

Please note: **ONLINE ENTRY: [WWW.ATHLETICSIRELAND.IE](http://WWW.ATHLETICSIRELAND.IE)**

**Closing Date for Entries: Monday 18<sup>th</sup> June 2012**

**Late Entry Fee: €25.00 per event 18<sup>th</sup> – 22<sup>nd</sup> June only, no entries accepted after this date.**

**Strictly No entries accepted on the day**

**Entry Fee: €12.00per event**

**Surname:**

**First Name:**

**Club:**

**Date of Birth:**       **2012 Reg. No.**

**Phone No.**

**Male**  **Female**  **(please tick)**  **Junior**  **Under 23**

**Postal Entries to: Competition, 19 Northwood Court, Northwood Business Campus, Dublin 9**

**ATHLETES MAY ONLY COMPETE IN ONE AGE CATEGORY**

MEN		WOMEN	
	<input type="checkbox"/>	PB	<input type="checkbox"/>
100 m	<input type="checkbox"/>		<input type="checkbox"/>
200 m	<input type="checkbox"/>		<input type="checkbox"/>
400 m	<input type="checkbox"/>		<input type="checkbox"/>
800 m	<input type="checkbox"/>		<input type="checkbox"/>
1500m	<input type="checkbox"/>		<input type="checkbox"/>
5000m	<input type="checkbox"/>		<input type="checkbox"/>
110 m H	<input type="checkbox"/>		<input type="checkbox"/>
400 m H	<input type="checkbox"/>		<input type="checkbox"/>
3000m S/C	<input type="checkbox"/>		<input type="checkbox"/>
5000m Walk	<input type="checkbox"/>		<input type="checkbox"/>
4 x 100 m	<input type="checkbox"/>		<input type="checkbox"/>
4 x 400 m	<input type="checkbox"/>		<input type="checkbox"/>
High Jump	<input type="checkbox"/>		<input type="checkbox"/>
Long Jump	<input type="checkbox"/>		<input type="checkbox"/>
Triple Jump	<input type="checkbox"/>		<input type="checkbox"/>
Pole Vault	<input type="checkbox"/>		<input type="checkbox"/>
Shot Putt	<input type="checkbox"/>		<input type="checkbox"/>
Discus	<input type="checkbox"/>		<input type="checkbox"/>
Javelin	<input type="checkbox"/>		<input type="checkbox"/>
Hammer	<input type="checkbox"/>		<input type="checkbox"/>
35lb Distance	<input type="checkbox"/>		
<b>35lb Height will be held with the Senior Championships</b>			

**General Information**

- Under 23 athletes** must be under 23 years of age on the 31<sup>st</sup> December in the year of competition.  
i. e. **Born in 1990, 91& 92.**
- Junior athletes** have to be 16 in the year of competition, i.e. **born in 1993, 94, 95 & 96**
- Registration numbers and date of birth must be shown on all forms.
- Athletes must check-in at least 60 minutes before their event.  
**Collecting a number does not necessarily constitute checking-in.** Please take care.
- Athletes must wear their official club singlet.
- Lane draws and seeding will be in operation as per IAAF in heats and finals.
- A Call room will be in operation.**

24<sup>th</sup> June 2012 - Tullamore

**Junior & Under 23 Track & Field Championships of Ireland**

**T I M E T A B L E**

TRACK				FIELD		
10.45	3K Walk		Women	F		
11.10	5K Walk		Men	F	10.30	Hammer Men
11.45	400m	Hurdles	Women	F	11.00	Shot Putt Women
11.55	400M	Hurdles	Men	F		
12.05	100m		Women	H	11.00	Pole Vault Women
12.20	100m		Men	H	11.30	High Jump Women
12.35	3000m S/C		Men	F	11.00	Long Jump Men
12.50	800m		Men	H		
13.05	800m		Women	F	12.15	Shot Putt Men
13.15	3000m S/C		Women	F		
13.30	100m		Women	F	12.00	Hammer Women
13.40	100m		Men	F	13.15	Long Jump Women
13.50	400m		Women	H		
14.00	400m		Men	H	13.45	Discus Men
14.15	1500m		Women	F		
14.25	1500m		Men	F	14.00	High Jump Men
14.35	100m	Hurdles	Women	H	14.00	Pole Vault Men
14.50	110m	Hurdles	Men	H	14.00	Javelin Women
15.05	200m		Women	H		
15.15	200m		Men	H		
15.25	5000m		Women	F	14.30	Triple Jump Men
15.45	800m		Men	F		
15.55	5000m		Men	F	15.00	Discus Women
16.15	400m		Women	F	15.30	Javelin Men
16.25	400m		Men	F		
16.35	100m	Hurdles	Women	F	15.45	Triple Jump Women
16.40	110m	Hurdles	Men	F		
16.45	200m		Women	F	16.00	35lbs Dist. Men
16.55	200m		Men	F		
17.05	4x100m	Relay	Women	F		
17.10	4x100m	Relay	Men	F		
17.20	4x400m	Relay	Women	F		
17.30	4x400m	Relay	Men	F		

Please note this timetable is subject to change, if necessary the programme will be brought forward.

In the event of heats proving unnecessary, **FINALS** will be held at **Heat TIMES**.

**Athletes who enter for Senior & Junior Competition may be subject for selection for testing under the Anti Doping document. Minors must have Parental/Guardian consent and signature. Forms available on our website.**

*Doping is Cheating AAI is Committed to Drugs Free Sport*