

JUVENILE
COMPETITION
BOOKLET

2022



Table of Contents

Chairperson’s Address	3
Juvenile Committee:	4
Age Categories:	4
Notices:	5
Code of Ethics & Good Practice for Children’s Sport	6
Policy Statement for the Athletic Association of Ireland	6
Code of Ethics and Good Practice for Children in Athletics	6
Protest/ Appeals Process	6
Policy on Photographers	6
Attire	7
Section 1: Policies & Child Safeguarding	8
Athletics Ireland Child Protection Policy Statement	8
Athletics Ireland Code of Conduct for Coaches & Officials	10
Athletics Ireland Code of Conduct for Parents & Carers	11
Athletics Ireland Code of Conduct for Parents, Coaches & Mentors	13
Section 2: Field Standard & Specifications for All Championships	14
Indoor Hurdle Specifications:	14
Outdoor Hurdle Specifications:	15
Pole Vault	16
Throwing Implements:	16
High Jump Intervals:	17
Section 3: Indoor Season:	18
List of Competitions:	18
List of Events:	19
List of Regulations:	20
Timetables:	23
19 th March 2022, Juvenile Indoor Championships Day 1:	23
Section 4: Outdoor Season:	24
List of Competitions:	24
List of Events: A Championships	26
List of Events: B Championships	28
List of Regulations:	29
Timetables:	34
2 nd July 2022, Children’s Games:	34
3 rd July 2022 Juvenile Track & Field Championships: Day 1	35
9 th July 2022 Juvenile Track & Field Championships: Day 2	36
10 th July 2022 Juvenile Track & Field Championships: Day 3	37

16 th July 2022 Juvenile Track & Field B Championships & Inter Club Relays	38
Section 5: Cross Country Championships:	39
List of Competitions:	39
List of Events:	40
List of Regulations:.....	41
Motions.....	43

Chairperson's Address

On behalf of the Juvenile Committee of Athletics Ireland, I would like to thank parents, club officials and young athletes for their continuous support of our great sport. Covid-19 put a stop to many of our activities during 2020 and part of 2021 but we are delighted to welcome you all back to our competition events.

To all the volunteers at Club, County, Regional and National Level, we owe a sincere word of gratitude for all your work promoting our sport.

This booklet contains information regarding all aspects of juvenile athletes and thanks to Amanda Hynes for all her time in putting this booklet together.

I hope that every athlete taking part in any of our events has memorable experiences and creates some lifelong friendship throughout the year.

I would like to thank our sponsors Irish Life Heath for their financial support, which we greatly appreciate.

While it has always been a busy calendar on the domestic scene, 2021 proved to be even more congested as we had to condense the season for National competition into 4 weekends. Unfortunately, U18 International events were cancelled in 2021 but we look forward to u18 European Championships in Jerusalem and the u17 EYOF in Slovenia during July 2022. We also look forward to a return to the Celtic Cross Country in Belfast in January 2022.

I wish to thank the AAI Competitions Department for all the work done in the office to coordinate the logistics for all events.

Thanks to all the members of the Juvenile Committee for their help and most importantly their contribution to the efficient running of the program during the year.

I would just like to end by stating our door is always open for feedback on any aspect of juvenile athletics and feel free to contact any member of the committee with issues or concerns at any time.

Best of luck in all events in 2022.

Yours in sport,
Evelyn O'Reilly
Chairperson, Juvenile Committee



Juvenile Committee:

Title	Name	Contact Number	Email Address
Chairperson	Ms. Evelyn O'Reilly	086 8520649	evelynoreilly62@gmail.com
Deputy Chairperson	Mrs Bernie Dunne	087 9830567	berniedunne21@gmail.com
Track & Field Competition Secretary	Ms Amanda Hynes	085 888 3383	hynes245@hotmail.com
Connacht Rep & Secretary	Ms Anne McHugh	087 2355103	annebmchugh@gmail.com
Ulster Rep & Cross-Country Secretary	Mr Mark Connolly	00 44 780 976 4733	mark.athletics@gmail.com
Leinster Rep	Ms Catriona Duffy	087 2192511	catriona.athleticsleinster@gmail.com
Munster Rep	Mr. Tim Fitzpatrick	022 48302	liscarrollathletics@yahoo.co.uk
	Mr. John McGrath	087 981 8473	johnvmcgrath@hotmail.com
	Ms. Esther Fitzpatrick	022 48302	liscarrollathletics@yahoo.co.uk
	Mr. David Murphy	086 839 0705	davidmurf@gmail.com
Co-Optee	Mr Greg Duggan	087 2838329	gjduggan@eircom.net
Children's Officer for National Championships	Mr Matt Lynch	086 2322102	mattlynch@o2.ie
AAI National Children's Officer	Mr Kieron Stout	086 2450134	kieronstout@athleticsireland.ie

Age Categories:

Age categories calculated from 31st December in the year of competition.

No athlete may obtain a birthday in the year of competition and compete in that age. Please note all ages in this booklet should be read as UNDER the stated age

Category	Birth Year
Under 9	2014
Under 10	2013
Under 11	2012
Under 12	2011
Under 13	2010
Under 14	2009
Under 15	2008
Under 16	2007
Under 17	2006
Under 18	2005
Under 19	2004

Notices:

This Booklet is subject to change depending on Covid-19 Restrictions and Government Guidelines in place at the time.

Please pay particular attention to the Rules of Entry.

Up to date Timetables will be published on the Athletics Ireland Website prior to each competition.

Code of Ethics & Good Practice for Children's Sport

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 in Athletics

In Athletics Ireland, our first priority is the welfare of the young people, and we are committed to providing an environment that 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.

Protest/ Appeals Process

- Any protest in the first instance shall be made *orally* to the Referee by the athlete or someone acting on their behalf.
- Protests shall be made within 30 minutes of the completion of the event.
- The Referee may decide the protest *or* refer it to the Jury of Appeal. To arrive at a fair decision the Referee should use any available evidence they feel is necessary.
- The appeal to the Jury should only come after a decision by the Referee.
- The appeal to the Jury shall be in writing signed by a responsible club official on behalf of the athlete or team and shall be made within 30 minutes following the decision of the Referee and shall be accompanied by a €20 fee which will be forfeited if the appeal is unsuccessful.
- The Jury of Appeal shall consist of a representative of each of the five regions.
- The decision of the Jury of Appeal shall be final.

Policy on Photographers

For Indoor Competition, no photographers (except Sportsfile where required) are allowed at any time within the competition arena (track or field area).

For Outdoor Competition, a limited number of passes are available to press credentialed photographers. These are available on application from the Meet Director or Competition Manager prior to the start of the first event of that day's program.

Attire

- Official club singlets must be worn in all national competitions. If club singlet is not available, a plain white vest or tee shirt is acceptable.
- National Apparel is to be worn only when representing Ireland at International Competition. No athlete should compete wearing Athletics Ireland shorts at a National Event.
- In general, shorts should be single colour, not patterned. While a Nike/Adidas etc. logo is acceptable, multi-coloured or patterned shorts are not.
- Where possible shorts should complement the singlet, if in doubt black is always acceptable

Section 1: Policies & Child Safeguarding

Athletics Ireland Child Protection Policy Statement

Athletics Ireland acknowledges its duty of care to safeguard and promote the welfare of children and is committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with legislation, best practice and Sport Ireland requirements.

The policy recognises that the welfare and interests of children are paramount in all circumstances. It aims to ensure that regardless of age, ability or disability, gender reassignment, race, religion or belief, sex or sexual orientation, socio-economic background, all children

- have a positive and enjoyable experience of sport at Athletics Ireland in a safe and child centred environment are protected from abuse whilst participating in athletics or outside of the activity.
- Athletics Ireland acknowledges that some children, including disabled children and young people or those from ethnic minority communities, can be particularly vulnerable to abuse and we accept the responsibility to take reasonable and appropriate steps to ensure their welfare.

As part of our safeguarding policy Athletics Ireland will

- promote and prioritise the safety and wellbeing of children and young people
- ensure everyone understands their roles and responsibilities in respect of safeguarding and is provided with appropriate learning opportunities to recognise, identify, and respond to signs of abuse, neglect and other safeguarding concerns relating to children and young people
- ensure appropriate action is taken in the event of incidents/concerns of abuse and support provided to the individual/s who raise or disclose the concern
- ensure that confidential, detailed and accurate records of all safeguarding concerns are maintained and securely stored
- prevent the employment/deployment of unsuitable individuals within our sport
- ensure robust safeguarding arrangements and procedures are in operation.
- The policy and procedures will be widely promoted and are mandatory for everyone involved in Athletics Ireland. Failure to comply with the policy and procedures will be addressed without delay and may ultimately result in dismissal/exclusion from the organisation.

Athletics Ireland Child Safeguarding Mandated Person for reporting concerns:

The Mandated Person for Athletics Ireland is Kieron Stout. If you have a query or a child safeguarding concern, please email the Athletics Ireland National Children's Officer at kieronstout@athleticsireland.ie or childwelfare@athleticsireland.ie or by phone on 086 2450134.

If you have an immediate concern for the safeguarding or wellbeing of a child you should contact your local Garda station or consult Tusla, the Child and Family agency at www.tusla.ie

Athletics Ireland Code of Conduct for Coaches & Officials

Sport should be safe, fun, inclusive and conducted in a spirit of fair play. All coaches and officials must adhere to the following code of conduct when providing services to children in sport.

All coaches, officials and volunteers in athletics should:

- Consider the wellbeing and safety of participants before the development of performance.
- Develop an appropriate working relationship with participants, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and the experience of those taking part.
- Promote the positive aspects of the sport (e.g. fair play)
- Display consistently high standards of behaviour.
- Follow all guidelines laid down by the national governing body and the club.
- Hold appropriate qualifications and insurance cover.
- Never exert undue influence over participants to gain personal benefit or reward.
- Never condone rule violations, rough play or the use of prohibited substances.
- Encourage participants to value their performances and not just results.
- Encourage and guide participants to accept responsibility for their own performance and behaviour.
- Never use foul or inappropriate language.
- Never engage in any form of sexual activity with anyone under the age of 18, or vulnerable adults.
- Read, understand and put into practice all club policies and procedures.
- Coaches and leaders should never place themselves in a compromising position by texting or communicating via social media sites with juvenile athletes. All such communications regarding athletics should be sent via the parents or guardians of the athlete.

The following should apply when communicating with juvenile athletes:

- Only use a club group text or email system for communicating with parents/guardians of athletes.
- Do not communicate individually by text or email with juvenile athletes.
- Do not engage in communications with underage athletes via personal social network sites.
- Always use official club group text or social media sites to communicate with juvenile athletes.

Athletics Ireland Code of Conduct for Parents & Carers

Everyone involved in sport, children, parents/guardians and sports leaders should accept their role and responsibilities and undertake to commit to maintaining an enjoyable and safe environment for all participants.

There exists a duty of care on all adults to safeguard children. Adults have a crucial leadership role to play in sport. Whether they are parents/guardians or sports leaders or teachers, they can contribute to the creation of a positive sporting environment for young people. Positive relationships will result in growth, development and fulfilment for all those involved in children's sport.

Parents/guardians play a key role in the support and promotion of an ethical approach to sport and young people's enjoyment in sport. Parents/guardians therefore need to be aware, informed and involved in promoting the safest possible environment for children to enjoy their participation in sport. Sports leaders need the support of parents/guardians in conveying the fair play message. All participants in sport have a responsibility to keep sport safe, fun, inclusive and conducted with a spirit of fair play for all.

All parents and carers in athletics should:

- Support your child's involvement and help them to have fun and enjoy their sport.
- Always encourage your child to learn the rules and play within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept Athletics Ireland officials' judgments.
- Use correct and proper language at all times.
- Encourage and guide performers to accept responsibility for their own performance and behaviour.

Athletics Ireland Code of Conduct for Children and Young People

Your sport should be safe, fun, inclusive and conducted in a spirit of fair play. As a young person you are entitled to the best possible environment to participate in sport. You deserve to be given enjoyable, safe sporting opportunities, free from abuse of any kind. You have rights, which must be respected, and responsibilities that you must accept. You should always treat other athletes and team leaders with fairness and respect.

As a child or a young person, you are entitled to:

- Be safe and to feel safe
- Be listened to
- Be believed
- Be treated with dignity, sensitivity, and respect
- Have your voice heard in your sport
- Participate on an equal and non-discriminatory basis
- Have fun and enjoy your sport
- Experience competition at a level at which you are happy
- Make complaints and have them dealt with
- Get help against those who bully
- Say No
- To protect your body
- Privacy and confidentiality

You should ALWAYS	You should NEVER
Treat all group or team members and your Sports Leaders with respect	Cheat or seek to gain an unfair advantage
Act fairly and responsibly at all times, do your best	Intimidate, use violence or physical contact that is not welcome
Respect other group or team members	Shout at or argue with another person unreasonably
Respect opponents and be gracious in defeat	Cause harm to or damage property
Abide by the rules as set out by the group or team you are with	Bully or threaten another person online or offline
Support and assist where appropriate with the running of your group	Take banned substances
	Spread or circulate rumours online or offline about another person

Athletics Ireland Code of Conduct for Parents, Coaches & Mentors

Parents/Guardians should lead by example:

- Adopt a positive attitude to their children's participation
- Respect officials' decisions and encourage children to do likewise
- Do not exert undue pressure on your child
- Never admonish your child or any other child for their performance
- Be realistic in their expectations
- Show approval for effort, not just results
- Never embarrass a child or use sarcastic remarks
- Applaud good performances from all children
- Do not criticise children's performances
- Do not seek to unfairly affect a result
- Do not enter the competition area unless specifically invited to by an official in charge
- Never use foul language or provocative gestures to officials
- Do not question an official's decisions or integrity
- Encourage children to respect and accept the judgment of officials
- Promote fair play
- Check the program for the Referee of Children Officers name – these are the people to speak to if you have a complaint
- Any Breach of this code may lead to your exclusion from future events

Athletics Ireland is fully committed to providing a positive, fair and safe environment for our children and officials. Athletics Ireland acknowledges that without the commitment of our officials who freely and generously give their time, it would not be possible to provide competitive opportunities for your children. Officials have a duty to be impartial, fair and fully informed of competition rules and regulations.

Section 2: Field Standard & Specifications for All Championships

Indoor Hurdle Specifications:

Age Group	Distance	Height	Number	Approach	Interval	Finish
Girls 13	60m	68.6cm 2' 3"	5	11.00m	7.25m	20.00m
Girls 14	60m	68.6cm 2' 3"	5	11.50m	7.50m	18.50m
Girls 15	60m	76.2cm 2' 6"	5	12.00m	8.00m	16.00m
Girls 16	60m	76.2cm 2' 6"	5	12.00m	8.00m	16.00m
Girls 17	60m	76.2cm 2' 6"	5	13.00m	8.50m	13.00m
Girls 18 & Youth	60m	76.2cm 2' 6"	5	13.00m	8.50m	13.00m
Girls 19	60m	84.0cm 2' 9"	5	13.00m	8.50m	13.00m
Boys 13	60m	68.6cm 2' 3"	5	11.00m	7.25m	20.00m
Boys 14	60m	76.2cm 2' 6"	5	11.50m	7.50m	18.50m
Boys 15	60m	84.0cm 2' 9"	5	12.00m	8.00m	16.00m
Boys 16	60m	84.0cm 2' 9"	5	13.00m	8.50m	13.00m
Boys 17	60m	91.4cm 3' 0"	5	13.00m	8.50m	13.00m
Boys 18 & Youth	60m	91.4cm 3' 0"	5	13.72m	9.14m	9.72m
Boys 19	60m	99.0cm 3' 3"	5	13.72m	9.14m	9.72m

Outdoor Hurdle Specifications:

Age Group	Distance	Height	Number	Approach	Interval	Finish
Girls 13	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
Girls 14	75m	68.6cm 2' 3"	8	11.50m	7.50m	11.00m
Girls 15	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls 15	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
Girls 16	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls 16	250m	68.6cm 2' 3"	6	35.00m	8.00m	40.00m
Girls 17	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls 17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Girls 18 & Youth	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls 18	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Girls 19	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Girls 19	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Boys 13	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
Boys 14	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.00m
Boys 15	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
Boys 15	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00cm
Boys 16	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Boys 16	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
Boys 17	100m	91.4cm 3' 0"	10	13.00m	8.50m	10.50m
Boys 17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Boys 18 & Youth	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
Boys 18	400m	84.0cm 2' 9"	10	45.00m	35.00m	40.00m
Boys 19	110m	99.0cm 3' 3"	10	13.72m	9.14m	14.02m
Boys 19	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m

Pole Vault

Age Category	Start Point	Condition
Girls U15	150cm	up by 15cm
Girls U16	150cm	up by 15cm
Girls U17	150cm	up by 15cm
Girls U18	150cm	up by 15cm
Girls U19	150cm	up by 15cm
Boys U15	215cm	up by 15cm
Boys U16	230cm	up by 15cm to 245cm after by 10cm
Boys U17	230cm	up by 15cm to 245cm after by 10cm
Boys U18	230cm	up by 15cm to 245cm after by 10cm
Boys U19	230cm	up by 15cm to 245cm after by 10cm

Throwing Implements:

Boys	12	13	14	15	16	17	18	19
Shot	2k	2k	2.72k	3k	4k	5k	5k	6k
Discus			.75k	1k	1k	1.5k	1.5k	1.75k
Javelin		400g	400gr	500gr	600gr	700gr	700gr	800gr
Turbo Javelin	300g							
Hammer			2.5k	3k	4k	5k	5k	6k
Girls	12	13	14	15	16	17	18	19
Shot	2k	2k	2k	2.72k	3k	3k	3k	4k
Discus			.75k	.75k	1k	1k	1k	1k
Javelin		400g	400gr	400gr	500gr	500gr	500gr	600g
Turbo Javelin	300g							
Hammer			2.5k	2.5k	3k	3k	3k	4k

High Jump Intervals:

Age Category	Start Point	Condition	Combined Events Starting Points
Girls U12	1.05m	To 1.35m	
Girls U13	1.10m	To 1.40m	
Girls U14	1.15m	up by 5cm to 1.45m after by 3cm	1.15m
Girls U15	1.20m	up by 5cm to 1.50m after by 3cm	1.20m
Girls U16	1.25m	up by 5cm to 1.55m after by 3cm	1.25m
Girls U17	1.30m	up by 5cm to 1.60m after by 3cm	
Girls U18	1.35m	up by 5cm to 1.60m after by 3cm	
Girls U19	1.35m	up by 5cm to 1.60m after by 3cm	
Age Category	Start Point	Condition	
Boys U12	1.05m	To 1.35m	
Boys U13	1.15m	To 1.45m	
Boys U14	1.30m	up by 5cm to 1.55m after by 3cm	1.30m
Boys U15	1.30m	up by 5cm to 1.60m after by 3cm	1.30m
Boys U16	1.40m	up by 5cm to 1.65m after by 3cm	1.40m
Boys U17	1.40m	up by 5cm to 1.75m after by 3cm	
Boys U18	1.50m	up by 5cm to 1.80m after by 3cm	
Boys U19	1.55m	up by 5cm to 1.80m after by 3cm	

In Combined Events all U14-U16 athletes will be allowed to jump an opening height, thereafter it will go to the Championship Opening height for that age group.

The first three heights will increase in 5cm increment and then in 3cm increments

Section 3: Indoor Season:

List of Competitions:

Date	Competition	Location	Notes
22 nd January 2022	Juvenile Indoor Combined Events Day 1	TUS, Athlone	Start: 10am Check-in: 9:00am Entry Fee: €10 Late Fee: €15 Closing Date 12 th Jan
23 rd January 2022	Juvenile Indoor Combined Events Day 2	TUS, Athlone	Start: 10am Check-in: 9:00am Entry Fee: €10 Late Fee: €15 Closing Date 12 th Jan
19 th March 2022	Juvenile Indoor Championships Day 1	TUS, Athlone	Start: 10am Check-in: 9:00am Entry Fee: €5 Event/€10 Relay Team Late Fee: €10 Event/€15 Relay Team Closing Date 9 th March Entries: Regional Secretary
20 th March 2022	Juvenile Indoor Championships Day 2	TUS, Athlone	Start: 10am Check-in: 9:00am Entry Fee: €5 Event/€10 Relay Team Late Fee: €10 Event/€15 Relay Team Closing Date 9 th March Entries: Regional Secretary
2 nd April	Juvenile Indoor Championships Day 3	TUS, Athlone	Start: 10am Check-in: 9:00am Entry Fee: €5 Event/€10 Relay Team Late Fee: €10 Event/€15 Relay Team Closing Date 9 th March Entries: Regional Secretary

List of Events:

All Events below are available to Girls and Boys*				
12	13	14	15	16
60m Sprint 600m Relay 4x200m High Jump Long Jump Shot Put	60m Sprint 60m Hurdles 600m Relay 4x200m High Jump Long Jump Shot Put	60m Sprint 60m Hurdles 800m 1000m Walk Relay 4x200m High Jump Long Jump Shot Put	60m Sprint 60m Hurdles 800m 1000m Walk Relay 4x200m High Jump Long Jump Shot Put Pole Vault	60m Sprint 60m Hurdles 200m 800m 1500m 1500m Walk Relay 4x200m High Jump Long Jump Triple Jump Shot Put Pole Vault
17	18	19	Multi Events	
60m Sprint 60m Hurdles 200m 400m 800m 1500m 1500m Walk Relay 4x200m High Jump Long Jump Triple Jump Shot Put Pole Vault	60m Sprint 60m Hurdles 200m 400m 800m 1500m 1500m Walk Relay 4x200m High Jump Long Jump Triple Jump Shot Put Pole Vault	60m Sprint 60m Hurdles 200m 400m 800m 1500m 1500m Walk Relay 4x200m High Jump Long Jump Triple Jump Shot Put Pole Vault	Pentathlon Events (14-19) Hurdles High Jump Long Jump Shot Put 800m Heptathlon Events (Boys 17-19) * Day 1: 60m, Long Jump, Shot Put, High Jump Day 2: 60m Hurdles, Pole Vault, 1000m	

List of Regulations:

1. No Entries or change of Entries will be accepted on the day of Championship.
 2. WA Rules Apply
Individual Track & Field Championships for Boys and Girls ages 12-19.
 3. Club Singlets and shorts must be worn. (See Attire in Section 1 Policies)
 4. The first three (3) from each region qualify for the National Championships.
 5. There is no direct entry for athletes in U17,18 or 19.
 6. An athlete may compete in three individual events plus the relay
 7. Athletes are confined to their own age group (except for relays, see Relay Rules)
 8. All entries must come through the Regional Secretary
- 9. Check In Rules:**
- All athletes must collect a competition number and check in for each event on that day
 - All athletes must check in a **minimum** of one (1) hour prior to their track event
 - Call room will be in operation for track events
- 10. Warm Up Area Rules:**
- Area is restricted for athletes only, cordoned off area for coaches.
 - No spectators, no bags or gear to be left in the area.
 - Please respect other athletes especially when using equipment ie Hurdles.
- 11. Call Room Rules:**
- Track athletes report to call room immediately their event is called. Field athletes to report directly to their event when called.
 - Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g: earphones, notebooks, tablets, iPods, smart phones etc.) in the competition area.
NOTE: The competition area starts at the assembly/call room.
 - No spectators, no bags or gear to be left in the area
- 12. ONLY 5mm spikes may be used– this includes the High Jump. WA rules apply for footwear.**
- 13. Athletes U14 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used. Starting blocks are optional for U12 and U13, but a crouch start must be used instead. The commands for all sprints are "on your marks" and "set"**
- 14. False Starts**
- WA False Start Rules apply.
 - U16 upwards - first false start leads to disqualification.
 - U12, 13, 14, 15. One false start and all are on warning of next false start leading to disqualification.
 - Combined Events all age categories, one false start and all are on warning of next false start leading to disqualification.

15. An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where.

- A final confirmation was given that the athlete would start in an event but then failed to participate.
- An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4).
- An athlete fails to provide a bona fide effort to compete in an event
- The duration of the competition that this rule pertains to is defined as being consecutive days, i.e. Friday, Saturday, and Sunday of a single weekend.

16. Warm up marks for field events should be completed where possible before the time schedule.

17. Individual Championships: all athletes will be allowed 3 trials at field events, the top 8 athletes will be allowed a further 3 trials, except for high jump and pole vault.

18. Where a heat is listed and if insufficient competitors check in a Final will be held at heat time.

19. Event 600, 800m and 1500m:

If 15 or less check in, at the discretion of the track referee, a final will be held at heat time.

20. 1500m heats and finals can be scheduled for the same day of competition

21. An athlete must inform the Chief Judge when leaving the competition area.

22. Athletes must leave the arena when their event is complete.

23. Winning athletes must report for medal presentation 20 minutes after their event where possible or **when called from the Public Address System**

24. Coaches and parents are **not allowed** on the track at any time

25. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified

26. Regional Competition Secretaries must be available for queries on days of competition.

27. Relay Competition:

- The first THREE (3) Teams from each region must compete and qualify for the National Championships.
- An athlete may move up one age group.
- Athletes may compete in TWO (2) relays on the day.
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age
- 17, 18, 19 age groups for relays, all athletes may move up one age group.
- If a sub is present on the day and declared, medal will be presented
- Relay teams qualify from region, 3 teams per region per age category
- If 6 teams or less check in, a Final will be held at Heat time
- Team names, DOB, registration numbers must be submitted with entry
- Declaration sheets must be completed for each individual team.
- Spot checks will be carried out on team declarations

28. Combined Events

- Entry is open, there are no qualifying criteria from the Regions.
- Entries are made online by the Club Secretaries.
- In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
- An athlete shall be disqualified in any event, in which he has made two false starts.
- An athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition. They shall not, therefore, figure in the final classification.
- The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.

Please have respect for the stadium and its environs, adhere to all rules of the arena.
Please do not leave your personal belongings unattended.

Timetables:

19th March 2022, Juvenile Indoor Championships Day 1:

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.

Track Events:		
10:00am	1500m	Heats
Athletes:	Girls & Boys	16
	Girls & Boys	17
	Girls & Boys	18
	Girls & Boys	19
Check in Closes 9:30am Finals at the end of the day will be held if heats not required		
10:55am	400m	Heats
Athletes:	Girls & Boys	17
	Girls & Boys	18
	Girls & Boys	19
Check in Closes 9:30am Finals will be held at 2pm if heats required		
11:45am	1500m Walk	Finals
Athletes:	Boys	16
	Boys	17
	Boys	18
	Boys	19
	Boys	14 (1000m)
	Boys	15(1000m)
Check in Closes 10:30am A 20 Minute break will feature after the Boy Walks		
Athletes:	Girls	14 (1000m)
	Girls	15 (1000m)
	Girls	16
	Girls	17
	Girls	18
	Girls	19
2:00pm	400m	Finals
2:30pm	60m Sprints	Heats
Athletes:	Girls & Boys	12
	Girls & Boys	13
	Girls & Boys	14
	Girls & Boys	15
	Girls & Boys	16
	Girls & Boys	17
	Girls & Boys	18
	Girls & Boys	19
Check In Closes 1:30pm		
	1500m & 60m	Finals

Field Events:		
10:00am – 4:00 pm		Long Jump
10:00am	Girls	12
11:30am	Boys	13
1:00pm	Girls	14
2:15pm	Girls	19
Check in Closes 9:30am		
11:00am	Pole Vault	
11:00am	Boys	15-19
Warm Up at 10:00am/12:30pm		
10:00am-02:00pm	Shot Putt	
10:00am	Boys	13 (2K)
11:30am	Girls	15 (3K)
12:00pm	Girls	13 (2K)
1:00pm	Girls	16 (3K)
2:00pm	Boys	15 (2K)
10:00am – 04:30pm	High Jump	
10:00am	Girls	13 (Mat 1)
	Girls	18-19 (Mat 2)
11:30am	Girls	14 (Mat 1)
	Girls	16 (Mat 2)
1:00pm	Girls	17 (Mat 1)
	Boys	14 (Mat 2)
3:00pm	Girls	12 (Mat 1)
4:30pm	Girls	15 (Mat 1)
2:00pm-3:00pm	Long Jump	
2:00pm	Girls	16 (Pit 2)
3:00pm	Boys	16 (Pit 2)

Section 4: Outdoor Season:

List of Competitions:

Date	Competition	Location	Notes
3 rd April 2022	Spring Throws	Templemore	Start: 10am Check-in: 9:00am Entry Fee: €5/event Late Fee: €10 Closing Date 24 th March Entries: Regional Secretary
2 nd July 2022	Children's Team Games (9-11,12 Relays)	Tullamore	Start: 10am Check-in: 8:30am Entry Fee: €10/Team Late Fee: €15/Team Closing Date 22 nd June Entries: Regional Secretary
2 nd July 2022	Juvenile Outdoor Championships Day 1	Tullamore	Start: 10am Check-in: 8:30am Entry Fee: €5 Event Late Fee: €10 Event Closing Date 22 nd June Entries: Regional Secretary
9 th July 2022	Juvenile Outdoor Championships Day 2	Tullamore	Start: 10am Check-in: 8:30am Entry Fee: €5 Event Late Fee: €10 Event Closing Date 29 th June Entries: Regional Secretary
10 th July 2022	Juvenile Outdoor Championships Day 3	Tullamore	Start: 10am Check-in: 8:30am Entry Fee: €5 Event Late Fee: €10 Event Closing Date 29 th June Entries: Regional Secretary
16 th July 2022	Juvenile Inter Club Relays 3-19	Tullamore	Start: 12noon Check-in: 8:30am Entry Fee: €10 Late Fee: €15 Closing Date 6 th July Entries: County Secretary
16 th July 2022	Juvenile "B" Championships	Tullamore	Start: 10am Check-in: 8:30am Entry Fee: €5 Event Late Fee: €10 Event Closing Date 6 th July Entries: Club Secretary

23 rd July 2022	Youth & Junior Day 1 Combined Events	Tullamore	Start: 10am Check-in: 8:30am Entry Fee: €10 Late Fee: €15 Closing Date 13 th July Entries: Club Secretary
24 th July 2022	Juvenile Day 1 & Youth & Junior Day 2 Combined Events	Tullamore	Start: 10am Check-in: 8:30am Entry Fee: €10 Late Fee: €15 Closing Date 13 th July Entries: Club Secretary

List of Events: A Championships

All Events below are available to Girls			
12	13	14	15
60m Sprint 600m Relay 4x100m High Jump Long Jump Shot Put Turbo Javelin	80m Sprint 60m Hurdles 600m Relay 4x100m High Jump Long Jump Shot Put Javelin	80m Sprint 75m Hurdles 200m 800m 1500m 2000m Walk Relay 4x100m High Jump Long Jump Shot Put Javelin Discus Hammer	100m Sprint 80m Hurdles 250m Hurdles 200m 800m 1500m 2000m Walk Relay 4x100m High Jump Long Jump Shot Put Pole Vault Javelin Discus Hammer t
16	17	18	19
100m Sprint 80m Hurdles 250m Hurdles 200m 800m 1500m 3000m 2000m Walk Relay 4x100m High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer	100m Sprint 100m Hurdles 300m Hurdles 200m 400m 800m 1500m 3000m 2000m S/Chase 3000m Walk Relay 4x100m Relay 4x400m High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer	100m Sprint 100m Hurdles 400m Hurdles 200m 400m 800m 1500m 3000m 2000m S/Chase 3000m Walk Relay 4x100m Relay 4x400m High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer	100m Sprint 100m Hurdles 400m Hurdles 200m 400m 800m 1500m 3000m 3000m S/Chase 3000m Walk Relay 4x100m Relay 4x400m High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer

All Events below are available to Boys

12	13	14	15
60m Sprint 600m Relay 4x100m High Jump Long Jump Shot Put Turbo Javelin	80m Sprint 60m Hurdles 600m Relay 4x100m High Jump Long Jump Shot Put Javelin	80m Sprint 75m Hurdles 200m 800m 1500m 2000m Walk Relay 4x100m High Jump Long Jump Shot Put Javelin Discus Hammer	100m Sprint 80m Hurdles 250m Hurdles 200m 800m 1500m 2000m Walk Relay 4x100m High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer t
16	17	18	19
100m Sprint 100m Hurdles 250m Hurdles 200m 800m 1500m 3000m 3000m Walk Relay 4x100m High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer	100m Sprint 100m Hurdles 300m Hurdles 200m 400m 800m 1500m 3000m 2000m S/Chase 3000m Walk Relay 4x100m Relay 4x400m High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer	100m Sprint 110m Hurdles 400m Hurdles 200m 400m 800m 1500m 3000m 3000m S/Chase 5000m Walk Relay 4x100m Relay 4x400m High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer	100m Sprint 110m Hurdles 400m Hurdles 200m 400m 800m 1500m 3000m 3000m S/Chase 5000m Walk Relay 4x100m Relay 4x400m High Jump Long Jump Triple Jump Shot Put Pole Vault Javelin Discus Hammer

List of Events: B Championships

All Events below are available to Girls and Boys				
12	13	14	15	16
60m Sprint 600m	80m Sprint 600m	80m Sprint 800m	100m Sprint 800m	100m Sprint 800m
High Jump Long Jump Shot Put	High Jump Long Jump Shot Put	High Jump Long Jump Shot Put	High Jump Long Jump Shot Put	High Jump Long Jump Shot Put
Pentathlon Events available to Girls and Boys*				
14	15	Girls 16*	Boys 16*	
75m Hurdles 800m	80m Hurdles 800m	80m Hurdles 800m	100m Hurdles 800m	
High Jump Long Jump Shot Put	High Jump Long Jump Shot Put	High Jump Long Jump Shot Put	High Jump Long Jump Shot Put	
Children's Team Games Events available to Girls and Boys				
9	10	11		
60m Hurdles 300m	60m Hurdles 300m	60m Hurdles 300m		
Long Jump Turbo Javelin (300g)	Long Jump Turbo Javelin (300g)	Long Jump Turbo Javelin (300g)		
Multi Events				
<p>Heptathlon/Decathlon Youth Girls (17&18) Day 1: 100m Hurdles, 200m, High Jump, Shot Put Day 2: 800m, Long Jump, Javelin</p> <p>Youth Boys (17&18) Day 1: 100m, 400m, High Jump, Long Jump, Shot Put Day 2: 110m Hurdles, 1500m, Pole Vault, Javelin, Discus</p> <p>U19 Girls Day 1: 100m Hurdles, 200m, High Jump, Shot Put Day 2: 800m, Long Jump, Javelin</p> <p>Youth Boys (17&18) Day 1: 100m, 400m, High Jump, Long Jump, Shot Put Day 2: 110m Hurdles, 1500m, Pole Vault, Javelin, Discus</p>				

List of Regulations:

29. No Entries or change of Entries will be accepted on the day of Championship.
30. WA Rules apply.
- Individual Track & Field Championships for Boys and Girls aged 12-19.
 - Children's Team Events for Boys and Girls aged 9-11.
31. Club Singlets and shorts must be worn. (See Attire)
32. The first four (4) from each region to qualify for the National Championships except in the 600m where 3 qualify.
- Ages 12, 13, 14, 15 and 16 are limited to 3 events plus relay.
 - Ages 17, 18 and 19 are limited to 4 events plus relay.
 - All entries must come through the Regional Secretary.
33. Check in rules:
- All athletes must collect a competition number and check in for each event on that day
 - All athletes must check in a minimum of one (1) hour prior to their track event
 - Call room will be in operation for track events
 - Field event athletes will be called at least 15 minutes prior to event start time.
34. Warm Up Area rules (if allocated):
- Area is restricted for athletes only.
 - No spectators, no bags or gear to be left in the area.
 - Please respect other athletes especially when using equipment ie Hurdles.
35. Call Room Rules:
- Report to call room immediately your Track event is called. Field athletes to report directly to their event when called.
 - Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g.: earphones, notebooks, tablets, iPods, smart phones etc.) in the competition area. NOTE: The competition area starts at the assembly/call room.
 - No spectators, no bags or gear to be left in the area
36. Only 5mm Spikes may be used— this includes the High Jump. WA rules apply for footwear
37. Athletes U14 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used. Starting blocks are optional for U13, but all U12 must do a crouch start must be used. Below U12 age standing or crouch start is optional. The commands for all sprints are "on your marks" and "set"
38. WA False Start Rules apply.
- U16 upwards - first false start leads to disqualification.
 - U12, 13, 14, 15, One false start and all are on warning of next false start leading to disqualification.
 - Combined Events all age categories, one false start and all are on warning of next false start leading to disqualification.

39. An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where.
 - A final confirmation was given that the athlete would start in an event but then failed to participate.
 - An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4).
 - An athlete fails to provide a bona fide effort to compete in an event
 - The duration of the competition that this rule pertains to is defined as being consecutive days i.e., Friday, Saturday, and Sunday of a single weekend.
40. All Field Event Athletes must be technically proficient and competent in the event, in the interest of safety.
41. Warm up marks for field events should be completed where possible before the time schedule.
42. Individual Championships: All athletes will be allowed 3 trials at field events, the top 8 athletes will be allowed a further 3 trials, except for high jump and pole vault.
43. Turbo Javelin rules and format are as javelin competition. 3 individual throws per athlete. Top 8 to final.
44. Where a heat is listed and if insufficient competitors check in a FINAL will be held at heat time.
45. 600, 800m and 1500m:
 - If 15 or less check in, at the discretion of the track referee, a FINAL will be held at heat time.
46. 1500m heats and finals can be scheduled for the same day of competition.
47. Race Walking: A Penalty Zone will be in use for the Championships, an athlete will be required to enter the zone and remain there for 30 seconds once they have received 3 Red Cards. If an athlete receives a third Red Card and it is no longer practicable to direct them to the Penalty Zone before the end of the race, the Referee shall add the 30 seconds to their finishing time.
48. 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 date
49. An athlete must inform the Chief Judge when leaving the competition area.
50. Athletes must leave the arena when their event is complete.
51. Winning athletes must report for medal presentation 20 minutes after their event where possible or when called from the Public Address System
52. Coaches and parents are not allowed on the track at any time
53. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified
54. Regional Competition Secretaries must be available for queries on days of competition. Please have respect for the stadium and its environs and adhere to all rules of the arena.
Please do not leave your personal belongings unattended.
55. Steeplechase
2000m; 18 hurdles & 5 water jumps, start on arc before finish line, 1st hurdle is on back straight (hurdle 3 of a full lap)

3000m; 28 hurdles & 7 water jumps, start on arc before 200m mark, first hurdle after
finish line (hurdle 1 of a full lap)
No water jump until past the finish line on the first lap

Relays: Excluding U9-U11

- An athlete may move up one age group
- U16 may NOT compete in 4 x 400m Relays.
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age, except for 17, 18, 19 age groups where all athletes may move up one age group.
- Minimum break of 45 minutes for 4 x 100m and 90 minutes for 4 x 400m relays.
- Athletes may compete in a maximum of 3 relays teams on the day.
- Subs must be present for medal presentation.
- Three (3) teams per county per age group, Teams qualify from the County.
- Entries must be made online via the County Secretary
- All team names, registration numbers and DOB must be on entry sheets at closing date.
- Declaration sheets must be filled in on day of competition.
- Spot checks may take place.
- NOTE: Teams should be checked in 60 minutes prior to the start of each session as the competition
- Session start times can be moved forward by up to 45 minutes.

Relays: Inter Club U9-U11

- Three (3) teams per region per age group, teams qualify through the Region.
- Athletes may step up one (1) age group only and may compete in two (2) relays on the day **except U9 athletes must be born in year 2014**
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age
- Team names, DOB, registration numbers must be submitted with entry
- Declaration Sheets must be completed for each individual team.
- Spot checks may take place.
- 1st, 2nd, 3rd place will be determined as HEAT DECLARED WINNERS (i.e.: no finals for U9, U10, U11 age groups)

Combined Events:

- Entry is open, there are no qualifying criteria from the Regions.
- Entries are made online by the Club Secretaries.
- In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
- An athlete shall be disqualified in any event, in which he has made two false starts.
- An athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition. They shall not, therefore, figure in the final classification.
- The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.

Children's Games:

- Two (2) athletes per team.
- Each athlete may compete in two events only, *with the same or two different partners*.
- Athletes compete in their own age group (**U9 must be born 2014**)
- Each teams combined distances or combined times are added for team scoring.
- Medals for 1st, 2nd, 3rd team members in each event.
- Three (3) teams per event per region, qualifying through Regional/Provincial Secretary.
- U9, 10 Long Jump competition, athletes may jump anywhere from the sand. U11 Long Jump competition is from the board. 3 Jumps only per athlete.
- Turbo Javelin throw as per javelin throw (tip must hit ground), one throw per athlete per round with the throw measured to where tip first touches ground.
- 60m, 300m, 500m, 600m are on times - no finals.
- Standing or crouch start is optional. The standing start command for all sprints are "on your marks" and "set"
- Persistent false starts may lead to disqualification.
- No entry or change of entry on the day of competition (In the event of *one* team member being unable to attend they may be replaced by a reserve member)
- Club singlets must be worn – no tracksuits.
- The Committee reserve the right to alter the timetable.
- Relays are not part of the scoring for team competition.
- Clubs with more than one team per age group **MUST** declare the members of each team at check-in. Failure to do this will mean the teams will be scored as entered.

B Championships:

- Any athlete who competed in the Regional Championships but DID NOT qualify for the National 'A' Championships in ANY event is eligible to compete in this event.
- All entries online through club secretaries.
- Athletes may compete in 2 events only.
- Athletes must compete in their own age group.
- All Field Event Athletes must be technically proficient in the event, in the interest of safety.

Timetables:

2nd July 2022, Children’s Games:

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.

Track Events:		
10:00am	80m	
Heats	Girls & Boys	U13
	60m	
	Girls & Boys	U12
	Girls & Boys	U9
	Girls & Boys	U10
	Girls & Boys	U11
	80m	
FINAL	Girls & Boys	U12/U13
1:00pm	300m-600m	
	Girls & Boys	U9 (300m)
	Girls & Boys	U10 (500m)
	Girls & Boys	U11 (600m)
	Girls & Boys	U12 (600m)
2:30pm	Relays	
	Girls & Boys	U13 (4X100m)
	Girls & Boys	U12 (4x100m)
	Girls & Boys	U (4x100m)
	Girls & Boys	U9 (4x100m)
	Girls & Boys	U10 (4x100m)
FINAL	Girls & Boys	U12/U13

Field Events:		
10:00am–2:00 pm	Long Jump	
10:00am	Girls	11 (Pit1)
	Boys	U11 (Pit2)
11:15am	Girls	U9 (Pit 1)
	Boys	U9 (Pit 2)
12:30pm	Girls	U12 (Pit 1)
	Boys	U12 (Pit 2)
2pm	Girls	U10 (Pit 1)
	Boys	U10 (Pit 2)
3pm	Girls	U13 (Pit 1)
	Boys	U13 (Pit 2)
10:00am-1pm	Turbo Javelin (TJ)	
10:00am	Girls	U9 (TJ 1)
	Boys	U9 (TJ 2)
11:00am	Girls	U10 (TJ 1)
	Boys	U10 (TJ 2)
12:00pm	Girls	U11(TJ 1)
	Boys	U11(TJ 2)
1pm	Girls	U12 (TJ 1)
	Boys	U12 (TJ 2)
10:00am–2:30pm	High Jump	
10:00am	Boys	U12
11:30am	Girls	U13
1pm	Boys	U13
2:30pm	Girls	U12
10:00am-11:00am	Shot Put	
10:00am	Girls	U12
11:00am	Boys	U12
12:00pm	Girls	U13
1pm	Boys	U13

3rd July 2022 Juvenile Track & Field Championships: Day 1

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.

Track Events:		
10:00am	Hurdles	
60m	Girls U13	2'3" 68.6cm
60m	Boys U13	2'3" 68.6cm
75m	Girls U14	2'3" 68.6cm
75m	Boys U14	2'6" 76.2cm
80m	Girls U15	2'6" 76.2cm
80m	Girls U16	2'6" 76.2cm
80m	Boys U15	2'9" 84.0cm
100m	Girls U17	2'6" 76.2cm
100m	Girls U18	2'6" 76.2cm
100m	Boys U16	2'9" 84.0cm
100m	Girls U19	2'9" 84.0cm
100m	Boys U17	3'0" 91.4cm
110m	Boys U18	3'0" 91.4cm
110m	Boys U19	3'0" 91.4cm
Check in Closes 9:15am Finals will be held after if heats required		
1:00pm	600m-800m	Heats
600m	Girls & Boys U13	
800m	Girls & Boys U14	
800m	Girls & Boys U15	
800m	Girls & Boys U16	
800m	Girls & Boys U17	
800m	Girls & Boys U18	
800m	Girls & Boys U19	
Check in Closes 12pm Finals will be held at 4:30pm		
3:00pm	Steeplechase	Finals
2000m	Girls U17	2'6" (76.2cm)
2000m	Girls U18	2'6" (76.2cm)
3000m	Girls U19	2'6" (76.2cm)
2000m	Boys U17	2'9" (84.0cm)
3000m	Boys U18	2'9" (84.0cm)
3000m	Boys U19	3'0" (91.4cm)
Check In Closes 1:30pm		
4:30pm	600m-800m	Finals

Field Events:		
10:00am – 3pm	Discus	
10:00am	Boys	U18
11:30am	Girls	U18
1:30pm	Boys	U15
3pm	Girls	U15
10:00am – 3pm	Hammer	
10:00am	Girls	U17
11:30am	Boys	U17
1:30pm	Girls	U14
3pm	Boy	U14
10:00am – 3pm	High Jump	
10:00am	Girls	U14
11:30am	Girls	U16
1:30pm	Girls	U15
3pm	Boys	U15
10:00am – 4pm	Javelin	
10:00am	Boys	U14
11:30am	Girls	U14
1:30pm	Boys	U13
3pm	Girls	U17
4pm	Girls	U13
10:00am – 3pm	Long Jump	
10:00am	Girls	U17
11:30am	Boys	U17
1:30pm	Boys	U16
3pm	Girls	U16
10:00am – 3pm	Shot Put	
10:00am	Girls	U19
11:30am	Boys	U19
1:30pm	Girls	U16
3pm	Boys	U16
10:00am – 1:30pm	Triple Jump	
10:00am	Boys	U15
11:30am	Girls	U19
1:30pm	Girls	U18

9th July 2022 Juvenile Track & Field Championships: Day 2

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.

Track Events:		
10:00am	Walks	Finals
2000m	Girls U14-U16	
3000m	Girls U17-19	
Check in Closes 9:15am		
11:15am	400m	Heats
	Girls	17, 18, 19
	Boys	17, 18, 19
Check in Closes 10:30am Finals will be held at 1:30pm		
12:00pm	Walks	Finals
2000m	Boys U14-U15	
3000m	Boys U16-U17	
5000m	Boys U18-U19	
Check In Closes 11:15am		
1:30pm	400m	Finals
1:45pm	60m-100m	Heats
80m	Girls & Boys U14	
100m	Girls & Boys U15	
100m	Girls & Boys U16	
100m	Girls & Boys U17	
100m	Girls & Boys U18	
100m	Girls & Boys U19	
Check in Closes 12:15pm Finals will be held at 5:00pm		
3:45pm	3000m	Finals
	Boys U16-U19	
	Girls U16-U19	
Check in Closes 14:30pm		
5:00pm	Sprint	Finals

Field Events:		
10:00am-3pm	Discus	
10:00am	Boys	U17
11:30am	Girls	U17
1:30pm	Boys	U14
3pm	Girls	U14
10:00am – 3pm	Hammer	
10:00am	Girls	U19
11:00am	Boys	U19
12:00pm	Girls	U16
1:30pm	Boys	U16
10:00am – 3pm	High Jump	
10:00am	Boys	U16
11:30am	Boys	U17
1:30pm	Boys	U18
3pm	Boys	U19
10:00am – 4pm	Javelin	
10:00am	Girls	U16
11:30am	Girls	U19
1:30pm	Boys	U16
3pm	Boys	U17
4pm	Boys	U19
10:00am – 3pm	Long Jump	
10:00am	Girls	U19
11:30pm	Girls	U18
1:30pm	Boys	U14
3pm	Boys	U15
10:00am – 3pm	Shot Put	
10:00am	Girls	U18
11:30am	Boys	U18
1:30pm	Boys	U15
3pm	Girls	U15
10:00am – 1:30 pm	Triple Jump	
10:00am	Boys	U18
11:30am	Boys	U19
1:30pm	Girls	U17
10:00am – 1:30 pm	Pole Vault	
10:00am	Girls	15-16
1:30pm	Girls	17-19

10th July 2022 Juvenile Track & Field Championships: Day 3

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.

Track Events:		
10:00am	200m	Heats
	Girls & Boys U14	
	Girls & Boys U15	
	Girls & Boys U16	
	Girls & Boys U17	
	Girls & Boys U18	
	Girls & Boys U19	
Check in Closes 9:15am Finals will be held at heat time if required		
11:30am	1500m	Heats
	Girls & Boys U14	
	Girls & Boys U15	
	Girls & Boys U16	
	Girls & Boys U17	
	Girls & Boys U18	
	Girls & Boys U19	
Check in Closes 10:30am Finals will be held at heat time if required		
1:30pm	200m	Finals
2:30pm	Hurdles	Heats
250m	Girls U15	2'3" 68.6cm
250m	Girls U16	2'3" 68.6cm
250m	Boys U15	2'6" 76.2cm
250m	Boys U6	2'6" 76.2cm
300m	Girls U17	2'6" 76.2cm
300m	Boys U17	2'6" 76.2cm
400m	Girls U18	2'6" 76.2cm
400m	Girls U19	2'6" 76.2cm
400m	Boys U18	2'9" 84.0cm
400m	Boys U19	3'0" 91.4cm
Check in Closes 1:00pm Finals will be held at heat time if required		
4:00pm	1500m	Finals

Field Events:		
10:00am-3pm	Discus	
10:00am	Boys	U19
11:30am	Girls	U19
1:30pm	Boys	U16
3pm	Girls	U16
10:00am-3pm	Hammer	
10:00am	Girls	U18
11:30am	Boys	U18
1:30pm	Girls	U15
3pm	Boys	U15
10:00am – 3pm	High Jump	
10:00am	Boys	U14
11:30am	Girls	U17
1:30pm	Girls	U18
3pm	Girls	U19
10:00am – 3pm	Javelin	
10:00am	Girls	U15
11:30am	Girls	U18
1:30pm	Boys	U15
3pm	Boys	U18
10:00am – 3pm	Long Jump	
10:00am	Boys	U18
11:30am	Boys	U19
1:30pm	Girls	U15
3pm	Girls	U14
10:00am – 3pm	Shot Put	
10:00am	Girls	U17
11:30am	Boys	U17
1:30pm	Girls	U14
3pm	Boys	U14
10:00am – 1:30 pm	Triple Jump	
10:00am	Boys	U17
11:30am	Girls	U16
1:30pm	Boys	U16
10:00am – 1:30 pm	Pole Vault	
10:00am	Boys	15-16
1:30pm	Boys	17-19

16th July 2022 Juvenile Track & Field B Championships & Inter Club Relays

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.

Track Events:		
10:00am	60m-100m	Heats
60m	Girls & Boys U12	
80m	Girls & Boys U13	
80m	Girls & Boys U14	
100m	Girls & Boys U15	
100m	Girls & Boys U16	
Finals to be Held in the SAME ORDER		
12noon	Relays	Heats
4x400m	Girls & Boys U18	
4x100m	Girls & Boys U15	
4x100m	Girls & Boys U17	
4x100m	Girls & Boys U19	
Finals to be Held in the SAME ORDER		
2:30pm	600m – 800m	Heats
600m	Girls & Boys U12	
600m	Girls & Boys U13	
800m	Girls & Boys U14	
800m	Girls & Boys U15	
800m	Girls & Boys U16	
Heat Declared Winners		
4:00pm	Relays	Finals
4x400m	Girls U17 & U19	
4x100m	Girls U14	
4x100m	Boys U14	
4x100m	Girls U16	
4x100m	Boys U16	
4x100m	Girls U18	
4x100m	Boys U18	

Field Events:		
10:00am	Shot Put	
	Girls	U15 & U16
	Boys	U15 & U16
	Girls	U14
	Boys	U14
	Girls	U13
	Boys	U13
	Girls	U12
	Boys	U13
10:15am	Long Jump	
Pit 1	Girls	U12-16
Pit 2	Boys	U12-16
10:00am	High Jump	
	Girls	U13
	Boys	U13
	Girls	U12
	Boys	U12
	Girls	U15 & U16
	Boys	U15 & U16
	Girls	U14
	Boys	U14

NOTE: U14, U15, U16 PENTATHLON WILL TAKE PLACE ON Sunday 24th July

Section 5: Cross Country Championships:

List of Competitions:

Date	Competition	Location	Notes
22 nd January 2022	Celtic Games International	Belfast	
13 th February 2022	Juvenile B Cross Country	Fermoy Cork	Start: 11:30am Entry Fee: €5 Individual Late Fee €10 €15 Club Team Late Fee €22.50 €20 County Team Late Fee €30 Closing Date 3 rd February Entries: Online Club Secretaries
13 th February 2022	Juvenile B Cross Country	Fermoy Cork	Start: 12:30am Entry Fee: €10 Team Late Fee: €20 Team Closing Date 3 rd February Entries: Online Club Secretaries
15 th October 2022	Juvenile Inter Club Relays	Abbottstown Dublin	Start: 1:00pm Entry Fee: €15 Team Late Fee: €20 Team Closing Date 5 th October Entries: Online Club Secretaries
20 th November 2022	Juvenile "A" Championships Even Ages	TBC	Start: 11:30am Entry Fee: €5 Individual/€15 Team/ €20 County Team/ €25 Regional Late Fee: €10 Individual/€22.50 Team €30 County Team/ €37.50 Regional Closing Date: 10 th November Entries: Online Regional Secretary
4 th December 2022	Juvenile "A" Championships Uneven Ages	TBC	Start: 11:30am Entry Fee: €5 Individual/€15 Team/ €20 County Team/ €25 Regional Late Fee: €10 Individual/€22.50 Team €30 County Team/ €37.50 Regional Closing Date: 24 th November Entries: Online Regional Secretary

List of Events:

<u>All Distances below are available to Girls</u>					
Age Category	11	12	13	14	15
A Cross County Distance	1500m	2000m	2500m	3000m	3500m
B Cross Country Distance	1000m		1500m		2500m
Inter Club Relay Distance	4x500m		4x500m		4x1000m
Age Category	16	17	18	19	
A Cross County Distance	4000m	4000m	4000m	4000m	
B Cross County Distance		3000m			
<u>All Distances below are available to Boys</u>					
Age Category	11	12	13	14	15
A Cross County Distance	1500m	2000m	2500m	3000m	3500m
B Cross Country Distance	1000m		1500m		2500m
Inter Club Relay Distance	4x500m		4x500m		4x1000m
Age Category	16	17	18	19	
A Cross County Distance	4000m	5000m	6000m	6000m	
B Cross County Distance		3000m			

List of Regulations:

55. WA Rules apply.

- Athletes may move up one age group.
- All entries through Regional Secretaries
- Regional Secretaries must forward a copy of the regional results to Head Office

56. Teams:

- Province, 12 athletes to run with 6 to score
- County, 10 athletes to run with 6 to score
- Club, 6 athletes to run with 4 to score
- NOTE: U19 Girls Club, 6 athletes to run with 3 to score
- Spot Checks will be undertaken
- First four (4) club teams in the 11-19 age group all must have competed in the Provincial/Regional CrossCountry Championships.
- Three (3) teams from each Munster, Ulster, Connaught, 4 from Leinster and 1 Team from the Region of Dublin qualify for County Teams.
- In the 17-19 age groups individual open entry will apply provided the athlete has entered in the Provincial/Regional Cross Country Championships. Open entries must be with National at closing date for competition, entries through Provincial Secretary only.
- U18 Athletes can enter both U18 and Junior race and score on Club and County teams in both age categories as long as they are entered in both age groups. U18 athletes are considered for the Junior Euro Cross team based on their finishing position in the race.
- Athletes must be registered
- Pacing of athletes will mean disqualification. Please inform club officials and parents.
- Only athletes declared on the team sheets will score.
- It is strongly recommended that all athletes wear the correct footwear. No earphones should be worn at any time in call area or competition.

57. Medals

- First 12 Individuals
- First 3 Regional, County and Club Teams, 6 medals awarded.
- Juvenile "B" Championships open to athletes who have not received an Individual, Regional, County or Club Cross Country medal at the National Championships.
- All athletes must be registered. (2021 Ages apply for February Competition)
- All competing athletes **must** be entered online either by their club or county whether competing as an individual or on a team.
- Club teams; 6 to run, 4 to score.
- County teams, 10 to run, 6 to score.
- To score, a county team must be entered online by the County Secretary, they may choose to enter individual athletes' names or allow the result to be determined by the first 6 county athletes across the line who have all been entered by their own clubs.

58. Inter Club Relays

- All athletes must be registered (21 Ages Apply for February Competition).
- 2022 Ages for Autumn Competition as per Congress 2021
- Club singlets must be worn.

- No Entries on the day of competition
- All teams must be pre-entered online by Club Secretaries, Clubs may enter more than one team in each age group.
- First three teams receive medals; a sub must be declared and present on the day to receive medal.

Motions