	Time	High Jump
10:30	U13 Girls	10:00	U13 Boys	10:00	U17 Girls	10:00	Senior Women
	U14 Girls		U15 Girls		U18 Girls		Master Women
	U16 Girls		U14 Boys		U19 Girls		U17 Girls
	U15 Boys		U16 Boys		Senior Women		U18 Girls
	U17 Girls		Senior Women		Master Women		U19 Girls
	U18 Girls		Master Women		U14 Girls		U14 Girls
	U19 Girls		U17 Boys		U15 Girls		U15 Girls
	Senior Men		U18 Boys		U16 Girls		U16 Girls
	Master Men		U19 Boys		U13 Girls		U14 Boys
	Master Men M4+				U13 Boys		U15 Boys
					U14 Boys		U16 Boys
					U15 Boys		U17 Boys
					U16 Boys		U18 Boys
					U17 Boys		U19 Boys
					U18 Boys		Senior Men
					U19 Boys		Master Men
					Senior Men		
					Master Men		
					Master Men M4+		

Guidelines:

The following rules are designed to guarantee that the athlete intends to do a 'multiple event' and not just set records or get a workout in single events

- All athletes should be technically proficient and competent to compete in each event.
- Each athlete will be allowed only three attempts in the long jump and shot put
- Athletes shall be disqualified from an event in which they have made two false starts but shall be allowed to compete in succeeding events.
- 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.
- 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.

The winner of the competition is the athlete who has scored the highest number of points on the IAAF scoring tables

- If there is a tie score, the athlete scoring the higher number of points in the most events shall be awarded the high place.
- If a tie still remains, then the competitor who has earned the highest number of points in any single event will be given the higher place.
- If the tie still exists on goes to the second highest number of points, and so on.
- **All results are final**



Athletics Leinster

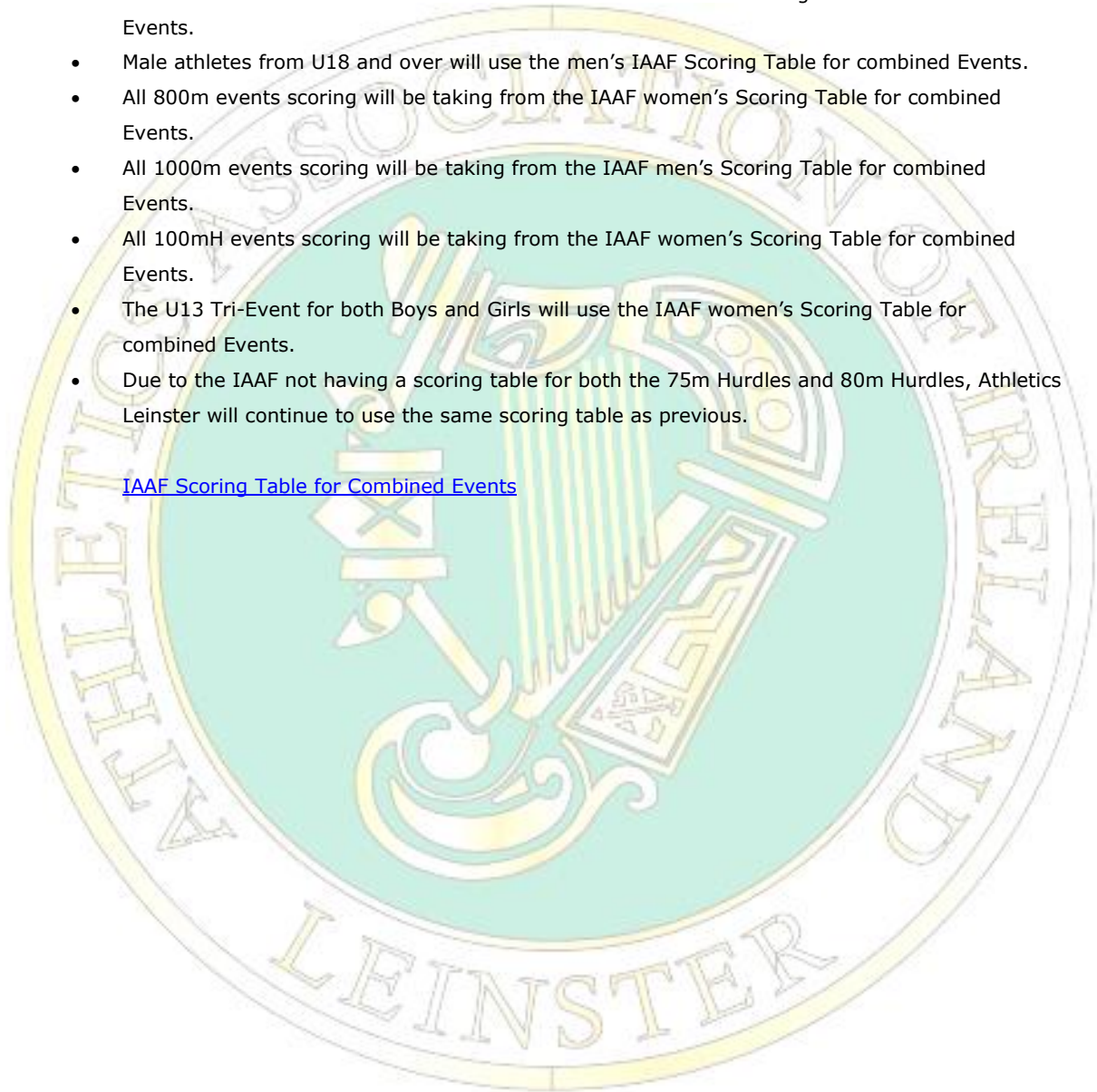
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Scoring:

Medals will be presented to the top three athletes in each category.

- Female athletes from U17 and over will use the women's IAAF Scoring Table for combined Events.
- Male athletes from U18 and over will use the men's IAAF Scoring Table for combined Events.
- All 800m events scoring will be taking from the IAAF women's Scoring Table for combined Events.
- All 1000m events scoring will be taking from the IAAF men's Scoring Table for combined Events.
- All 100mH events scoring will be taking from the IAAF women's Scoring Table for combined Events.
- The U13 Tri-Event for both Boys and Girls will use the IAAF women's Scoring Table for combined 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 for Combined Events](#)





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Online Registration open 23rd April

Combined event entry fee

€6.00 per Athlete (Plus 4% transaction fee)

Open event entry fee

€5 per Event (Plus 4% transaction fee)

On the day Registration (Cash Only)

combined entry fee €8.00 per athlete

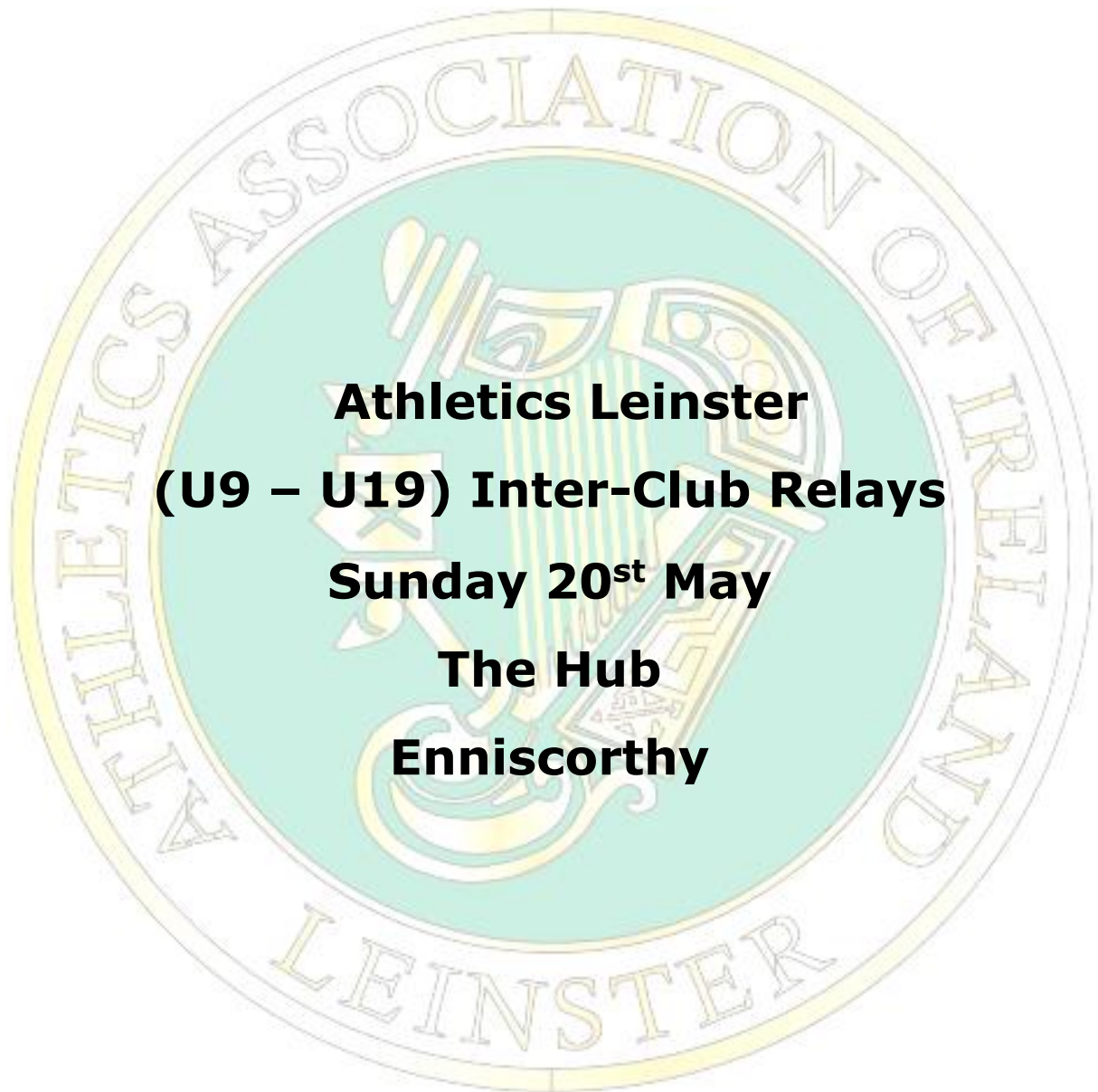
Open entry fee €6.00 per event

All Guests Welcome



Athletics Leinster

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Athletics Leinster
(U9 – U19) Inter-Club Relays
Sunday 20st May
The Hub
Enniscorthy



(U9 – U19) Inter-Club Relays

The Hub Enniscorthy

Sunday 20st May

Start-time: 10:00am

TRACK EVENTS		
Uneven Age Relay Heats		
Time	Age Category	Event
10:00	U9 Girls	4x100m Relay
	U9 Boys	4x100m Relay
	U11 Girls	4x100m Relay
	U11 Boys	4x100m Relay
	U13 Girls	4x100m Relay
	U13 Boys	4x100m Relay
	U15 Girls	4x100m Relay
	U15 Boys	4x100m Relay
	U17 Girls	4x100m Relay
	U17 Boys	4x100m Relay
	U19 Girls	4x100m Relay
	U19 Boys	4x100m Relay
Uneven Ages Relay Finals		
Even Age Relay Heats		
Time	Age Category	Event
	Junior Women	4x100m Relay
	Junior Men	4x100m Relay
	U10 Girls	4x100m Relay
	U10 Boys	4x100m Relay
	U12 Girls	4x100m Relay
	U12 Boys	4x100m Relay
	U14 Girls	4x100m Relay
	U14 Boys	4x100m Relay
	U16 Girls	4x100m Relay
	U16 Boys	4x100m Relay
	U18 Girls	4x100m Relay
	U18 Boys	4x100m Relay
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.



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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 2010**
- 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 2010.**
- U9 – U11 Athletes only
 - 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

Registration open 23rd April

€12.00 entry fee per Relay Team

(Plus 4% transaction fee)

Payment by card only

Strictly NO Guests or on the Day Entries



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Athletics Leinster

U23, Senior & Master Championships

Sunday 3rd June

Tullamore Harriers



U23, Senior & Master Track & Field Championship

Tullamore Harriers, Sunday 3rd June

Start-time: 10:00am

Time	Age Category	Event	Specifications
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
10:45	Senior Women	1500m	
	Masters Women	1500m	
	Senior Men	1500m	
	Masters Men	1500m	
11:30	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
11:55	Senior Women, Junior Women	3000m Walk	
	Master Women	3000m Walk	
	Master Men, Junior Men	3000m Walk	
	Senior Men	5000m Walk	
12:30	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
12:45	Senior Women	800m	
	Master Women	800m	
	Senior Men	800m	
	Master Men	800m	
13:05	Master Women	200m	
	Master Men	200m	
	Senior Women	200m	
	Senior Men	200m	
14:10	Senior Women	3000m	
	Masters Women	3000m	
	Masters Men O65	3000m	
	Senior Men	5000m	
	Masters Men O35-O60	5000m	
15:00	Senior Women	100m	
	Senior Men	100m	
	Masters Women	100m	
	Masters Men	100m	
	U23 Women	100m	
	U23 Men	100m	
15:45	Senior Women	400m	
	Master Women	400m	
	Senior Men	400m	
	Master Men	400m	
16:15	Senior Women	4 * 100m	
	Senior Men	4 * 100m	
	Senior Women	4 * 400m	
	Senior Men	4 * 400m	



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Field Programme

Time	Age Category	FIELD
	Senior Women	High Jump
	Master Women	High Jump
	Senior Men	Hammer
	Master Men	Hammer
	Senior Women	Discus
	Master Women	Discus
	Senior Women	Triple Jump
	Master Women	Triple Jump
	Senior Men	Triple Jump
	Master Men	Triple Jump
	Junior Women	Pole Vault
	Senior Women	Pole Vault
	Master Women	Pole Vault
	Junior Men	Pole Vault
	Senior Men	Pole Vault
	Master Men	Pole Vault
	Senior Women	Long Jump
	Master Women	Long Jump
	Senior Women	Hammer
	Master Women	Hammer
	Senior Men	Javelin
	Master Men	Javelin
	Senior Men	High Jump
	Master Men	High Jump
	Senior Men	Discus
	Master Men	Discus
	Senior Women	Shot Put
	Master Women	Shot Put
	Senior Men	Long Jump
	Master Men	Long Jump
	Senior Women	Javelin
	Master Women	Javelin
	Senior Men	Shot Put
	Master Men	Shot Put
	Senior Men	Weight for Distance
	Master Men	Weight for Distance
	Senior Women	Weight for Distance
	Master Women	Weight for Distance



Athletics Leinster

2018 Track & Field Booklet

PLEASE NOTE:

Due to the low number of athletes participating in the U23 championships, Athletics Leinster will only host the 100m sprint competition.

All U23 athletes are welcome to compete as a senior in all other events listed but cannot exceed the 5-event limit between both categories.

- Events may be combined to ensure a valid competition
- The times listed are a guide only; events may run ahead of time. Please listen to the P.A. for announcements.
- Athlete must be over 20 and under 23 to compete in the U23 100m in the year of 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 same age category for all events entered. There is no switching between age categories, i.e. Senior & Master.
- 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

Registration open 7th of May

Guest Athletes are welcome to enter

€6.00 per event (Plus 4% transaction fee)

Payment by card only

Strictly NO on the Day Entries



Athletics Leinster

2018 Track & Field Booklet





Team Event U9 - U15

Tullamore Harriers, Monday 4th 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
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

Team Event Programme

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	10:00	U13 Girls	High Jump
	U9 Boys	60m		U13 Boys	High jump
	U10 Girls	60m		U9 Girls	Long Jump
	U10 Boys	60m		U9 Boys	Long Jump
12:15	U11 Girls	60m	U12 Girls	Long Jump	
	U11 Boys	60m	U12 Boys	Long Jump	
	U12 Girls	60m	U10 Girls	Long Jump	
	U12 Boys	60m	U10 Boys	Long Jump	
	U13 Girls	200m	U11 Girls	Long Jump	
	U13 Boys	200m	U11 Boys	Long Jump	
	U9 Girls	300m	U15 Girls	Long Jump	
	U9 Boys	300m			
Track Break					
14:00	U10 Girls	500m	10:00	U15 Boys	Long Jump
	U10 Boys	500m		U15 Girls	Shot Put
	U11 Girls	600m		U15 Boys	Shot Put
	U11 Boys	600m		U13 Girls	Shot Put
	U12 Girls	600m		U13 Boys	Shot Put
	U12 Boys	600m		U15 Girls	Shot Put
	U13 Girls	600m		U12 Girls	Shot Put
	U13 Boys	600m		U12 Boys	Shot Put
	U15 Girls	800m		U10 Boys	Turbo Javelin
	U15 Boys	800m		U10 Girls	Turbo Javelin
				U11 Girls	Turbo Javelin
				U11 Boys	Turbo Javelin
				U9 Girls	Turbo Javelin
				U9 Boys	Turbo Javelin
Relay Finals					



Athletics Leinster

2018 Track & Field Booklet

General

- All clubs must produce an official for duty before team numbers are given out.
- Only club officials can collect team numbers during this time.
- Only club officials can request amendments to their team
- Athletes will be asked to provide their name before the start of each event
- Team Mangers Are Responsible for all their athletes, no exceptions

Teams

- Athletes can move up on ONE age group
- All U9 to U13 teams must have At least two team members from the correct age category.
- U13 Athletes cannot move up to a U15 team.
- U15 Teams can comprise of both U14 and U15 athletes in any particular order.
- Each team must have 4 athletes.
- Athletes can only compete on one team.
- Each athlete must compete in two events of their choice from the age category they are competing in.
- 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 can only be used to replace an athlete if injured during competition.
- Once an athlete has been replaced, then cannot re-enter the competition, this also includes the relay.

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.
- Both athletes must complete their event for their team to score.
- A team's failure to complete an event will result in maximum point awarded for that event.
- If an athlete competes in an event after being substituted, their team will be awarded maximum points 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.
- A substitute if registered is recognised as part of the team, the full team will need to make themselves available at medal presentation to receive their medals. Only in unforeseen circumstances will medals be given out if a member of a team is not available.



Athletics Leinster
2018 Track & Field Booklet



Online Registration Only

Registration open 7th of May

€12.00 per Team (Plus 4% transaction fee)

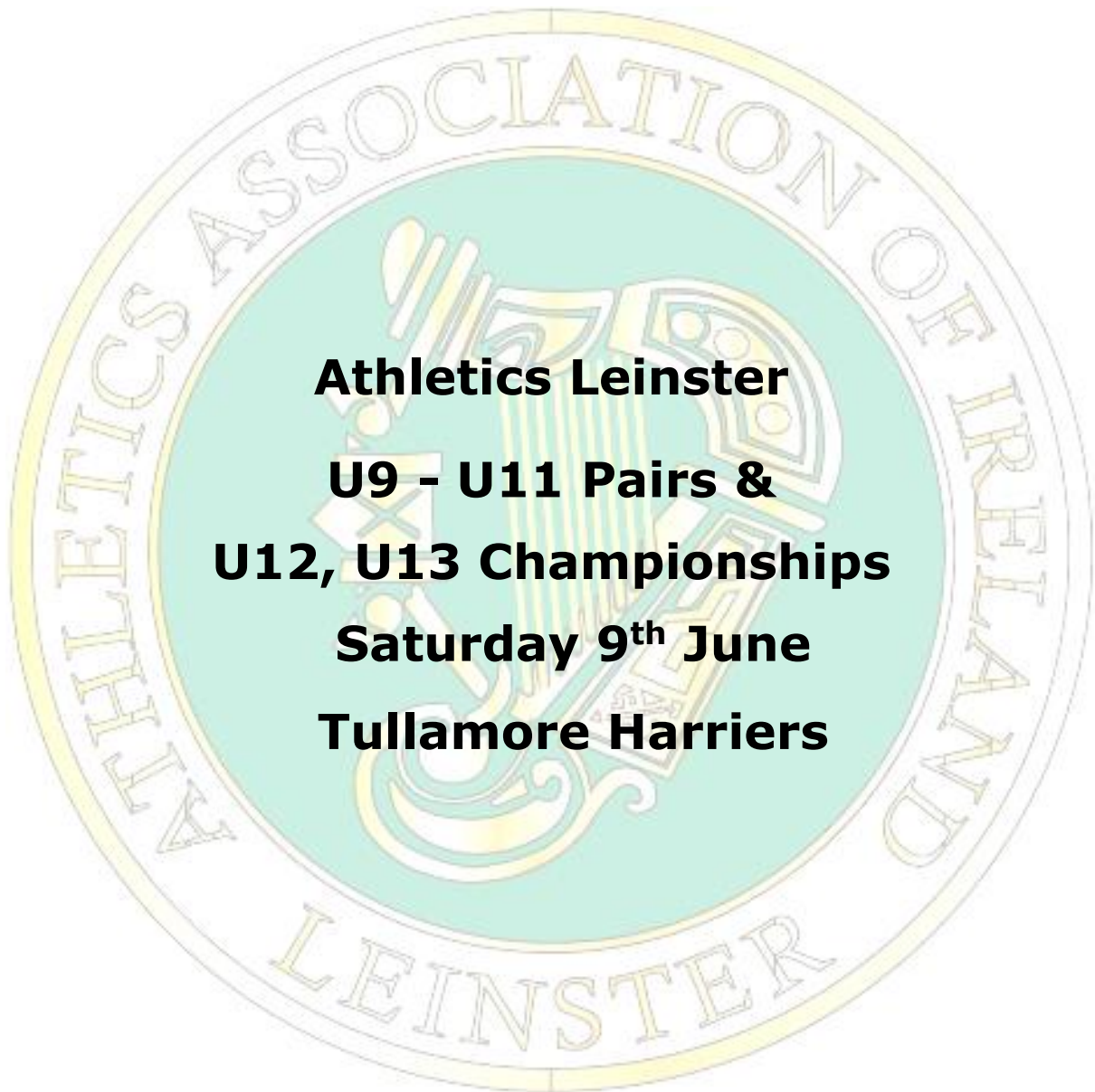
Payment by card only

Sorry No Guests



Athletics Leinster

2018 Track & Field Booklet



Athletics Leinster
U9 - U11 Pairs &
U12, U13 Championships
Saturday 9th June
Tullamore Harriers



U9 - U11 Pairs Competition

&

U12-U13 Track & Field Championship

Tullamore Harriers Saturday 9th June

Start-time: 10:00am

Track			Field		
Time	Age Category	Event	Time	Age Category	Event / Area
Distance Track Heats			10:00	U9 Girls	Long Jump pit 1
10:00	U12 Girls (H)	600m		U10 Girls	
	U12 Boys (H)	600m		U11 Girls	
	U13 Girls (H)	600m			
	U13 Boys (H)	600m	10:00	U9 Boys	Long Jump pit 2
Pairs Distance				U10 Boys	
09:45	U11 Girls	600m		U11 Boys	
	U11 Boys	600m			
	U9 Boys	300m	10:00	U9 Girls	Turbo Javelin area 1
	U9 Girls	300m		U10 Girls	
	U10 Girls	500m		U11 Girls	
	U10 Boys	500m			
Distance Track Final			10:00	U9 Boys	Turbo Javelin area 2
11:15	U12 Girls	600m		U10 Boys	
	U12 Boys	600m		U11 Boys	
	U13 Girls	600m			
	U13 Boys	600m	10:00	U12 Boys	Shot Put
Pairs Sprint				U12 Girls	
11:45	U9 Girls	60m		U13 Boys	
	U9 Boys	60m		U13 Girls	
	U10 Girls	60m			
	U10 Boys	60m	10:00	U12 Boys	High Jump
13:00	Track Break			U13 Girls	
	Sprint Heats			U13 Boys	
13:30	U12 Girls (H)	60m		U12 Girls	
	U12 Boys (H)	60m			
	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			



Events highlighted in **Yellow** will be held in conjunction with Day 1 & 2 of the Juvenile programme

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 Hurdles	60m Hurdles
300m	500m	600m	60m Sprint	80m Sprint
Long Jump	Long Jump	Long Jump	600m	600m
Turbo Javelin	Turbo Javelin	Turbo Javelin	Long Jump	Long Jump
			Shot Put	Shot Put
			Turbo Javelin	Javelin
			High Jump	High Jump
		4x100m Inter County Relay		4x100m Inter County Relay

U9, U10 & U11 PAIRS COMPETITION

- The order of events is only a guide & is subject to change to ensure the smooth running of the programme. Please listen to the P.A. for announcements.
- U9 teams born in 2010, U10 teams born in 2009, U11 team born in 2008
- 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.
- 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 2010.
- For Relay – at least two athletes must be the correct age category for the event.

Please Note:

Only 3 teams are allowed to progress to the national finals. in the event of a tie resulting in more than 3 teams qualifying, **a Coin toss will decide what teams go to nationals.**



Athletics Leinster

2018 Track & Field Booklet

U12 & U13 CHAMPIONSHIP

- The order of events is only a guide & is subject to change to ensure the smooth running of the programme. Please listen to the P.A. for announcements.
- Standard Championship rules apply
- Athletes U12 & 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

Registration open 14th of May

€6.00 per Pair (Plus 4% transaction fee)

€3.50 per Athlete (Plus 4% transaction fee)

Payment by card only

Strictly NO Guests or on the Day Entries





**U12-U19
Track & Field Championship
Tullamore Harriers
Saturday 17th June
Start-time: 10:00am**

Time	Age Category	Event	Event Type		Specifications
10:00	U12 Girls	60m Hurdles	Heat		2'3" 68.6cm
10:08	U12 Boys	60m Hurdles	Heat		2'3" 68.6cm
10:16	U13 Girls	60m Hurdles	Heat		2'3" 68.6cm
10:24	U13 Boys	60m Hurdles	Heat		2'3" 68.6cm
10:35	U14 Girls	75m Hurdles	Heat		2'3" 68.6cm
10:43	U14 Boys	75m Hurdles	Heat		2'6" 76.2cm
10:51	U15 Girls	80m Hurdles	Heat		2'6" 76.2cm
11:00	U16 Girls	80m Hurdles	Heat		2'6" 76.2cm
11:04	U15 Boys	80m Hurdles		Final	2'9" 84.0cm
11:15	U17 Girls	100m Hurdles		Final	2'6" 76.2cm
11:19	U18 Girls	100m Hurdles		Final	2'6" 76.2cm
11:26	U16 Boys	100m Hurdles		Final	2'9" 84.0cm
11:30	U19 Girls	100m Hurdles		Final	2'9" 84.0cm
11:36	U17 Boys	100m Hurdles		Final	3'0" 91.4cm
11:45	U18 Boys	110m Hurdles		Final	3'0" 91.4cm
11:50	U19 Boys	110m Hurdles		Final	3'3" 99.0cm
12:00	U14 Girls, U15 Girls, U16 Girls U14 Boys, U15 Boys	2000m Walk		Final	
12:15	U12 Girls	60m Hurdles		Final	2'3" 68.6cm
12:19	U12 Boys	60m Hurdles		Final	2'3" 68.6cm
12:23	U13 Girls	60m Hurdles		Final	2'3" 68.6cm
12:27	U13 Boys	60m Hurdles		Final	2'3" 68.6cm
12:35	U14 Girls	75m Hurdles		Final	2'3" 68.6cm
12:40	U14 Boys	75m Hurdles		Final	2'6" 76.2cm
12:45	U15 Girls	80m Hurdles		Final	2'6" 76.2cm
12:55	U17 Girls, U18 Girls, U19 Girls U16 Boys, U17 Boys	3000m Walk		Final	
	U18 Boys, U19 Boys	5000m Walk		Final	
13:30	U17 Girls	400m Sprint	Heat		
13:38	U17 Boys	400m Sprint	Heat		
13:56	U18 Girls	400m Sprint		Final	
14:00	U18 Boys	400m Sprint		Final	
14:04	U19 Girls	400m Sprint		Final	
14:08	U19 Boys	400m Sprint		Final	



Athletics Leinster

2018 Track & Field Booklet

Time	Age Category	Event	Event Type	
14:15	U17 Boys, U18 Boys, U19 Boys	3000m		Final
14:30	U17 Girls, U18 Girls, U19 Girls	3000m		Final
14:45	U14 Girls	200m Sprint	Heat	
14:49	U14 Boys	200m Sprint	Heat	
14:53	U15 Girls	200m Sprint	Heat	
14:57	U15 Boys	200m Sprint	Heat	
15:00	U16 Girls	200m Sprint	Heat	
15:04	U16 Boys	200m Sprint	Heat	
15:10	U17 Girls	100m Sprint	Heat	
15:03	U17 Boys	100m Sprint	Heat	
15:06	U18 Girls	100m Sprint	Heat	
15:10	U18 Boys	100m Sprint	Heat	
15:14	U19 Girls	100m Sprint		Final
15:18	U19 Boys	100m Sprint		Final
15:30	U17 Girls	800m		Final
15:35	U17 Boys	800m		Final
15:40	U18 Girls	800m		Final
15:45	U18 Boys	800m		Final
15:50	U19 Girls	800m		Final
15:55	U19 Boys	800m		Final
16:00	U17 Girls	400m Sprint		Final
16:05	U17 Boys	400m Sprint		Final
16:15	U14 Girls	1500m		Final
16:22	U14 Boys	1500m		Final
16:30	U15 Girls	1500m		Final
16:37	U15 Boys	1500m		Final
16:45	U16 Girls	1500m		Final
16:52	U16 Boys	1500m		Final
17:00	U14 Girls	200m Sprint		Final
17:04	U14 Boys	200m Sprint		Final
17:08	U15 Girls	200m Sprint		Final
17:12	U15 Boys	200m Sprint		Final
17:16	U16 Girls	200m Sprint		Final
17:20	U16 Boys	200m Sprint		Final
17:25	U18 Girls	100m Sprint		Final
17:28	U18 Boys	100m Sprint		Final
17:31	U17 Girls	100m Sprint		Final
17:34	U17 Boys	100m Sprint		Final
INTER COUNTY RELAYS				
17:40	U19 Girls	4 * 100m		Final
17:44	U19 Boys	4 * 100m		Final
17:48	U15 Girls	4 * 100m		Final
17:52	U15 Boys	4 * 100m		Final
17:56	U17 Girls	4 * 100m		Final
18:00	U17 Boys	4 * 100m		Final



Athletics Leinster

2018 Track & Field Booklet

JUMPS				
		Pit 1	Pit 2	
Time	High Jump	Long Jump	Triple Jump	Pole Vault
10:00	U14 Girls	U14 Boys		U15 Girls, U16 Girls
	U15 Girls	U15 Boys		U15 Boys, U16 Boys
	U16 Girls	U16 Boys		U17 Girls, U18 Girls, U19 Girls
	U17 Boys	U17 Girls		U17 Boys, U18 Boys, U19 Boys
	U18 Boys	U18 Girls	U17 Boys	
	U19 Boys	U19 Girls	U18 Boys	
			U19 Boys	
			U14 Girls	
			U15 Girls	
			U16 Girls	
			Junior Women	
			Long Jump	
			U13 Girls	
			U13 Boys	
Throws				
Time	Shot Put	Discus	Javelin	Hammer
10:00	U14 Boys (2.72kg)	Junior Women (1kg)	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)	Junior Women (4kg)
			U16 Boys (600g)	

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 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.

U17 – U19 athletes, entered for a 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.

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.



Athletics Leinster 2018 Track & Field Booklet



Online Registration Only

Registration opens 21st of May

€3.50 per event (Plus 4% transaction fee)

Payment by card only

Strictly NO Guests or on the Day Entries



Athletics Leinster

2018 Track & Field Booklet



Athletics Leinster
U12 - U19 Championships
Sunday 17th June
Tullamore Harriers



Athletics Leinster
2018 Track & Field Booklet

U12- U19
Track & Field Championship
Tullamore Harriers
Sunday 17th June
Start-time: 10:00am

Time	Age Category	Event	Event Type		Specifications
10:00	U15 Girls	250m Hurdles	Heat		2'3" 68.6cm
10:04	U16 Girls	250m Hurdles	Heat		2'3" 68.6cm
10:12	U15 Boys	250m Hurdles		Final	2'6" 76.2cm
10:16	U16 Boys	250m Hurdles		Final	2'6" 76.2cm
10:24	U17 Girls	300m Hurdles		Final	2'6" 76.2cm
10:28	U17 Boys	300m Hurdles		Final	2'6" 76.2cm
10:36	U18 Girls	400m Hurdles		Final	2'6" 76.2cm
10:44	U19 Girls	400m Hurdles		Final	2'9" 84.0cm
10:48	U18 Boys	400m Hurdles		Final	2'9" 84.0cm
10:56	U19 Boys	400m Hurdles		Final	3'0" 91.4cm
11:10	U15 Girls	250m Hurdles		Final	2'3" 68.6cm
11:15	U16 Girls	250m Hurdles		Final	2'3" 68.6cm
11:30	U14 Girls	800m	Heat		
11:40	U14 Boys	800m	Heat		
11:50	U15 Girls	800m	Heat		
12:00	U15 Boys	800m	Heat		
12:10	U16 Girls	800m	Heat		
12:20	U16 Boys	800m	Heat		
12:25	U17 Girls	1500m		Final	
12:33	U17 Boys	1500m		Final	
12:40	U18 Girls	1500m		Final	
12:48	U18 Boys	1500m		Final	
12:55	U19 Girls	1500m		Final	
13:02	U19 Boys	1500m		Final	
13:10	U14 Girls	80m Sprint	Heat		
13:25	U14 Boys	80m Sprint	Heat		
13:33	U15 Girls	100m Sprint	Heat		
13:40	U15 Boys	100m Sprint	Heat		
13:52	U16 Girls	100m Sprint	Heat		
14:00	U16 Boys	100m Sprint	Heat		



Athletics Leinster

2018 Track & Field Booklet

Time	Age Category	Event	Event Type		Specifications
14:10	U17 Girls	200m Sprint	Heat		
14:15	U17 Boys	200m Sprint	Heat		
14:20	U18 Girls	200m Sprint	Heat		
14:25	U18 Boys	200m Sprint	Heat		
14:30	U19 Girls	200m Sprint	Heat		
14:35	U19 Boys	200m Sprint	Heat		
14:40	U16 Girls	3000m		Final	
14:55	U16 Boys	3000m		Final	
15:10	U19 Girls	3000m Steeplechase		Final	2'6" 76.2cm
15:30	U18 Boys	3000m Steeplechase		Final	3'0" 91.4cm
	U19 Boys	3000m Steeplechase		Final	3'0" 91.4cm
15:45	U17 Girls	2000m Steeplechase		Final	2'6" 76.2cm
15:55	U18 Girls	2000m Steeplechase		Final	2'6" 76.2cm
	U17 Boys	2000m Steeplechase		Final	3'0" 91.4cm
16:05	U14 Girls	800m		Final	
16:10	U14 Boys	800m		Final	
16:15	U15 Girls	800m		Final	
16:20	U15 Boys	800m		Final	
16:25	U16 Girls	800m		Final	
16:30	U16 Boys	800m		Final	
16:40	U14 Girls	80m Sprint		Final	
16:44	U14 Boys	80m Sprint		Final	
16:50	U15 Girls	100m Sprint		Final	
16:54	U15 Boys	100m Sprint		Final	
16:58	U16 Girls	100m Sprint		Final	
17:02	U16 Boys	100m Sprint		Final	
17:10	U17 Girls	200m Sprint		Final	
17:04	U17 Boys	200m Sprint		Final	
17:08	U18 Girls	200m Sprint		Final	
17:12	U18 Boys	200m Sprint		Final	
17:16	U19 Girls	200m Sprint		Final	
17:20	U19 Boys	200m Sprint		Final	
Inter Club Relays					
17:30	U17 Girls	4 * 100m		Final	
17:35	U17 Boys	4 * 100m		Final	
17:40	U18 Girls	4 * 100m		Final	
17:45	U18 Boys	4 * 100m		Final	
17:50	U19 Girls	4 * 100m		Final	
17:55	U19 Boys	4 * 100m		Final	



Athletics Leinster

2018 Track & Field Booklet

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	
				Junior Men	
				Long Jump	
				U12 Boys	
				U12 Girls	
Throws					
Time	Shot Put	Discus	Hammer	Javelin	Turbo Javelin
10:00	U14 Girls (2kg)	Junior Men (1.75kg)	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)	Junior Men (6kg)	U15 Girls (400g)	
				U16 Girls (500g)	

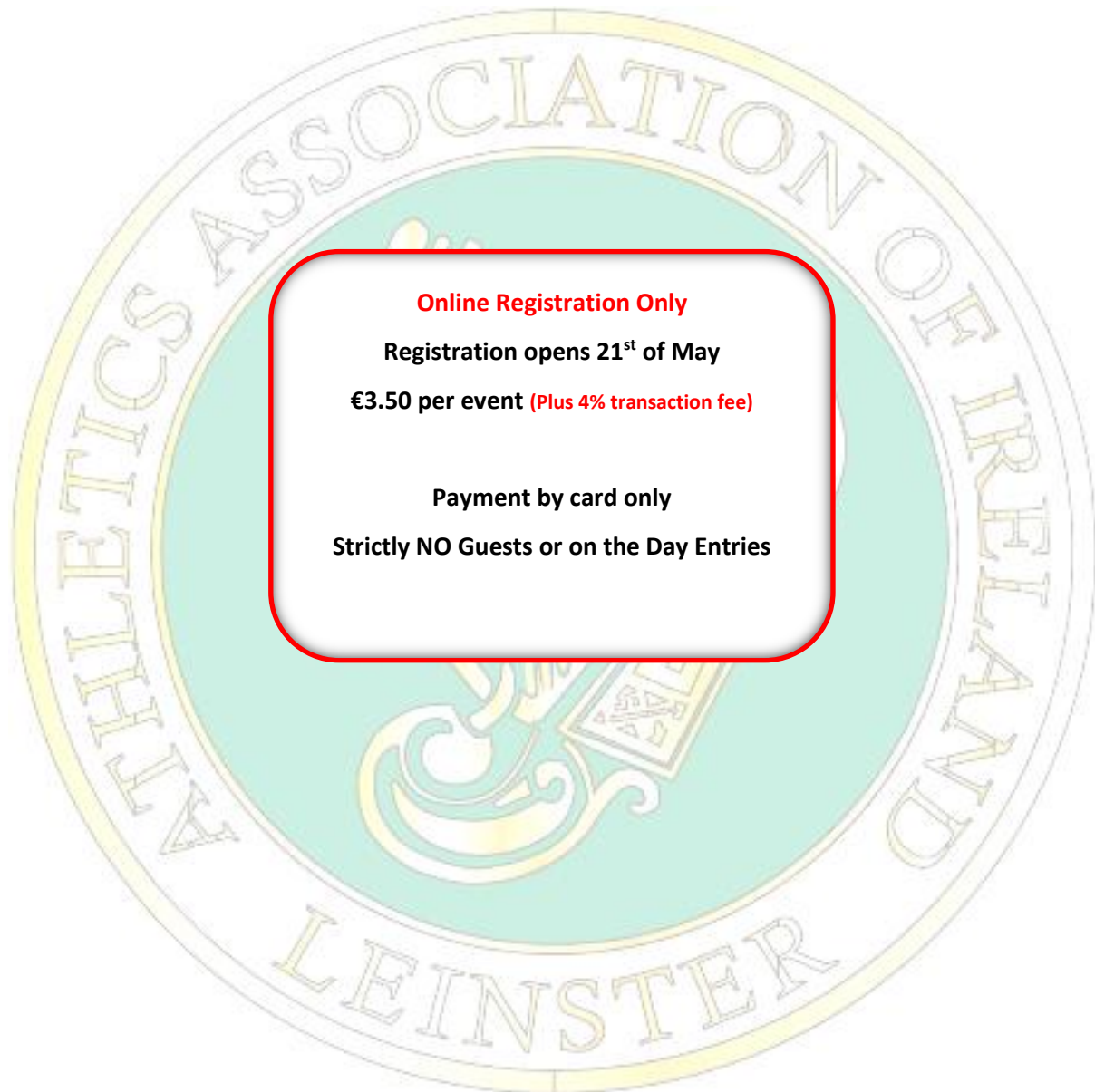
PLEASE NOTE:

- 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 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.
- Competing clubs must supply at least one official for each day of competition.

U17 – U19 athletes, entered for a 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 2018 Track & Field Booklet



Online Registration Only

Registration opens 21st of May

€3.50 per event (Plus 4% transaction fee)

Payment by card only

Strictly NO Guests or on the Day Entries



Athletics Leinster
2018 Track & Field Booklet





Junior Championship Events and locations

Event	Gender	Location	Date
4x100m Relay	Junior Men	Enniscorthy, The Hub	Sunday 20th May
4x100m Relay	Junior Women	Enniscorthy, The Hub	
100m Hurdles	Junior Women	Lourdes Stadium, Drogheda	Thursday 24th of May
400m Sprint	Junior Women	Lourdes Stadium, Drogheda	
1500m	Junior Women	Lourdes Stadium, Drogheda	
200m Sprint	Junior Women	Lourdes Stadium, Drogheda	
Javelin	Junior Women	Lourdes Stadium, Drogheda	
Shot Put	Junior Women	Lourdes Stadium, Drogheda	
110m Hurdles	Junior Men	Lourdes Stadium, Drogheda	
400m Sprint	Junior Men	Lourdes Stadium, Drogheda	
1500m	Junior Men	Lourdes Stadium, Drogheda	
200m Sprint	Junior Men	Lourdes Stadium, Drogheda	
Javelin	Junior Men	Lourdes Stadium, Drogheda	Thursday 31st of May
Shot Put	Junior Men	Lourdes Stadium, Drogheda	
400m Hurdles	Junior Women	Lourdes Stadium, Drogheda	
3000m Distance	Junior Women	Lourdes Stadium, Drogheda	
100m Sprint	Junior Women	Lourdes Stadium, Drogheda	
800m	Junior Women	Lourdes Stadium, Drogheda	
High Jump	Junior Women	Lourdes Stadium, Drogheda	
Long Jump	Junior Women	Lourdes Stadium, Drogheda	
400m Hurdles	Junior Men	Lourdes Stadium, Drogheda	
3000m Distance	Junior Men	Lourdes Stadium, Drogheda	
100m Sprint	Junior Men	Lourdes Stadium, Drogheda	Sunday 3rd June
800m	Junior Men	Lourdes Stadium, Drogheda	
High Jump	Junior Men	Lourdes Stadium, Drogheda	
Long Jump	Junior Men	Lourdes Stadium, Drogheda	
3000m Walk	Junior Women	Tullamore Harriers	
3000m Steeplechase	Junior Women	Tullamore Harriers	
Pole Vault	Junior Women	Tullamore Harriers	
3000m Walk	Junior Men	Tullamore Harriers	
3000m Steeplechase	Junior Men	Tullamore Harriers	
Pole Vault	Junior Men	Tullamore Harriers	
Triple Jump	Junior Women	Tullamore Harriers	Saturday 16th June
Hammer	Junior Women	Tullamore Harriers	
Discus	Junior Women	Tullamore Harriers	
Triple Jump	Junior Men	Tullamore Harriers	Sunday 17th June
Hammer	Junior Men	Tullamore Harriers	
Discus	Junior Men	Tullamore Harriers	



Junior Championships Day 1
Lourdes Stadium, Drogheda
May 24th 2018
Start time 18:45

Track			Field		
Time	Age Category	Event	Time	Age Category	Event
18:45	Junior Women	100m Hurdles	19:00	Junior Women	Javelin
	Junior Men	100m Hurdles		Junior Men	
	Junior Women	400m Sprint			
	Junior Men	400m Sprint	20:00	Junior Women	Shot Put
	Junior Women	1500m		Junior Men	
	Junior Men	1500m			
	Junior Women	200m Sprint			
	Junior Men	200m Sprint			

PLEASE NOTE:

- The order of events may change and the programme is to be used as a guide only
- Please listen to the P.A. for announcements to all events
- To compete as a Junior, the athlete must be over 16 and under 20 in the year of competition.
- Relays may be held at the end of the Programme provided there is a valid competition, entry to relay's will be taken on the night.
- Competitors are limited to **FIVE** events at Athletics Leinster Championships. No Exceptions.

Graded Meets Rules

- Athletes must be registered with AAI and registration numbers may be requested.
- Athletes must check in at least 30 minutes before event start time
- Events will be run in reverse grade order: women before men, starting with grade 'C'
- women and grade 'D' men as appropriate. All Junior athletes will compete in the same race within an appropriate grade selected by the call room.



Athletics Leinster

2018 Track & Field Booklet



Athletics Leinster
Junior Championships Day 2
Thursday May 31st 2018
Lourdes Stadium,
Drogheda



Junior Championships Day 2
Lourdes Stadium, Drogheda
May 31st 2018
Start time 18:45

Track			Field		
Time	Age Category	Event	Time	Age Category	Event
18:45	Junior Women	400m Hurdles	18:45	Junior Women	High Jump
	Junior Men	400m Hurdles		Junior Men	
	Junior Women	3000m			
	Junior Men	3000m	20:00	Junior Women	Long Jump
	Junior Women	100m Sprint		Junior Men	
	Junior Men	100m Sprint			
	Junior Women	800m			
	Junior Men	800m			

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- women and grade 'D' men as appropriate. All Junior athletes will compete in the same race within an appropriate grade selected by the call room.

Junior athletes are required to Register for all their events using the link provided by athletics Leinster.



Athletics Leinster 2018 Track & Field Booklet



Online Registration Only

Registration opens 23rd of April

€6.00 per event (Plus 4% transaction fee)

Payment by card only

Strictly NO Guests or on the Day Entries



Enquiries

Please read, the specific details of each competition carefully.

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

James Welsh @

athleticsleinsteroutdoorsec@gmail.com

[or call 0876424945](tel:0876424945)