

Athletic Association of Ireland Juvenile Programme 2007 Juvenile Indoor Championships
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Venue: Nenagh Stadium
Dates: Day 1/2 - 24th /25th March Day 3/4 – 14th /15th April
Time: Check in opens 9.00 a.m.
 Please check individual days for start times
Entry Fee: 4 Euro per event
 €10 per relay
Late Entry: No Late entries
Closing Date: Week 1 – 10th March 2007 Week 2 – 1st April 2007
 Entries to Competition Secretary, Athletic Association of Ireland
 All athletes must be registered.

EVENTS

GIRLS 12	GIRLS 13	GIRLS 14
60m Sprint	60m Sprint	60m Sprint
	60m Hurdles	60m Hurdles
600m	600m	800m
		1000m Walk
Relay 4 * 100m	Relay 4 * 100m	Relay 4 x 200m
High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump
Shot Putt	Shot Putt	Shot Putt

GIRLS 15	GIRLS 16	GIRLS 17
60m Sprint	60m Sprint	60m Sprint
60m Hurdles	60m Hurdles	60m Hurdles
	200m	200m
800m	800m	800m
	1500m	1500m
1000m Walk	1500m Walk	1500m Walk
Relay 4 * 200m	Relay 4 * 200m	Relay 4 * 200m
High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump
Shot Putt	Shot Putt	Shot Putt

GIRLS 18	GIRLS 19
60m Sprint	60m Sprint
60m Hurdles	60m Hurdles
200m	200m
300m	400m
800m	800m
1500m	1500m
1500m Walk	1500m Walk
Relay 4 * 200m	Relay 4 * 200m
High Jump	High Jump
Long Jump	Long Jump
Shot Putt	Shot Putt
Triple Jump	Triple Jump

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Juvenile Indoor Championships

Events cont.

BOYS 12	BOYS 13	BOYS 14
60m Sprint	60m Sprint	60m Sprint
	60m Hurdles	60m Hurdles
600m	600m	800m
		1000m Walk
Relay 4 * 100m	Relay 4 * 100m	Relay 4 x 200m
High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump
Shot Putt	Shot Putt	Shot Putt

BOYS 15	BOYS 16	BOYS 17
60m Sprint	60m Sprint	60m Sprint
60m Hurdles	60m Hurdles	60m Hurdles
	200m	200m
800m	800m	800m
	1500m	1500m
1000m Walk	1500m Walk	1500m Walk
Relay 4 * 200m	Relay 4 * 200m	Relay 4 * 200m
High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump
Shot Putt	Shot Putt	Shot Putt

BOYS 18	BOYS 19
60m Sprint	60m Sprint
60m Hurdles	60m Hurdles
200m	200m
400m	400m
800m	800m
1500m	1500m
1500m Walk	1500m Walk
Relay 4 * 200m	Relay 4 * 200m
High Jump	High Jump
Long Jump	Long Jump
Shot Putt	Shot Putt
Triple Jump	Triple Jump

<p>Athletic Association of Ireland Juvenile Programme 2007 Indoor Track & Field Regulations</p>
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1. The first three (3) from each region qualify for the National Championships.
2. Individual Track & Field Championships for Boys and Girls ages 12-19.
3. Athletes are confined to their own age group.
4. **All entries must come through the Regional Secretary.**
5. **A copy of all Regional results plus a copy of all entries to go Head office and to the Track & Field Secretary.**
6. An athlete may compete in three individual events plus the relay.
7. **NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIP.**
8. Club Singlets must be worn.
9. Only starting blocks provided by the organising committee may be used.
10. **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
11. **Track athletes must CHECK IN at the check in area 1 hour before event.**
12. Field athletes check in at their event.
13. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
14. Winning athletes must report for medal presentation 20 minutes after their event.
15. **ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP.**
16. The athlete must leave the arena when their event is complete.
17. Please do not leave your personal belongings unattended.
18. **PLEASE HAVE RESPECT FOR THE STADIUM AND ITS ENVIRONS.**
19. Coaches and parents are **NOT ALLOWED** on the track at any time.
Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
20. The committee reserve the right to alter timetable. The starting time of events may be brought forward up to 45 minutes from the proposed Timetable.
21. Where a heat is listed if insufficient competitors check in a FINAL will be held at heat time.
22. In the Indoor Relays an athlete may move up one age group. At least 2 members of the relay team must be of the correct age.
23. If there are 2 heats in the 200m, 300m, 400m and relays the WINNER of each heat plus the 2 FASTEST will go forward to the Final.
24. If there are more than 2 heats the four fastest will go forward to the FINAL.
25. In the 600, 800m and 1500m – if there are 2 Heats the first 3 in each heat plus the 2 fastest losers will go forward to the final. If there are 3 Heats the first 2 plus the 2 fastest losers will go forward to the final.
26. In the 600, 800m and 1500m if 8 or less check in a FINAL will be held at heat time.
27. Athletes from U16 upwards must use Starting Blocks and False Start Rules apply.
28. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships. **Entries through the Regional Secretaries by closing entry date.**
29. **Regional Competition Secretaries must be present on days of competition.**

Athletic Association of Ireland Juvenile Programme 2007 Indoor Track & Field Timetable

SATURDAY DAY 1

NOTE: If 4 or less check in a Final will be held at Heat time.

Time	Track	Age	Event	Time	Field Event	Age
Check in opens 9.00 a.m. Sprints				10.00 a.m.		
Closes one hour before competition				Girls & Boys 17 High Jump		
				Girls & Boys 16 Long Jump		
				Girls & Boys 19 Shot Putt		
11.30 am				11.00 a.m.		
	Girls & Boys	12	60m Heats	Girls & Boys 12 Long Jump		
	Girls & Boys	13	60m Heats	Girls & Boys 18 Shot Putt		
	Girls & Boys	14	60m Heats			
	Girls & Boys	15	60m Heats	1.00 p.m.		
	Girls & Boys	16	60m Heats	Boys 17 Shot Putt		
	Girls & Boys	17	60m Heats	Girls & Boys 13 Long Jump		
	Girls & Boys	18	60m Heats			
	Girls & Boys	19	60m Heats			
Final of 60m Sprints						
Check in closes 12.30 p.m. for 300/400m				1.30 p.m.		
1.30 p.m.				Girls & Boys 15 High Jump		
	Girls	18	300m Heats	Girls & Boys 16 High Jump		
	Boys	18	400m Heats			
	Girls & Boys	19	400m Heats	2.00 p.m.		
Check in closes 1.30 p.m. 600m				Boys 16 Shot Putt		
2.30 p.m.						
	Girls & Boys	12	600m Heats			
	Girls & Boys	13	600m Heats			
Check in closes 2.00p.m. 1500m						
3.00 p.m.						
	Girls & Boys	16	1500m Heats			
	Girls & Boys	17	1500m Heats			
	Girls & Boys	18	1500m Heats			
	Girls & Boys	19	1500m Heats			
Final 300m and 400m						

Athletic Association of Ireland Juvenile Programme 2007 Indoor Track & Field Timetable

SUNDAY DAY 2

NOTE: If 4 or less check in a Final will be held at Heat time.

Check in 9.00 a.m. Hurdles

Track Time	Age	Event	Hght	Time	Field Event	Age
11.00 a.m.						
Girls	13	60m Hur	2'3"		Girls & Boys	18 Long
Boys	13	60m Hur	2'3"			
Girls	14	60m Hur	2'3"			
Boys	14	60m Hur	2'6"			
Girls	15	60m Hur	2'6"		Girls & Boys	15 Shot Putt
Girls	16	60m Hur	2'6"	11.00	Girls & Boys	14 Long Jump
Boys	15	60m Hur	2'9"		Girls	16 Shot Putt
Boys	16	60m Hur	2'9"			
Girls	17	60m Hur	2'6"			
Girls	18	60m Hur	2'6"			
Girls	19	60m Hur	2'9"			
Boys	17	60m Hur	3'0"	12.00	Girls & Boys	19 Long Jump
Boys	18	60m Hur	3'0"		Girls & Boys	14 Shot Putt
Boys	19	60m Hur	3'3"			

Final of 60m Hurdles

Check in closes 12.30 600m

1.30 p.m.

Girls & Boys	12	600m	Finals
Girls & Boys	13	600m	Finals

1.00 Girls & Boys 18 High Jump
Girls 17 Shot Putt

1.45 Girls & Boys 19 High Jump

Check in closes 1.00 1500m

2.15 p.m.

Girls & Boys	16	1500m	Finals
Girls & Boys	17	1500m	Finals
Girls & Boys	18	1500m	Finals
Girls & Boys	19	1500m	Finals

Athletic Association of Ireland Juvenile Programme 2007 Indoor Track & Field Timetable

DAY 3

NOTE: If 4 or less check in a Final will be held at Heat time.

Check in Time 9.00 a.m.

Track	Age	Event
10.00 a.m.		
Girls & Boys	16	200m Heats
Girls & Boys	17	200m Heats
Girls & Boys	18	200m Heats
Girls & Boys	19	200m Heats

Field Event	Age
10.00 Girls & Boys	12 High Jump
Girls & Boys	13 Shot
Girls & Boys	15 Long Jump

Check in closes 11.00 a.m

Track	Age	Event
12.00 noon		
Girls & Boys	14	800m Heats
Girls & Boys	15	800m Heats
Girls & Boys	16	800m Heats
Girls & Boys	17	800m Heats
Girls & Boys	18	800m Heats
Girls & Boys	19	800m Heats

11.00 Girls & Boys	14 High Jump
Girls & Boys	12 Shot Putt
Girls & Boys	17 Long Jump

12.00 Girls & Boys	18 Triple Jump
Girls & Boys	13 High Jump

Check in closes 12.00 Walks

1.00 p.m.	Girls & Boys	14	1000m Finals
	Girls & Boys	15	1000m Finals
	Girls & Boys	16	1500m Finals
	Girls & Boys	17	1500m Finals
	Girls & Boys	18	1500m Finals
	Girls & Boys	19	1500m Finals

1.00	Girls & Boys	19 Triple
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FINALS

3.00 p.m.	Girls & Boys	16	200m Finals
	Girls & Boys	17	200m Finals
	Girls & Boys	18	200m Finals
	Girls & Boys	19	200m Finals

3.45 p.m.	Girls & Boys	14	800m Finals
	Girls & Boys	15	800m Finals
	Girls & Boys	16	800m Finals
	Girls & Boys	17	800m Finals
	Girls & Boys	18	800m Finals
	Girls & Boys	19	800m Finals

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DAY 4 – RELAYS

Time		Age	Event	Heats
Check in 9.00 a.m. 11.00 a.m.	Girls	13	4 x 100m	Heats
	Boys	13	4 x 100m	Heats
	Girls	15	4 x 200m	Heats
	Boys	15	4 x 200m	Heats
	Girls	17	4 x 200m	Heats
	Boys	17	4 x 200m	Heats
	Girls	19	4 x 200m	Heats
	Boys	19	4 x 200m	Heats

Finals of Above

Check in closes 1.00 p.m.

2.00 p.m.	Girls	12	4 x 100m	Heats
	Boys	12	4 x 100m	Heats
	Girls	14	4 x 200m	Heats
	Boys	14	4 x 200m	Heats
	Girls	16	4 x 200m	Heats
	Boys	16	4 x 200m	Heats
	Girls	18	4 x 200m	Heats
	Boys	18	4 x 200m	Heats

Finals of Above

PLEASE NOTE:

- If 4 teams or less check in a Final will be held at Heat time.
- All Relays will be held on the 4th day of competition.
- Athletes may step up ONE (1) age group only and may compete in TWO (2) relays on the day.
- **At least 2 members of the relay team must be of the correct age. RELAY TEAMS QUALIFY FROM THEIR REGIONS. (Team names, DOB, registration numbers must be submitted by entry date)**
- **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM**
- No entry on the day
- Entries from Regional/Provincial Secretary. First 3 teams per region
- Spot checks may take place.