

ATHLETICS IRELAND

INTERNATIONAL COMPETITION BOOKLET 2007



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INTRODUCTION

The booklet aims to provide the most current information regarding the Athletics Competition Programme 2007 – 2010 for athletes, coaches and the media. The information outlined in the booklet includes 2007 Major Championship qualification standards and AAI selection guidelines; the most up-to-date information on all major events up to 2010; and information on the International Competition Programme for the year.

2007 will be a busy year for athletics kicking off in Birmingham with the European Indoor Championships and followed by a comprehensive major competition programme in the summer season. The series of outdoor major competitions begins with the World Youth Championships in Ostrava followed by the European U23 Championships, the European Junior Championships, the European Youth Olympic Festival, the World University Games and culminates in the IAAF World Athletics Championships in Osaka.

Coming off the back of a successful European Championships in Gothenburg, we hope Osaka will be a successful outing and having taken home no less than 13 medals from the major competitions in 2005 we clearly have our work cut out in 2007.

Liam Hennessy
Chair of Performance Committee

Elaine Fitzgerald
Performance Manager

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Irish Medal Winners 2003 - 2006

| Event | G | S | B | Athlete | Event |
|----------------------------|---|---|---|---------------------|------------------|
| 2006 | | | | | |
| World Indoor Championships | 1 | | | Derval O' Rourke | 60mHurdle |
| European Championships | | 1 | | Derval O' Rourke | 100m Hurdles |
| 2005 | | | | | |
| European Indoor Champs | 1 | 0 | 0 | Alistair Cragg | 3,000m |
| European Indoor Champs | 1 | 0 | 0 | David Gillick | 400m |
| European Junior Champs | 1 | 0 | 0 | Colin Costello | 1500m |
| European Junior Champs | 0 | 1 | 0 | Danny Darcy | 1500m |
| European Youth Olympics | 0 | 1 | 0 | Amy Foster | 100m |
| European Youth Olympics | 0 | 1 | 0 | David McCarthy | 800m |
| European Youth Olympics | 0 | 0 | 1 | Ciaran O'Lionaird | 1500m |
| European Youth Olympics | 0 | 0 | 1 | Eoin Healy | 3000SC |
| World University Games | 0 | 1 | 0 | Ailis McSweeney | 100m |
| World University Games | 0 | 0 | 1 | Derval O'Rourke | 100H |
| World University Games | 0 | 0 | 1 | Paul Hession | 200m |
| World University Games | 0 | 0 | 1 | Jolene Byrne | 1500m |
| World University Games | 0 | 0 | 1 | Relay | 4 x 100 |
| 2004 | | | | | |
| World Indoor Championships | 0 | 0 | 1 | Relay Team | 4 x 400 |
| European Cross Country | 0 | 1 | 0 | Junior Men's Team | 6000m CC |
| 2003 | | | | | |
| World Championships | 0 | 1 | 0 | Gillian O'Sullivan | 20K Walk |
| World Indoor Championships | 0 | 0 | 1 | Paul Mc Kee | 400m |
| World University Games | 0 | 1 | 0 | Paul Hession | 200m |
| World Youth Championships | 0 | 1 | 0 | Ann Loughnane | 5K Walk |
| European Junior Champs | 0 | 1 | 0 | Joanne Cuddihy | 400m |
| European Youth Olympics | 0 | 1 | 1 | Colin Costello | 1500m 2000mSC |
| European U/23 Champs | 0 | 0 | 1 | Robert Connolly | 5000m |
| European Cross Country | 0 | 1 | 0 | Senior Women's Team | 6000m CC |

World Qualifiers Osaka

2006 Qualifiers List 'A' standards

| Event | Performance | W | Name | DOB | Venue | Date |
|--------|-------------|------|-------------------|-----|-----------|----------|
| 100m H | 12.92 | +0.7 | Derval O'Rourke | 81 | Lausanne | 11/07/06 |
| 5000m | 13.08.97 | | Alistair Cragg | 80 | New York | 03/06/06 |
| 3000SC | 9.32.04 | | Roisin McGettigan | 80 | Heusdon | 22/07/06 |
| 400m | 51.09 | | Joanne Cuddihy | 84 | Gothenbug | 09/08/06 |
| 200m | 20.56 | 1.0 | Paul Hession | 83 | Malmo | 22/08/06 |

2006 Qualifiers List 'B' standards

| Event | Performance | W | Name | DOB | Venue | Date |
|--------|-------------|---|-------------------|-----|------------|----------|
| 400m | 45.67 | | David Gillick | 83 | Santry | 23/07/06 |
| 1500m | 3.37.89 | | James Nolan | 77 | Heusden | 23/07/06 |
| 1500m | 3:38.65 | | Liam Reale | 83 | Boston | 27/05/06 |
| 400m | 51.93 | | Karen Shinkins | 76 | Belem | 21/05/06 |
| HJ | 1.92m | | Deirdre Ryan | 82 | Manchester | 16/07/06 |
| Hammer | 67.83 | | Eileen O'Keefe | 81 | Tullamore | 04/06/06 |
| 3000SC | 9.49.20 | | Fionnuala Britton | 84 | Gothenburg | 10/08/06 |
| 200m | 23.20 | | Ciara Sheehy | 80 | Sheffield | 12/02/06 |
| 20K | 1.24.16 | | Colin Griffin | 82 | Bydgoszcz | 22/07/06 |
| 20K | 1.34.59 | | Ann Loughnane | 86 | La Coruna | 13/06/06 |
| 5000m | 15.20.41 | | Marie Davenport | 75 | Naimette | 19/07/06 |

Derval O'Rourke in action in Gothenburg



SECTION 1

MAJOR COMPETITION PROGRAMME

2006 - 2007

High Jump Action from Deirdre Ryan



SPORTS ILLUSTRATED In August 2006, Deirdre Ryan, Ireland, clears a height of 1.95m in her qualifying group of the Women's High Jump to equal her personal best and the national record and qualify for the final. IFL UK European Athletics Championships, 10th-14th August, Gothenburg, Sweden. Picture credit: Brendan Moran - SPORTS ILLUSTRATED



European Cross Country Championships 2007

DATE Dec 10

LOCATION San Giorgio su Legnano, Italy

TEAM COMPOSITION

The team for the European Cross Country will be comprised of a full team of six athletes in each of the following categories:

| | | |
|------------|---|--------------|
| Junior Men | & | Junior Women |
| U23 Men | & | U23 Women |
| Senior Men | & | Senior Women |

SELECTION GUIDELINES

- The team will be selected after the National Inter-Country Championships in Dungarvan on November 26th
- First 3 across the line will be automatically selected in each event - in the case of the U23 event the top three U23 athletes in the senior race will be selected
- Three additional athletes will be selected by the selection committee
- Current form and participation in National Championships is important for selection
- Any athlete who does not fulfil the above selection criteria will not be selected

TEAM MANAGEMENT

| | |
|--------------|--|
| Team Manager | Ann Keenan Buckley |
| Team Coaches | David Burke Teresa McDaid Br John Dooley |



European Indoor Championships 2007

DATE March 02-04
LOCATION Birmingham, GBR

QUALIFICATION STANDARDS

- An athlete should achieve the qualification standards below in order to be considered for selection
- Standards should be achieved in the period 01.01.2007 to 25.02.2007
- Performances must be achieved in a IAAF sanctioned event in conformity with IAAF rules
- Hand timed performances will not be accepted
- Performances on oversized tracks will not be accepted

| Men | Event | Women |
|---------|-------------|---------|
| 6.75 | 60m | 7.40 |
| 7.78 | 60mH | 8.20 |
| 47.20 | 400m | 53.70 |
| 1.48.50 | 800m | 2.04.00 |
| 3.43.00 | 1500m | 4.16.00 |
| 7.54.00 | 3000m | 9.05.00 |
| 2.25 | High Jump | 1.90 |
| 5.55 | Pole Vault | 4.20 |
| 7.80 | Long Jump | 6.40 |
| 16.50 | Triple Jump | 13.50 |
| 19.00 | Shot Put | 17.00 |

SELECTION GUIDELINES

- The provisional team will be selected following the National Championships in the Odyssey, Belfast on February 17–18
- The final team will be announced on February 26th
- The winner of National Championships will be selected provided the standard has been achieved
- Selection consideration will be based on the display of current form and performance at national championships
- Selection consideration may be given to an athlete who achieved the standard in 2006 provided current form has been displayed

TEAM MANAGEMENT

Team Manager Patsy Mc Gonagle

35th IAAF World Cross Country Championships 2007

DATE March 24th
LOCATION Mombasa, Kenya

SELECTION GUIDELINES

- Selections will be made after the National Inter-Club Championships in Sligo on March 10th
- The winner of the Men's and Women's Senior race in the Championships will be selected automatically
- Additional individuals may be selected by the selection committee, based on Performance. Participation in National Championships and current form are critical
- Any decisions relating to the team participation will be made in conjunction with the team manager and in accordance with athletes form and availability. Such a decision will be finalised after the Championships in Sligo.

TEAM MANAGEMENT

Team Manager Ann Keenan Buckley



27th European Winter Throwing Cup

DATES March 17-18
LOCATION Yalta, Ukraine

QUALIFICATION STANDARDS

- An athlete must achieve the following standards in order to be considered for selection
- Performances must be achieved in a IAAF sanctioned event in conformity with IAAF rules
- Performances should be achieved in the period 01.01.2006 to 01.03.2007

| Men | Senior | Women |
|------------|---------------|--------------|
| 55:00 | Discus Throw | 51.30 |
| 65:00 | Hammer Throw | 61.00 |
| 70.00 | Javelin Throw | 51.50 |

SELECTION GUIDELINES

- The team will be announced on March 01st 2007
- Current form and medical fitness must be evident to secure selection

TEAM MANAGEMENT

Team Manager Patsy McGonagle

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11th European Cup 10,000m

DATES: April 7th

LOCATION: Ferrara, Italy

TEAM COMPOSITION

- Individual athletes will be selected based on performance

QUALIFICATION STANDARDS

- The qualification standards are not yet available. The standards will be reviewed by AAI on receipt from EAA and communicated immediately

SELECTION CRITERIA

- Athletes must achieve qualification standards in order to be selected
- Current form will be critical in securing selection

TEAM MANAGEMENT

Team Manager Patsy McGonagle



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European Cup Race Walking 2007

DATES May 20th

LOCATION Leamington, GBR

QUALIFICATION STANDARDS

- Individual athletes must achieve the following standards in order to be considered for selection
- The period for qualification is from 01.01.2007 to 01.05.2007
- Standards must be achieved on IAAF accredited courses

| Men | Senior | Women |
|------------|---------------|--------------|
| 1.27.00 | 20km walk | 1.38.00 |
| 4.08.00 | 50km walk | --- |
| | Junior | |
| 46.00 | Walk 10000m | 53.00 |

SELECTION CRITERIA

- The team will be announced on May 02nd 2007
- Selection will be based on the display of current form and medical fitness
- Teams may be selected by the selection committee based on current form

TEAM MANAGEMENT

Team Manager Patsy McGonagle

European Mountain Running Championships 2007

DATE July 08th
 LOCATION Caunterets, France

SELECTION GUIDELINES

- TBC

CONTACT

- Please contact Brendan Lawlor brendan.lawlor@imra.ie

European Cup Combined Events

DATE July 07th – 08th
 LOCATION Maribor, Slovenia

QUALIFICATION STANDARDS

- An athlete will not be considered for selection without the achievement of the standards below. Achievement of a standard does not guarantee selection
- Performances must be achieved in the period 01.01.2007 to 10.06.2007
- Performances must be achieved in a IAAF sanctioned event in conformity with IAAF rules
- Wind assisted performances will not be accepted

| Men | Event | Women |
|-------|-------------------------------|-------|
| 6,800 | Senior Decathlon / Heptathlon | 5,000 |

SELECTION GUIDELINES

- Individuals will be selected based on the achievement of the above standards
- Teams may be selected by the selection committee based on current form



European Youth Olympic Festival 2007

DATES: July 23-27

LOCATION: Belgrade

TEAM COMPOSITION

- The team comprises 6 girls and 6 boys
- Only one athlete per event can be selected

QUALIFICATION STANDARDS

- The qualification period is from January 01st 2007 to a date which has yet to be decided in conjunction with the Olympic Council of Ireland
- Selection will be based on the achievement of the qualification standards over. The achievement of a standard does not guarantee selection
- In order to be considered for selection an athletes performance must be achieved in an IAAF sanctioned event conformity with IAAF rules
- Wind assisted performances will not be accepted
- Hand timed performances will not be accepted
- Indoor performances will be considered
- Performances in mixed events will not be accepted

SELECTION GUIDELINES

- Nominations for the team will be made by the Selection Committee and submitted to the OCI for ratification
- The date of the final announcement of the team TBC.
- Athletes must be born in the year 1990 or 1991 to qualify for selection.

TEAM MANAGEMENT

Chef De Mission Martin Burke OCI
Athletics Team Manager Geraldine Nolan

QUALIFICATION STANDARDS (cont)

| Men | Event | Women |
|--------------|------------------|-----------------------|
| 11.10 | 100m | 12.20 |
| 22.40 | 200m | 25.20 |
| 50.00 | 400m | 56.50 |
| 1.56.00 | 800m | 2.12.00 |
| 3.59.00 | 1500m | 4.33.00 |
| 8.40.00 | 3000m | 9.50.00 |
| 6.07.00 | 2000m S/C | |
| 14.80(0.914) | 110mH/100m H | 14.40(0.762) |
| 54.80(0.840) | 400m H 300m H | 62.00(0.762) 43.00 |
| 2.02 | High Jump | 1.73 |
| 4.50 | Pole Vault | 3.30 |
| 6.85 | Long Jump | 5.80 |
| 14.30 | Triple Jump | 11.90 |
| 16.00 | Shot | 12.50 |
| 48.00 | Discus | 41.00 |
| 58.00 | Javelin | 44.00 |



World Youth Championships 2007

DATES: July 11-15

LOCATION: Ostrava ,Czech Republic

QUALIFICATION STANDARDS

- An athlete cannot be considered for selection without achieving the standards outlined over. The achievement a standard does not guarantee selection
- Performances must be achieved in the period 1.1.2007 to 25.06.2007
- Performances must be achieved in a IAAF sanctioned event in conformity with IAAF rules
- Wind assisted performances will not be accepted
- Performances in mixed events will not be accepted
- Indoor performances will be considered

SELECTION CRITERIA

- Athletes born in the years 1990 or 1991 only qualify for the event
- The focus for the year is on the EYOF, only exceptional athletes will be selected in consultation with their coach
- Selection will be based on proof of current form and medical fitness
- A preliminary selection will be made in conjunction with selection of the EYOF team
- Final selection will be made on June 25th and the team will be announced on June 26th

TEAM MANAGEMENT

Team Manager Geraldine Nolan

QUALIFICATION STANDARDS (cont)

| Men | Event | Women |
|--------------|------------------|--------------|
| 10.95 | 100m | 12.10 |
| 22.00 | 200m | 24.80 |
| 49.20 | 400m | 55.50 |
| 1.54.50 | 800m | 2.10.00 |
| 3.56.00 | 1500m | 4.28.00 |
| 8.32.00 | 3000m | 9.45.00 |
| 6.02.00 | 2000m S/C | 6.50.00 |
| 14.30(0.914) | 110mH/100m H | 14.10(0.766) |
| 53.80(0.840) | 400m H | 61.00(0.762) |
| 46.30.00 | 10000/5000m Walk | 25.00 |
| 2.05 | High Jump | 1.75 |
| 4.70 | Pole Vault | 3.50 |
| 7.10 | Long Jump | 6.00 |
| 14.60 | Triple Jump | 12.25 |
| 17.30 | Shot | 13.50 |
| 52.00 | Discus | 43.00 |
| 62.00 | Hammer | 50.00 |
| 62.00 | Javelin | 45.00 |
| 5500 | Combined Events | 4750 |



European U23 Championships 2007

DATE: July 12-15th

LOCATION: Debrecen, Hungary

QUALIFICATION STANDARDS

- An athlete cannot be considered for selection without achieving the standard below.
- The achievement of a standard does not guarantee selection.
- Performances must be achieved during the period 1.1.2006 to 01.07.2007
- Performances must be achieved in a IAAF sanctioned event in conformity with IAAF rules
- Wind assisted performances will not be accepted.
- Performances in mixed events will not be accepted.
- Indoor performances will be considered

| Men | Event | Women |
|----------|------------------------|----------|
| 10.50 | 100m | 11.75 |
| 21.25 | 200m | 23.85 |
| 47.10 | 400m | 54.20 |
| 1:49.00 | 800m | 2:06.00 |
| 3:44.50 | 1500m | 4:20.00 |
| 14:12.50 | 5000m | 16:30.00 |
| 29:45.00 | 10000m | 34:45.00 |
| 8:52.00 | 3000m Steeple | 10:20.00 |
| 14.20 | 110m/100m hurdles | 13.85 |
| 51.75 | 400m hurdles | 59.50 |
| 2.18 | High Jump | 1.83 |
| 5.25 | Pole Vault | 3.95 |
| 7.65 | Long Jump | 6.25 |
| 15.80 | Triple Jump | 13.25 |
| 17.60 | Shot Put | 15.50 |
| 55:00 | Discus Throw | 51.30 |
| 65:00 | Hammer Throw | 61.00 |
| 70.00 | Javelin Throw | 51.50 |
| 7400 | Decathlon / Heptathlon | 5400 |
| 1:28:00 | 20km walk | 1:43:00 |



SELECTION GUIDELINES

- Athletes must be born in the years 1985, 1986, 1987 in order to qualify for selection
- A maximum of three athletes can be entered in any one event
- Evidence of current form and medical fitness will be important in securing selection
- Final selection will be made on July 01st
- Athletes cannot compete in both European U23 and European Junior Championships events

TEAM MANAGEMENT

Team Manager Br John Dooley

European Junior Championships 2007

DATE: July 19-22nd

LOCATION: Hengelo, Netherlands

QUALIFICATION STANDARDS

- An athlete cannot be considered for selection without achieving the standard over. The achievement a standard does not guarantee selection.
- Performances must be achieved during the period 1.1.2007 to 08.07.2007
- Performances must be achieved in a IAAF sanctioned event in conformity with IAAF rules
- Wind assisted performances will not be accepted
- Performances in mixed events will not be accepted

SELECTION GUIDELINES

- Final selection will be made on July 08th after the National Junior Championships in Tullamore
- An athlete must participate in the Irish National Championships in order to be considered for selection
- A maximum of three athletes can be entered in one event
- Current form will be important in securing selection
- Athletes must be born in 1988, 1989 and 1990 to qualify for selection
- Athletes cannot compete in both U23 and Junior European Championships events

TEAM MANAGEMENT

Team Manager Peter Sinclair



QUALIFICATION STANDARDS (cont)

| Men | Event | Women |
|--------------------------------------|----------------------|----------|
| 10.75 | 100m | 12.00 |
| 21.70 | 200m | 24.50 |
| 48.50 | 400m | 55.20 |
| 1.51.30 | 800m | 2.08.00 |
| 3.50.00 | 1500m | 4.25.00 |
| | 3000m | 9.43.00 |
| 14.35.00 | 5000m | 17.00.00 |
| 30.45.00 | 10000m | - |
| 9.10.00 | 3000m/ Steeple | 10.40.00 |
| 14.80 (1.067) 14.35 (.99) | 110m / 100m H | 14.20 |
| 53.70 | 400m H (300H) | 61.00 |
| 2.14 | High Jump | 1.80 |
| 5.05 | Pole Vault | 3.85 |
| 7.45 | Long Jump | 6.05 |
| 15.30 | Triple Jump | 12.85 |
| 16.10 = 7.26kg / 17.60 = 6kg | Shot Putt | 14.20 |
| 49.50 = 2kg / 53.30=1.75kg | Discus | 47.00 |
| 60.00= 7.26kg / 65.00=6kg | Hammer | 57.00 |
| 65.50 | Javelin | 49.00 |
| Junior Imp. 7000 Senior Imp. 6850 | Decathlon/Heptathlon | 5100 |
| 44.40.00 | Walk 10000m | 51.30.00 |

FISU Universiade – World University Games

DATE: Aug 9th-14th

LOCATION: Bangkok, THA

QUALIFICATION STANDARDS

- An athlete will not be considered for selection without achieving the qualification standard below. The achievement of a standard does not guarantee selection
- Performances must be achieved during the period 1.1.2007 to 01.07.2007
- Performances must be achieved in a IAAF sanctioned event in conformity with IAAF rules
- Wind assisted performances will not be accepted

| Men | Event | Women |
|----------|------------------------|----------|
| 10.50 | 100m | 11.70 |
| 21.10 | 200m | 23.70 |
| 46.90 | 400m | 53.30 |
| 1.48.50 | 800m | 2.03.50 |
| 3.42.00 | 1500m | 4.14.00 |
| 13.50.00 | 5000m | 16.00.00 |
| 29.00.00 | 10000m | 33.30.00 |
| 14.00 | 110H / 100m H | 13.50 |
| 51.00 | 400m H | 58.00 |
| 8.45.00 | 3000m Steeplechase | - |
| 1.27.00 | 20k Walk | 1.41.00 |
| 1.08.00 | Half Marathon | 1.20.00 |
| 2.20m | High Jump | 1.85m |
| 7.80m | Long Jump | 6.30m |
| 16.00m | Triple Jump | 13.30m |
| 5.25m | Pole Vault | 4.15 |
| 58.00m | Discus | 53.00m |
| 73.00m | Javelin | 53.00 |
| 18.00m | Shot Putt | 16.50m |
| 70.00m | Hammer | 62.00m |
| 40.00 | 4 x 100m | 45.50 |
| 3.10.00 | 4 x 400m | 3.35.00 |
| 7400pts | Decathlon / Heptathlon | 5750pts |



SELECTION CRITERIA

- This event is run and managed by CUSAI final selection decisions lie exclusively with CUSAI
- The AAI selection committee will present nominations to CUSAI for formal ratification
- The team will be announced on July 04th 2007

TEAM MANAGEMENT

Chef De Mission Paul Davis, NUI Maynooth
 Head Coach Br. John Dooley

IAAF World Championships 2007

DATE August 25th-02nd September
LOCATION Osaka, Japan



QUALIFICATION STANDARDS

- An athlete will not be considered for selection without achieving the qualification standards over. The achievement a standard does not guarantee selection.
- Performances must be achieved during the period 1.1.2006 to 03.08.2007
- Performances must be achieved in a IAAF sanctioned event in conformity with IAAF rules
- Performances in walks and marathon must be achieved in events from the accredited IAAF lists (details to be confirmed)
- Wind assisted performances will not be accepted

SELECTION GUIDELINES

- A maximum of three athletes can be entered in any one event
- One athlete with the 'B' standard can be selected provided not more than two athletes have achieved the A standard
- The winner of the National Championships gains automatic selection once the 'A' standard has been attained
- A display of current form and medical fitness will be critical in securing selection
- An athlete must participate in the Irish National Championships in order to be considered for selection
- Subject to the foregoing, athletes with the 'A' standard will gain automatic selection, athletes with B standards will not gain automatic selection
- Preliminary selection will be made after the national championships on July 22nd
- Final selection will be made on August 04th 2007

TEAM MANAGEMENT

Team Manager Patsy McGonagle



QUALIFICATION STANDARDS (cont)

| Men A | Men B | Event | Women A | Women B |
|----------|----------|---------------|----------|----------|
| 10.21 | 10.28 | 100m | 11.30 | 11.40 |
| 20.59 | 20.75 | 200m | 23.10 | 23.30 |
| 45.55 | 45.95 | 400m | 51.50 | 52.30 |
| 1.45.40 | 1.46.60 | 800m | 2.00.00 | 2.01.30 |
| 3.36.60 | 3.39.00 | 1500m | 4.06.50 | 4.10.00 |
| 13.20.50 | 13.28.00 | 5000m | 31.40.00 | 32.00.00 |
| 2.11.00* | 2.12.30* | Marathon | 2.28.00* | 2.30.00* |
| 8.24.60 | 8.32.00 | 3000m SC | 9.48.00 | 9.58.00 |
| 13.55 | 13.62 | 110m H/100m H | 12.96 | 13.11 |
| 49.20 | 49.80 | 400m H | 55.60 | 56.50 |
| 2.30m | 2.27m | High Jump | 1.95m | 1.92m |
| 5.70m | 5.60m | Pole Vault | 4.45m | 4.30m |
| 8.20m | 8.05m | Long Jump | 6.70m | 6.60m |
| 17.10m | 16.10m | Triple Jump | 14.20m | 14.00m |
| 20.30m | 19.70m | Shot Putt | 18.30m | 17.30m |
| 64.50m | 62.50m | Discus | 61.00m | 59.00m |
| 78.50m | 74.00m | Hammer | 69.50m | 67.00m |
| 81.00m | 77.80m | Javelin | 61.00m | 59.00m |
| 8000pts | 7700pts | Decathlon | 6000pts | 5800pts |
| 1.23.00 | 1.24.30 | 20K Walk | 1.33.30 | 1.38.00 |
| 3.57.00* | 4.03.00* | 50K Walk | | |
| 39.00 | | 4X100 Relay | 43.90 | |
| 3.03.30 | | 4x400 Relay | 3.31.00 | |

*AAI Adjusted standards

IAAF World Road Running Championships 2007

DATE Oct 14th

LOCATION Udine, Italy

QUALIFICATION STANDARDS

- An athlete will not be considered for selection without achieving the qualification standard below. The achievement of a standard does not guarantee selection
- Comparable Performances may be considered by the selection committee
- Performances must be achieved in the period 01.01.2007 to 01.09.2007

| Men | Event | Women |
|---------|---------------|---------|
| 65 mins | Half Marathon | 75 mins |

SELECTION GUIDELINES

- Final selections will be made after the National Half Marathon Championships in Ballybofey on September 02nd

Spar European Cross Country Championships 2007

DATE: Dec 9th

LOCATION: Toro, Spain

COMPETITION DETAILS

- The team composition will be confirmed after a review of the European Cross Country Championships in 2006.
- The position on the U23 race will not be confirmed until after the EAA congress in 2007

SELECTION GUIDELINES

- Selections will be made after the National Inter-Country Championships
- All other selection criteria tbc.

TEAM MANAGEMENT

Team Manager Ann Keenan-Buckley





Alistair Cragg in action in Moscow

SECTION 2

MAJOR COMPETITION PROGRAMME

2008 - 2010

2008

World Indoor Championships 2008

DATE: March 07-09

LOCATION: Valencia, Spain

8th European Cup Winter Throwing 2008

DATE: March 22-23

LOCATION: TBC

IAAF World Race Walking Cup

DATE: May 10-11

LOCATION: Cheboksary Russia

IAAF World Juniors Championships 2008

DATE: July 22 - 23

LOCATION: Bydgoszcz, Poland

Olympic Summer Games

DATE: August 8 -24

LOCATION: Beijing, China

6th IAAF World Athletics Final

DATE: Sept 20-21

LOCATION: Stuttgart ,Germany

World Road Running Championships

DATE: Oct 15

LOCAION: Rio De Janiero, Brazil

15th European Cross Country Championships

DATE: Dec 14

LOCATION: TBC

2009

30th European Athletics Indoor Championships

DATE: March 13 -15

LOCATION: Turin Italy



European Cup Race Walking

DATE: May 24

LOCATION: Cheboksary, Russia

25th FISU Universiade

DATE: July 18 - 23

LOCATION: Belgrade, Serbia

IAAF World Championships

DATE: August 15 -23

LOCATION: Berlin, Germany

2010

IAAF World Junior Championships

DATE: TBC

LOCATION: Moncton, Canada

European Athletics Championships

DATE: July 26 – Aug 01

LOCATION: Barcelona, Spain

SECTION 3

INTERNATIONAL PROGRAMME

2006 - 2007



| Date | Event Name | Location | | Squad |
|-------------|--|------------------------|---------------|---------------------|
| Nov 12 | Tilburg Cross Country | Tilburg, Netherlands | Cross Country | Junior, U23, Senior |
| Dec | European Cross Country | San Giorgio su Legnano | Cross Country | Junior, U23, Senior |
| Jan 06 | Celtic Cross Country | Belfast | Cross Country | U17, Junior, U23 |
| Jan 06 | Stormont Cross Country | Stormont Belfast | Cross Country | Senior |
| Jan14 (tbc) | AAI Games | Nenagh | Indoor | Senior |
| Jan 20 | Scottish National Senior Championships | Glasgow | Indoor | Senior |
| Jan 26 | Budapest Indoor | Budapest | Indoor | Senior |
| Jan 28 | Bratislava | Slovakia | Indoor | Senior |
| Jan 30 | Vienna | Austria | Indoor | Senior |
| Feb 03 | Cardiff Indoor Match | Cardiff, Wales | Indoor | Junior & Senior |
| Feb 10 -11 | AAA Senior | Sheffield | Indoor | Senior |
| Feb 17-18 | Irish National Champs | Odessa, Belfast | Indoor | Senior |
| Feb 18 | Scottish U17 / 20 | Glasgow | Indoor | U17, U20 |
| Feb 24 - 25 | AAA U15 / U17 | Birmingham | Indoor | Youth |
| Feb 24 | Flora International | Bergen | Indoor | Senior |
| Mar 02 - 04 | European Indoor Championships | Birmingham | Indoor | Senior |
| Mar 18 | Irish Junior Championships | Nenagh | Indoor | Junior |
| Mar 10 | National Inter Club Cross Country | Sligo | Cross Country | Junior & Senior |
| Mar 17-18 | European Winter Throwing Cup | Yalta Ukraine | Outdoor | Junior & Senior |

| Date | Event Name | Location | | Squad |
|--------------|-----------------------------------|-------------------|---------------|----------------------|
| Mar 24 | World Cross Country | Mombasa, Kenya | Cross Country | Junior & Senior |
| Mar 31 | Schools Cross C International | Dublin | Cross Country | U15 & U17 |
| April 07 | European 10,000m Cup | Ferrara, Italy | Outdoor | Senior |
| May 20 | European Cup Race Walking | Leamington | Outdoor | Junior & Senior |
| May 27 | AAI Games | Sligo | Outdoor | Senior |
| June 02 | All Ireland Schools | Tullamore | Outdoor | Underage |
| June 05 | Bratislava | Slovakia | Outdoor | Senior |
| June 10 | NIAF & Ulster Championships | Mary Peters | Outdoor | Senior |
| June 10 | Potsdam | Germany | Outdoor | U18, Junior |
| June 17 | Dublin Grand Prix of Race Walking | Dublin | Walks | Junior Senior |
| June 22-23 | European Cup | Vaasa, Finland | Outdoor | Senior |
| June 22 - 23 | Mannheim Junior & 23 Meeting | Germany | Outdoor | Junior & U23 |
| June 23 - 24 | AAA U20 & U23 | Bedford | Outdoor | Junior & U23 |
| June 23 | Tailteann Games | Tullamore | Outdoor | Underage |
| June 30 | Cork City Sports | Cork | Outdoor | Junior & Senior |
| July 6 - 7 | Budapest | Hungary | Outdoor | Senior & U23 |
| July 07 | Varazdin International Throws | Croatia | Outdoor | Youth, Junior Senior |
| July 07-08 | European Cup Combined | Maribor Slovenia | Outdoor | Junior & Senior |
| July 08 | National Junior & U23 | Tullamore | Outdoor | Junior & U23 |
| July 08 | European Mountain | Cauterets, France | Outdoor | Senior |

| Date | Event Name | Location | | Squad |
|------------------|----------------------------------|-------------------|---------------|-------------------------------|
| July 11 – 15 | World Youth Championships | Ostrava, CZE | Outdoor | Youth |
| July 12 – 15 | European U23 Championships | Decrecen Hungary | Outdoor | U23 |
| July 19 - 22 | European Junior Championships | Hengelo | Outdoor | Junior |
| July 21 | Schools International | Newport Wales | Outdoor | U17 |
| July 21 - 22 | National Senior Championships | Santry | Outdoor | Senior |
| July 23 - 27 | European Youth Olympic Festival | Belgrade, Serbia | Outdoor | Youth |
| July 28 - 29 | AAA Senior Championships | Manchester | Outdoor | Senior |
| Aug 04 | Celtic Games | Ulster | Outdoor | Underage |
| Aug 09 – 14 | FISU Universiade | Bangkok, Thailand | Outdoor | Senior |
| Aug 11 – 12 | AAA U15 & U17 | Birmingham | Outdoor | U17 |
| Aug 18 - 19 | AAA Combined Events | tbc | Outdoor | Underage, Junior, U23, Senior |
| Aug 25 - Sept 02 | World Championships | Osaka, Japan | Outdoor | Senior |
| Oct 14 | World Road Running Championships | Udine, Italy | Outdoor | Senior |
| Dec 08 | Schools Combined Events | Kelvin Hall | | U16 & U18 |
| Dec 09 | Spar European Cross Country | Toro, Spain | Cross Country | Junior U23 Senior |

Please note that the delivery of this competition programme is subject to ISC funding. The programme will be confirmed in December.



SELECTION INFORMATION

Celtic Cross Country

DATE January 06th

LOCATION Stormont, Belfast

TEAM DETAILS Full teams U17, U20 & U23 will be selected for the Celtic Cross Country

SELECTION GUIDELINES

- U17 selection will be based on the U16 Cross Country Championships in Dungarvan on November 26th
- U20 team selection will be based on Inter county junior cross country championships
- U23 team selection will be based on U23 race at the Inter Country Cross Country Championships

Belfast International IAAF Permit Cross Country

DATE January 06th

LOCATION Stormont, Belfast

COMPETITION DETAILS

- Teams for the event will travel on the day to and from Belfast
- For further information contact National Endurance Co-ordinator David Burke

AAI Games

DATE Jan 15th tbc

LOCATION Nenagh, Co. Tipperary

Budapest Indoor Meeting

DATE January 26th

LOCATION Budapest, Hungary

SELECTION GUIDELINES

- Selection will be made based on performance following AAI Games

COMPETITION DETAILS

- Men 60, 200, 400, 800, 60H, PV, TJ
- Women 60, 200, 400, 800, 60H, LJ, TJ, HJ, SP

Indoor Meeting Bratislava

DATE January 28th

LOCATION Bratislava, Slovakia

SELECTION GUIDELINES

- Selection will be made based on performance following AAI Games

COMPETITION DETAILS

- Men 60, 200, 400, 800, 60H, PV, TJ
- Women 60, 200, 400, 800, 60H, LJ, TJ, HJ, SP

Vienna Indoor International

DATE January 30th

LOCATION Vienna, Austria

SELECTION GUIDELINES

- Selection will be made based on performance following AAI Games

COMPETITION DETAILS

- Men 60, 200, 400, 800, 60H, PV, TJ
- Women 60, 200, 400, 800, 60H, LJ, TJ, HJ, SP

Cardiff Indoor Games

DATE February 03

LOCATION Cardiff, Wales

SELECTION GUIDELINES

- AAI Games will be used as a guideline for selection
- Maximum of one athlete will be selected per event
- The final team will be selected after the AAI Games in January

COMPETITION DETAILS

- Men 60, 200, 400, 800, 1500, 60H, 4 x 200m, LJ, HJ, TJ, PV, SP
- Women 60, 200, 400, 800, 1500, 60H, 4 x 200m, LJ, HJ, TJ, PV, SP

AAA's Championships

DATE February 10-11

LOCATION Sheffield,

EVENT DETAILS

- Invitations will be issued directly from AAA's to athletes who have achieved the qualification standard for this event

Flora International Meeting

DATE February 24th

LOCATION Bergen

COMPETITION DETAILS

- Men 60, 60H, LJ, TJ
- Women 60, 60H, LJ, TJ



AAI Games

DATE May 27th

LOCATION Sligo

Bratislava International Meeting

DATE June 05th

LOCATION Bratislava, Slovakia

SELECTION GUIDELINES

- Selection will be made based on performance, following AAI Games on May 27th

COMPETITION DETAILS

- Men 100, 200, 400, 800, 100H, 400H, TJ
- Women 100, 200, 400, 800, 110H, 400H, TJ, HJ

European Cup 2007

First League Men & Women

DATE June 23-24

LOCATION Vaasa, Finland

SELECTION GUIDELINES

- Preliminary team will be selected after AAI Games on May 27th
- Final team will be selected on June 10th and announced on June 11th
- All athletes must be available for selection for this event

Mannheim Junior & U23 International Meeting

DATE June 22-23

LOCATION Mannheim, Germany

SELECTION GUIDELINES

- A select group Junior & U23 athletes will be sent to Potsdam based on performance
- The junior & U23 team will be finalised on Sunday June 10th and announced on Monday June 11th

Potsdam Junior & U18 International Meeting

DATE June 10

LOCATION Potsdam, Germany

SELECTION GUIDELINES

- A select group of U18 and Junior athletes will be sent to Potsdam based on performance
- The team will be finalised after the schools championships on June 02nd
- Selection will be based on performance and current form

Cork City Sports

DATE June 30

LOCATION Cork, Ireland

AAA's Championships

DATE July 15th – 16th

LOCATION Manchester, UK

SELECTION GUIDELINES



- Invitations will be issued to athletes who have achieved the qualification standard

