



JUVENILE
COMPETITION
BOOKLET
2023

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Chairperson's Address:

On behalf of the Juvenile Committee of Athletics Ireland, I welcome you all to the 2023 program of events and look forward to a successful year ahead. It was gratifying to be able to facilitate a full schedule of Juvenile events in 2022 following the curtailment of competition during the Covid-19 pandemic and it was great to see the athletes and their families enjoying our events. We would like to thank parents, club officials and young athletes for their continuous support of our great sport.

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.

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 for their financial support, which we greatly appreciate.

While it has always been a busy calendar on the domestic scene, 2022 proved to be even more congested as we had International events including the Celtic Cross Country in Belfast last January, the u18 European Championships in Jerusalem where Fintan Dewhirst of Tir Chonaill AC took home the Silver medal in the 400m Hurdles and the u17 EYOF in Slovenia during July 2022 where Sean Cronin, Clonliffe AC won the Bronze medal in the 1500m. In August group of 43 Juvenile athletes travelled to the England AAA Championships in Bedford with outstanding results.

We look forward to the u17 EYOF in Slovenia again this year July 24th - 29th, details of selection for this event can be found on the High Performance section on the AAI website.

I wish to thank the AAI Competitions Department for all the work done in the office to coordinate the logistics for all events and welcome Ger Stewart to her new role as Director of Competition.

Thanks to all the members of the Juvenile Committee for their help and most importantly their contribution to the efficient running of the programme 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 2023

Yours in sport

Chair – Juvenile Committee

Juvenile Committee:

Title	Name	Contact Number	Email Address
Chairperson	Ms Amanda Hynes	085 8883383	hynes245@hotmail.com
Deputy Chairperson	Ms Catriona Duffy	087 2192511	catriona.athleticsleinster@gmail.com
Leinster Rep & Secretary	Mr Martin Heery	086 8564160	mjheery@yahoo.com
Connacht Rep & T&F Indoor Secretary	Ms Anne McHugh	087 2355103	annebmchugh@gmail.com
T&F Outdoor Secretary	Ms Catriona Duffy	087 2192511	catriona.athleticsleinster@gmail.com
Cross-Country Secretary	Mr Mark Connolly	+ 44 780 976 4733	mark.athletics@gmail.com
	Mr David Murphy	086 839 0705	davidmurf@gmail.com
	Ms Niamh Fitzgerald	086 1946322	athleticsniamhfitzgerald@gmail.com
	Mr Pat Whelan	086 0602700	patrickwhelan74@gmail.com
Munster Rep	Mr PJ O'Rourke	087 2788511	patrickjohnorourke@hotmail.com
Ulster Rep	Mr Tom Thompson	087 3412655	tom.dglcomp@gmail.com
Co-Optee	Mr Greg Duggan	087 2838329	gjduggan@eircom.net
Children's Officer	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	2015
Under 10	2014
Under 11	2013
Under 12	2012
Under 13	2011
Under 14	2010
Under 15	2009
Under 16	2008
Under 17	2007
Under 18	2006
Under 19	2005

Notices:

This Booklet is subject to change.

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 20 minutes of the completion of the event/posting of the result.
- 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 20 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, three of whom will sit during the appeal.
- Advice will be obtained from a member of the Technical Committee when and if required.
- 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 approved and authorised photographers. These are available on application from the Meet Director or Child Welfare Officer prior to the start of the first event of that day's program.

Attire

- Official club singlets must be worn in all national competitions unless unattached, when a plain white vest or tee shirt is acceptable.
- Appropriate footwear must be worn at all National competitions.
- National Apparel is to be worn only when representing Ireland at International Competition. No athlete should be 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	35.00m	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

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

Steeplechase

Girls 17	2000m	2'6" (76.2cm)
Girls 18	2000m	2'6" (76.2cm)
Girls 19	3000m	2'6" (76.2cm)
Boys 17	2000m	2'9" (84.0cm)
Boys 18	3000m	2'9" (84.0cm)
Boys 19	3000m	3'0" (91.4cm)

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

High Jump Intervals

Age Category	Opening Ht.	Condition	Combined Events Opening Height*
Girls U12	1.05m	Up by 5cm to 1.35m thereafter by 3cm	
Girls U13	1.10m	Up by 5cm to 1.40m thereafter by 3cm	
Girls U14	1.15m	up by 5cm to 1.45m thereafter by 3cm	1.15m
Girls U15	1.20m	up by 5cm to 1.50m thereafter by 3cm	1.20m
Girls U16	1.25m	up by 5cm to 1.55m thereafter by 3cm	1.25m
Girls U17	1.30m	up by 5cm to 1.60m thereafter by 3cm	
Girls U18	1.35m	up by 5cm to 1.60m thereafter by 3cm	
Girls U19	1.35m	up by 5cm to 1.60m thereafter by 3cm	
Age Category	Opening Ht.	Condition	
Boys U12	1.05m	Up by 5cm to 1.35m thereafter by 3cm	
Boys U13	1.15m	Up by 5cm to 1.45m thereafter by 3cm	
Boys U14	1.25m	up by 5cm to 1.55m thereafter by 3cm	1.25m
Boys U15	1.30m	up by 5cm to 1.60m thereafter by 3cm	1.30m
Boys U16	1.40m	up by 5cm to 1.70m thereafter by 3cm	1.40m
Boys U17	1.40m	up by 5cm to 1.75m thereafter by 3cm	
Boys U18	1.50m	up by 5cm to 1.80m thereafter by 3cm	
Boys U19	1.55m	up by 5cm to 1.80m thereafter by 3cm	

*In Combined Events (Indoors and Outdoors) all U14-U16 athletes will be allowed to jump **three trials** at their chosen opening height, thereafter it will go to the official competition Opening height for that age group.

The first five heights from the official opening height will increase in 6cm increments and then in 3cm increments thereafter.

Pole Vault

Age Category	Start Point	Condition
Girls U15	1.50m	up by 15cm to 2.10m thereafter by 10cm
Girls U16	1.50m	up by 15cm to 2.10m thereafter by 10cm
Girls U17	1.50m	up by 15cm to 2.65m thereafter by 10cm
Girls U18	1.50m	up by 15cm to 2.65m thereafter by 10cm
Girls U19	1.50m	up by 15cm to 2.65m thereafter by 10cm
Boys U15	2.15m	up by 15cm to 2.30m thereafter by 10cm
Boys U16	2.30m	up by 15cm to 2.45m thereafter by 10cm
Boys U17	2.30m	up by 15cm to 2.45m thereafter by 10cm
Boys U18	2.30m	up by 15cm to 2.45m thereafter by 10cm
Boys U19	2.30m	up by 15cm to 3.05m thereafter by 10cm

Section 3: Indoor Season:

List of Competitions:

Date	Competition	Location	Notes
21st/22nd January 2023	Juvenile Indoor Combined Events Day 1 & 2	TUS, Athlone	Start: 10am Entry Fee: €10 Closing Date 11 th Jan Entries: Club Secretaries
25th March 2023	Juvenile Indoor Championships, Relays & Field Events (Day 1)	TUS, Athlone	Start: 10am Entry Fee: €5 Event/€10 Relay Team Closing Date 15 th March Entries: Regional Secretary
1 st April 2023	Juvenile Indoor Championships (Day 2)	TUS, Athlone	Start: 10am Entry Fee: €5 Event/€10 Relay Team Closing Date 22nd March Entries: Regional Secretary
2 nd April 2023	Juvenile Indoor Championships (Day 3)	TUS, Athlone	Start: 10am Entry Fee: €5 Event/€10 Relay Team Closing Date 22nd 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: Indoors

1. No entries or change of entries will be accepted on the day of the Championship. Individual Track & Field Championships for Boys and Girls ages 12-19.
2. Club Singlets and single colour shorts must be worn. Appropriate footwear must be worn for all events. (See Attire in Section 1 Policies)
3. The first four (4) from each region qualify for the National Championships, **except in the 600m** where three (3) qualify. **Athletes must qualify in the Region to which their club is affiliated. No substitutions will be allowed.**
4. Direct Entry: 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**
5. An athlete may compete in three individual events plus the relay
6. Athletes are confined to their own age group (except for relays, see Relay Rules)
7. All entries must come through the Regional Secretary, a copy of the Regional results must be sent to the AAI office.

8. Check In Rules:

- Each athlete **must collect their own number and check-in for their event**/events.
- All athletes must collect a competition number and check in for **each** event on that day, if competing across both days of a weekend or qualifying for a final on day 2 you must **re-register** for that event. The same bib number will be kept for day 2 (or 3 if the competition commences on Friday)
- All athletes must check in a **minimum** of one (1) hour prior to their track event
- Call room will be in operation for both track and field events
- **Personal Equipment:** Implements must be checked in a minimum of 60 minutes prior to the start time of each event.

9. 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.

10. Call Room Rules:

- Track athletes report to call room immediately their event is called. Field athletes to report 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, this includes all Field Events.
- NOTE: The competition area starts at the assembly/call room or entry to each Field Event.
- No spectators, no bags or gear to be left in the area

11. ONLY 5mm spikes may be used– this includes the High Jump. WA rules apply for footwear.

12. High Jump; a ticket will be presented to **one** coach/spectator for each athlete allowing them access to the area adjacent to the track for the duration of that competition only.

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. Middle Distance:

- i) 600m, if 11 or less check in, at the discretion of the track referee, a FINAL will be held at heat time, if more than 11 check in the winners will be declared from the heat times, there will be no final.
- ii) 800m, if 11 or less check in, at the discretion of the track referee, a FINAL will be held at heat time, if more than 11 check in there will be heats and finals.
- iii) 1500m, if 15 or less check in, at the discretion of the track referee, a FINAL will be held at heat time. If more than 15 check in the athletes will be placed into two heats as follows; Heat 1= 3rd and 4th place regional qualifiers and ALL Direct Entries. Heat 2= 1st and 2nd place regional qualifiers. The winners will be taken from the fastest times across the two heats.

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

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

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

23. Winning field athletes go to medal presentation with the lead official on the conclusion of their event.

24. 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

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

26. Relay Competition:

- Relay teams qualify from region, three (3) teams per region per age category, teams must compete in order to qualify.
- Athletes may compete in TWO (2) relays on the day.
- An athlete may move up one age group, however, for all U12-U17 relays at least 2 members of a competing relay team, participating in each round of that event on that day must be of the correct age.
- U17 and U18 age groups, all athletes may move up one age group, n.b., only 2 U16 athletes may compete on an U17 team.
- If a sub is present on the day and declared, medal will be presented
- 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

27. 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:

25th March 2023, Juvenile Indoor Championships Relays & Field Events (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.

<u>Inter-Club Relays</u>				
<u>Check in closes 9.30 a.m. for 13 and 15, 10.00 a.m. for 17 and 19</u>				
Call room in operation for all track events, 20 mins prior to each event				
10.30 a.m.	Girls	13	4 x 200m	FINALS (Heat Declared Winners)
	Boys	13	4 x 200m	FINALS (Heat Declared Winners)
	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
<u>FINALS OF ABOVE</u>				
<u>Check in closes 12.30 p.m. for 12 and 14, 12.00 p.m. for 16 and 18</u>				
1.30 p.m.	Girls	12	4 x 200m	FINALS (Heat Declared Winners)
	Boys	12	4 x 200m	FINALS (Heat Declared Winners)
	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
<u>FINALS OF ABOVE</u>				
<u>Field Events</u>				
<u>Check in Closes 1 hour prior to the start of each event</u>				
Shot Put				
10:00 am	Boys	17	(5kg)	
10:45 am	Girls	19	(4kg)	
11:30 pm	Boys	18	(5kg)	
12:45 pm	Girls	18	(3kg)	
1:30 pm	Boys	19	(6kg)	
2:15 pm	Girls	17	(3kg)	
Triple Jump				
10:00 am	Girls	18		
11.00 am	Boys	18		
12.00 pm	Girls	19		
1.00 pm	Boys	19		

1st April 2023, Juvenile Indoor 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.

Check in closes 9.00 am (1500m)

10.00 a.m.

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

Check in closes 10.00am (400m)

10.55 a.m.

Girls & Boys	17	400m Heats
Girls & Boys	18	400m Heats
Girls & Boys	19	400m Heats

400m/1500m FINALS WILL BE HELD AT HEAT TIME IF HEATS ARE NOT REQUIRED

Check in closes 10.30 am for Boys (Walk)

11.45 am

Boys	16	1500m Walk
Boys	17	1500m Walk
Boys	18	1500m Walk
Boys	19	1500m Walk
Boys	14	1000m Walk
Boys	15	1000m Walk

NOTE: THERE WILL BE A BREAK ON THE TRACK AFTER THE BOYS WALK

Check in closes 11.30 am for Girls (Walk)

1.00 pm

Girls	14	1000m Walk
Girls	15	1000m Walk
Girls	16	1500m Walk
Girls	17	1500m Walk
Girls	18	1500m Walk
Girls	19	1500m Walk

2.00 p.m. Finals 400m

Check in closes 1.30 p.m. (60m)

2.30 pm

Girls & Boys	12	60m Heats
Girls & Boys	13	60m Heats
Girls & Boys	14	60m Heats
Girls & Boys	15	60m Heats
Girls & Boys	16	60m Heats
Girls & Boys	17	60m Heats
Girls & Boys	18	60m Heats
Girls & Boys	19	60m Heats

FINALS 60m SPRINTS

Check in Closes 1 hour prior to each start time

Long Jump

10.00 a.m.	Girls	12	(Pit 1)
	Boys	12	(Pit 2)
11.15 a.m.	Girls	13	(Pit 1)
	Boys	13	(Pit 2)
1.00 p.m.	Girls	16	(Pit 1)
2.15 pm	Girls	17	(Pit 1)
3.30 pm	Girls	18	(Pit 1)
3.00 pm	Girls	19	(Pit 2)

High Jump

10.00 a.m.	Girls	15	(Mat 1)	
	Boys	15	(Mat 2)	Middle
11.30 a.m.	Girls	14	(Mat 1)	
	Boys	14	(Mat 2)	Middle
1.30 p.m.	Girls	18+19	(Mat 1)	
3.00 p.m.	Girls	12	(Mat 1)	
	Boys	12	(Mat 2)	Edge

coach access by sticker only

Shot Put

10.00 a.m.	Girls	14	(2k)
11.00 a.m.	Boys	14	(2.72k)
12.00 p.m.	Girls	12	(2k)
1.30 p.m.	Boys	12	(2k)
2.30 p.m.	Boys	15	(3k)

Triple Jump

1.00 pm	Boys	16	(Pit 2)
2.00 pm	Boys	17	(Pit 2)

Pole Vault (warm up at 10:00/12:30)

11.00 a.m.	Boys	15-16
1.30 pm	Boys	17-19

2nd April 2023, Juvenile Indoor 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.

Check in closes 9.00 a.m (200m)

10.00 a.m

Girls & Boys	16	200m Heats
Girls & Boys	17	200m Heats
Girls & Boys	18	200m Heats
Girls & Boys	19	200m Heats

Check in closes 10.00 a.m (600m/800m)

11.15 p.m.

Girls & Boys	12	600m Final	on times
Girls & Boys	13	600m Final	on times
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	

200m/800m FINALS WILL BE HELD AT HEAT TIME IF HEATS ARE NOT REQUIRED

NOTE: THERE WILL BE A BREAK ON THE TRACK AFTER THE 800m HEATS

1.45 p.m. 200m Finals

Check in closes 1.15pm (Hurdles)

2.15 p.m.

Girls	13	60m Hur Heats	2'3"
Boys	13	60m Hur Heats	2'3"
Girls	14	60m Hur Heats	2'3"
Boys	14	60m Hur Heats	2'6"
Girls	15	60m Hur Heats	2'6"
Girls	16	60m Hur Heats	2'6"
Girls	17	60m Hur Heats	2'6"
Girls	18	60m Hur Heats	2'6"
Boys	15	60m Hur Heats	2'9"
Boys	16	60m Hur Heats	2'9"
Girls	19	60m Hur Heats	2'9"
Boys	17	60m Hur Heats	3'0"
Boys	18	60m Hur Heats	3'0"
Boys	19	60m Hur Heats	3'3"

FINALS 800m & HURDLES

Check in Closes 1 hour prior to each start time

Long Jump

10.00 a.m.	Girls	14	(Pit 1)
	Boys	14	(Pit 2)
11.15 a.m.	Boys	15	(Pit 1)
	Girls	15	(Pit 2)
1.00 p.m.	Boys	16	(Pit 1)
2.15 pm	Boys	17	(Pit 1)
3.30 pm	Boys	18	(Pit 1)
3.00 pm	Boys	19	(Pit 2)

High Jump

10.00 a.m.	Girls	17	(Mat 1)	
	Boys	18+19	(Mat 2)	Middle
11.30 pm	Boys	13	(Mat 1)	
	Boys	16	(Mat 2)	Middle
1.00 pm	Boys	17	(Mat 2)	Middle
1.30 p.m.	Girls	13	(Mat 1)	
3.00 p.m.	Girls	16	(Mat 1)	

Shot Put

10.00 a.m.	Girls	15	(3k)
11.00 a.m.	Girls	16	(3k)
12.00 p.m.	Girls	13	(2k)
1.30 p.m.	Boys	13	(2k)
2.30 p.m.	Boys	16	(4k)

Triple Jump

1.00pm	Girls	16	(Pit 2)
4.00pm	Girls	17	(Pit 2)

Pole Vault (warm up at 10:00/12:30)

11.00 a.m.	Girls	15-16
1.30 pm	Girls	17-19

Section 4: Outdoor Season:

List of Competitions:

Date	Competition	Location	Notes
26 th March 2023	Spring Throws (non- Championship)	TBC	Start: 10am Closing Date 15 th March Entries: Club Secretaries
1st July 2023	Children’s Team Games (9-11), U12 & U13 Championships and Relays	Tullamore	Start: 10am Entry Fee: €10/Team Entry Fee: €5/Ind Closing Date 21st June Entries: Regional Secretary U12 & U13 Relays; County Secretary
8th July 2023	Juvenile Outdoor Championships Day 1	Tullamore	Start: 10am Entry Fee: €5 Event Closing Date 28th June Entries: Regional Secretary
9 th July 2023	Juvenile Inter Club Relays 14-19	Tullamore	Start: 12pm Entry Fee: €10/Team Closing Date 28 th June Entries: County Secretaries
9th July 2023	Juvenile “B” Championships	Tullamore	Start: 10am Entry Fee: €5 event Closing Date 28 th June Entries: Club Secretaries
22 nd July 2023	Juvenile Outdoor Championships Day 2	Tullamore	Start: 10am Entry Fee: €5/ event Closing Date 12 th July Entries: Regional Secretary
23rd July 2023	Juvenile Outdoor Championships Day 3	Tullamore	Start: 10am Entry Fee: €5 Event Closing Date 12 th July Entries: Regional Secretary
15 th /16th July 2023	Combined Events Day 1 & Day 2	Tullamore	Start: 10am Entry Fee: €10 Closing Date 5 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
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 300m	60m 500m	60m 600m		
Long Jump Turbo Javelin (300g)	Long Jump Turbo Javelin (300g)	Long Jump Turbo Javelin (300g)		
Multi Events				
<p>Heptathlon/Decathlon</p> <p>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>U19 Boys Day 1: 100m, 400m, High Jump, Long Jump, Shot Put Day 2: 110m Hurdles, 1500m, Pole Vault, Javelin, Discus</p>				

List of Regulations: Outdoor T&F

1. Individual Track & Field Championships for Boys and Girls aged 12-19.
Children's Team Games for Boys and Girls aged 9-11.
2. Club Singlets and single colour shorts must be worn. Appropriate footwear must be worn for all events. (See Attire in Section 1 Policies)
3. The first four (4) athletes from each region qualify for the National Championships except in the 600m where three (3) qualify. **No substitutions will be allowed.**
4. 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.
5. Direct Entry: 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
6. All entries must come through the Regional Secretary, a copy of the Regional results should be send to the AAI office.

7. Check In Rules:

- Each athlete **must collect their own number** and check-in for their event.
- All athletes must collect a competition number and check in for **each** event on that day, if competing across both days of a weekend or qualifying for a final on day 2 you must **re-register** for that event. The same bib number will be kept for day 2.
- 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
- **Personal Equipment:** Implements must be checked in a minimum of 90 minutes prior to the start time of each event.

8. Warm Up Area Rules: (if allocated)

- 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.

9. Call Room Rules:

- Call room is in operation for both Track and field athletes; report to call room immediately the event is 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

10. ONLY 5mm spikes may be used– including High Jump. WA rules apply for footwear.

11. 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"

12. 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.

13. 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.

14. 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.

15. Turbo Javelin rules and format are as javelin competition. 3 individual throws per athlete. Top 8 to final.

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

17. Middle Distance:

iv) 600m, if 15 or less check in, at the discretion of the track referee, a FINAL will be held at heat time, if more than 15 check in then the winners will be declared from the heat times, there will be no final.

v) 800m, if 15 or less check in, at the discretion of the track referee, a FINAL will be held at heat time, if more than 15 check in then there will be heats and finals.

vi) 1500m, if 15 or less check in, at the discretion of the track referee, a FINAL will be held at heat time. If more than 15 check in then the athletes will be placed into two heats as follows; Heat 1= 3rd and 4th place regional qualifiers and ALL Direct Entries. Heat 2= 1st and 2nd place regional qualifiers

18. **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.

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

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

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

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

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

24. 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.

Relays: (Excluding U9-U11)

- Qualification: Three (3) teams per county per age group, Teams qualify from the County.
- Entries must be made online via the County Secretary
- 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 each round of 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** relay teams on the day.
- A sub must be present for medal presentation.
- 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 of the competition
- Session start times can be moved forward by up to 45 minutes.
- For U12 and U13, 1st, 2nd and 3rd place will be determined as HEAT DECLARED WINNERS, no finals.

Relays: Inter Club U9-U11

- Qualification: 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 who must be born in year 2015**
- 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, 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:

- Qualification: Three (3) teams qualify per Region per age group.
- 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 2015)**
- Each teams combined distances or combined times are added for team scoring.
- Medals for 1st, 2nd and 3rd teams (2 medals) in each event.
- In the U9 and 10 Long Jump competition, no board will be used and the athlete must take off before the edge of the pit. 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"
- The start command for 300m is "on your marks", no set.
- Persistent false starts may lead to disqualification.
- No entry or change of entry on the day of competition. Athletes qualify as a pair from their Region and must compete as this pair. In the event of a pair being unable to attend the Games the next Regional qualifier is entitled to attend provided they are entered online by the Regional secretary before the closing date. In the event of illness on the day ONE athlete of the pair may be substituted.
- 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:

- An athlete who **DID NOT** qualify for the National 'A' Championships in **ANY** event is eligible to compete in the B Championships.
- An athlete does not have to enter or compete in the Regional Championships to be eligible.
- 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:

1st July 2023, Children’s Games, U12/13 Championships:

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.

Check-in closes 9.15 am (Sprints)

10.00 am

Girls	13	80m Heats
Boys	13	80m Heats
Girls	12	60m Heats
Boys	12	60m Heats
Girls	9	60m
Boys	9	60m
Girls	10	60m
Boys	10	60m
Girls	11	60m
Boys	11	60m
FINALS 12/13 60/80m		

Check in Closes 1 hour prior to each start time

Long Jump

10.00 a.m.	Girls	11	(Pit 1)
	Boys	11	(Pit 2)
11.00 a.m.	Girls	9	(Pit 1)
	Boys	9	(Pit 2)
12.00 pm	Girls	12	(Pit 1)
	Boys	12	(Pit 1)
2.00 pm	Girls	10	(Pit 1)
	Boys	10	(Pit 2)
3.00 pm	Girls	13	(Pit 1)
	Boys	13	(Pit 2)

Check-in closes 12.00 pm (Middle Distance)*

1.00 pm

Girls	12	600m
Boys	12	600m
Girls	13	600m
Boys	13	600m
Girls	11	600m
Boys	11	600m
Girls	9	300m
Boys	9	300m
Girls	10	500m
Boys	10	500m

Turbo Javelin/Javelin

10.00 a.m.	Girls	9	(Area 1)
	Boys	9	(Area 2)
11.00 a.m.	Girls	10	(Area 1)
	Boys	10	(Area 2)
12.00 pm	Girls	13	(Area 1)
	Boys	13	(Area 2)
2.00 pm	Girls	12	(Area 1)
	Boys	12	(Area 2)
3.00 pm	Girls	11	(Area 1)
	Boys	11	(Area 2)

Check-in closes 1.30 pm (Relays)*

2.30 pm

Girls	12	4x100m
Boys	12	4x100m
Girls	11	4x100m
Boys	11	4x100m
Girls	13	4x100m
Boys	13	4x100m
Girls	9	4x100m
Boys	9	4x100m
Girls	10	4x100m
Boys	10	4x100m

High Jump

10.00 am	Boys	12
11.30 am	Girls	13
1.00 pm	Boys	13
2.30 pm	Girls	12

Shot Put

10.00 am	Girls	13
11.00 am	Boys	13
12.00 pm	Boys	12
1.00 pm	Girls	12

*** 1st, 2nd and 3rd place will be determined as Heat Declared Winners, ie No Finals**

8th July 2023 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.

Check in closes 9.15 a.m. (Hurdles)

10.00 a.m.

Girls	13	60m H	2'3"	68.6cm
Boys	13	60m H	2'3"	68.6cm
Girls	14	75m H	2'3"	68.6cm
Boys	14	75m H	2'6"	76.2cm
Girls	15	80m H	2'6"	76.2cm
Girls	16	80m H	2'6"	76.2cm
Boys	15	80m H	2'9"	84.0cm
Girls	17	100m H	2'6"	76.2cm
Girls	18	100m H	2'6"	76.2cm
Boys	16	100m H	2'9"	84.0cm
Girls	19	100m H	2'9"	84.0cm
Boys	17	100m H	3'0"	91.4cm
Boys	18	110m H	3'0"	91.4cm
Boys	19	110m H	3'3"	99.0cm

Finals to be held at heat time if heats not required

HURDLE FINALS

Check in closes 12.00 p.m. 600m/800m

1.00 pm

Girls	14	800m	H
Boys	14	800m	H
Girls	15	800m	H
Boys	15	800m	H
Girls	16	800m	H
Boys	16	800m	H
Girls	17	800m	H
Boys	17	800m	H
Girls	18	800m	H
Boys	18	800m	H
Girls	19	800m	H
Boys	19	800m	H

Finals to be held at heat time if heats not required

Check in closes 1.30 p.m. Steeplechase

3.00 pm

Girls	17	2000 S/C (2'6")	Final
Girls	18	2000 S/C	Final
Girls	19	3000 S/C	Final
Boys	17	2000 S/C (2'9")	Final
Boys	18/19	3000 S/C (3'0")	Final

4.30 pm 800m FINALS

Check in Closes 1 hour prior to each start time

Discus

10.00 am	15	Girls
11.30 am	18	Boys
1.30 pm	15	Boys
3.00 pm	18	Girls

Hammer

10.00 am	14	Girls
11.30 am	19	Boys
1.30 pm	14	Boys
3.00 pm	19	Girls

Shot Put

10.00 am	14	Boys
11.30 am	19	Girls
1.30 pm	14	Girls
3.00 pm	19	Boys

Javelin

10.00 am	15	Boys
11.30 am	18	Girls
1.30 pm	15	Girls
3.00 pm	18	Boys

Long Jump

10.00 am	18	Boys
11.30 am	15	Girls
1.30 pm	19	Girls
3.00 pm	15	Boys

Triple Jump

10.00 am	19	Girls
11.30 am	15	Boys
1.30 pm	18	Boys

High Jump

10.00 am	18	Girls
11.30 am	18	Boys
1.30 pm	19	Boys
3.00 pm	19	Girls

22nd July 2023 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.

Check in closes 9.15 a.m. Girls Walks

10.00 a.m.

Girls	17	3000m Walk Final
Girls	18	3000m Walk Final
Girls	19	3000m Walk Final
Girls	14	2000m Walk Final
Girls	15	2000m Walk Final
Girls	16	2000m Walk Final

Check in closes 10.30 a.m. 400m

11.15 a.m.

Girls	17	400m Heats
Boys	17	400m Heats
Girls	18	400m Heats
Boys	18	400m Heats
Girls	19	400m Heats
Boys	19	400m Heats

Check in closes 11.15 a.m. Boys Walks

12:00 p.m.

Boys	14	2000m Walks Finals
Boys	15	2000m Walks Finals
Boys	16	3000m Walks Finals
Boys	17	3000m Walks Finals
Boys	18	5000m Walks Finals
Boys	19	5000m Walks Finals

1.30 p.m. 400m Finals

Check in closes 12:30 p.m. Sprints

1.45 p.m.

Girls	14	80m Heats
Boys	14	80m Heats
Girls	15	100m Heats
Boys	15	100m Heats
Girls	16	100m Heats
Boys	16	100m Heats
Girls	17	100m Heats
Boys	17	100m Heats
Girls	18	100m Heats
Boys	18	100m Heats
Girls	19	100m Heats
Boys	19	100m Heats

Check in closes 3.00 p.m. 3000m

3.45 p.m.

Girls	16	3000m Final
Boys	16	3000m Final
Girls	17	3000m Final
Boys	17	3000m Final
Girls	18	3000m Final
Boys	18	3000m Final
Girls	19	3000m Final
Boys	19	3000m Final

5.00 pm. Sprint Finals

Check in Closes 1 hour prior to each start time

		Discus	
10.00 am	14		Girls
11.30 am	19		Boys
1.30 pm	14		Boys
3.00 pm	19		Girls

		Hammer	
10.00 am	16		Girls
11.30 am	17		Boys
1.30 pm	16		Boys
3.00 pm	17		Girls

		Shot Put	
10.00 am	16		Boys
11.30 am	17		Girls
1.30 pm	16		Girls
3.00 pm	17		Boys

		Javelin	
10.00 am	14		Boys
11.30 am	19		Girls
1.30 pm	14		Girls
3.00 pm	19		Boys

		Long Jump	
10.00 am	17		Boys
11.30 am	16		Boys
1.30 pm	14		Girls
3.00 pm	14		Boys

		Triple Jump	
10.00 am			
11.30 am			
1.30 pm	17		Boys
3.00 pm	16		Boys

		High Jump	
10.00 am	14		Girls
11.30 am	14		Boys
1.30 pm	15		Girls
3.00 pm	16		Girls

		Pole Vault	
10.00 am	15		Girls
	16		Girls
2.00 pm	17		Girls
	18		Girls
	19		Girls

23rd July 2023 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.

Check-in closes 9.15 am 200m

10.00 a.m.

Girls	14	200m Heats
Boys	14	200m Heats
Girls	15	200m Heats
Boys	15	200m Heats
Girls	16	200m Heats
Boys	16	200m Heats
Girls	17	200m Heats
Boys	17	200m Heats
Girls	18	200m Heats
Boys	18	200m Heats
Girls	19	200m Heats
Boys	19	200m Heats

Finals to be held at heat time if heats not required

Check in closes 10.30 a.m. 1500m

11:30 a.m.

All timed heats/finals

Girls	14	1500m
Boys	14	1500m
Girls	15	1500m
Boys	15	1500m
Girls	16	1500m
Boys	16	1500m
Girls	17	1500m
Boys	17	1500m
Girls	18	1500m
Boys	18	1500m
Girls	19	1500m
Boys	19	1500m

1.30 pm 200m Finals

Check in closes 1.00 p.m. Hurdles

2.30 p.m.

Girls	15	250m Hurdles	2'3" 68.6cm
Girls	16	250m Hurdles	2'3" 68.6cm
Boys	15	250m Hurdles	2'6" 76.2cm
Boys	16	250m Hurdles	2'6" 76.2cm
Girls	17	300m Hurdles	2'6" 76.2cm
Boys	17	300m Hurdles	2'6" 76.2cm
Girls	18	400m Hurdles	2'6" 76.2cm
Girls	19	400m Hurdles	2'6" 76.2cm
Boys	18	400m Hurdles	2'9" 84.0cm
Boys	19	400m Hurdles	3'0" 91.4cm

Finals to be held at heat time if heats not required

HURDLE FINALS IN SAME ORDER

Check in Closes 1 hour prior to each start time

Discus

10.00 am	17	Girls
11.30 am	16	Boys
1.30 pm	17	Boys
3.00 pm	16	Girls

Hammer

10.00 am	15	Girls
11.30 am	18	Boys
1.30 pm	15	Boys
3.00 pm	18	Girls

Shot Put

10.00 am	15	Boys
11.30 am	18	Girls
1.30 pm	15	Girls
3.00 pm	18	Boys

Javelin

10.00 am	17	Boys
11.30 am	16	Girls
1.30 pm	17	Girls
3.00 pm	16	Boys

Long Jump

10.00 am	16	Girls
11.30 am	17	Girls
1.30 pm	18	Girls
3.00 pm	19	Boys

Triple Jump

10.00 am	19	Boys
11.30 am	18	Girls
1.30 pm	16	Girls
3.00 pm	17	Girls

High Jump

10.00 am	17	Girls
11.30 am	17	Boys
1.30 pm	15	Boys
3.00 pm	16	Boys

Pole Vault

10.00 am	15	Boys
	16	Boys
2.00 pm	17	Boys
	18	Boys
	19	Boys

Section 5: Cross Country Championships:

List of Competitions:

Date	Competition	Location	Notes
12 th February 2023	Juvenile B Cross Country	Gowran, Kilkenny	Start: 11:30am Entry Fee: €5 Individual €15 Club Team €20 County Team Closing Date 1st February Entries: Online Club Secretaries
15 th October 2023	Juvenile Inter Club Relays	Abbottstown Dublin	Start: 1:00pm Entry Fee: €15 Team Closing Date 4 th October Entries: Online Club Secretaries
19th November 2023	Juvenile "A" Championships Even Ages	TBC	Start: 11:30am Entry Fee: €5 Individual €15 Club Team €20 County Team €25 Regional Closing Date: 8 th November Entries: Online Regional/County/Club Secretaries
3rd December 2023	Juvenile "A" Championships Uneven Ages	TBC	Start: 11:30am Entry Fee: €5 Individual €15 Club Team €20 County Team €25 Regional Closing Date: 22nd November Entries: Online Regional/County/Club Secretaries

List of Events:

All Distances below are available to Girls					
Age Category	11	12	13	14	15
A Cross Country 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 Country Distance	4000m	4500m*	5000m*	5000m*	
B Cross Country Distance		3000m			
All Distances below are available to Boys					
Age Category	11	12	13	14	15
A Cross Country 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 Country Distance	4000m	4500m*	5000m*	5000m*	
B Cross Country Distance		3000m			
Inter Club Mixed Relay		4x500m		4x500m	

*Please note that Distances have yet to be finalised for U17, U18 and U19

List of Regulations:

1. WA Rules apply.

- Club singlets and appropriate footwear must be worn.
- Athletes may move up one age group, U10 may run U11 Cross Country.
- All entries must be approved by the Regional Secretaries
- Regional Secretaries must forward a copy of the regional results to Head Office

2. Qualifiers:

- Top 12 from each Region
- **First four (4) club teams** in the 11-19 age group, all must qualify from the Regional Cross Country Championships.
- Three (3) teams each from 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 Regional Cross Country Championships. There is no open entry for Club or County Juvenile teams. Open entries must be with National at closing date for competition, entries through Regional Secretary only.

3. 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** Province, 12 athletes to run with 6 to score
County, 8 athletes to run with 4 to score
Club, 6 athletes to run with 3 to score
- 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.
- Spot Checks will be undertaken
- No electronic devices are allowed at any time in the call up area or competition.

4. Medals:

- First 12 Individuals
- First 3 Regional, County and Club Teams, 6 medals awarded.

5. B Championships:

- Juvenile "B" Championships are open to athletes **who have not received** an Individual, Regional, County or Club Cross Country medal at the National 'A' Championships.
- All athletes must be registered in 2023. (2022 Ages apply for February Comp)
- 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, 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.
- **NOTE:** *in order to get a race number every athlete must be entered with their name, either by their club or their county, even if on an undeclared County team.*

6. Inter Club Relays

- 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.
- Athletes may move up one age group, U10 may run U11 Cross Country.
- Mixed Relay: 2 girls and 2 boys, may run in any order.
- An athlete can only take part in ONE relay team on the day.
- First three teams receive medals; a sub (one) must be declared and present on the day to receive medal.
- Club singlets and appropriate footwear must be worn.
- There will be a 20m changeover zone with the passing of a baton.

Section 6: Juvenile Indoor Championship Records:

JUVENILE INDOOR CHAMPIONSHIP RECORDS

Girls Under 12

60m	8.30	Niamh Foley	St. Mary's (Limerick)	2013
600m	1.44.38	Saoirse Fitzgerald	Lucan Harriers	2018
High Jump	1.42	Caoimhe McGonagle	Rosses	2022
Long Jump	4.47	Sophie Meridith	St. Mary's (Limerick)	2012
Shot Put (2k)	10.20	Megan Lenihan	North Cork	2014
4x200m	1:59.73		Ferrybank	2023
4x100m	56.43		Dooneen	2013
300m	47.6H	Laura Milner	Celtic	2000

Boys under 12

60m	8.24	Nkemjika Onwumereh	Metro St Brigids	2015
600m	1.40.37	Thomas Bolton	Metro St Brigids	2017
High Jump	1.40	Jack Murphy	Leevale A.C.	2009
High Jump	1.40	Ryan Onoh	Leevale A.C.	2019
Long Jump	4.75	Ryan Onoh	Leevale A.C.	2019
Shot Put (2k)	10.61	Andrew Nolan	Lough Ree	2023
4x200m	1:54.79		Leevale A.C.	2019
4x100m	54.78		Dooneen	2017
300m	45.9H	Eoin Hannon	Ballyskenach	2000

Girls under 13

60m	8.02	Niamh Foley	St. Mary's (Limerick)	2014
60m	8.02	Sabia Doyle	Menapians	2015
600m	1.38.23	Corrine Kenny	St Lawrence O'Toole	2014
60m Hurdles	9.58	Niamh Foley	St. Mary's (Limerick)	2014
High Jump	1.51	Holly Meridith	St. Mary's (Limerick)	2014
High Jump	1.51	Siún Quinn	Brothers Pearse	2019
Long Jump	5.18	Sophie Meridith	St. Mary's (Limerick)	2013
Shot Put (2k)	12.79	Megan Lenihan	North Cork	2015
4x100m	53.81		Galway City Harriers	2015
4x200m	1.59.4		Inbhear Dee	2000
300m	46.42	Laura Scanlon	Metro St Brigids	2000

Boys under 13

60m	7.84	Shane Gevero	Cabinteely	2016
600m	1:37.69	Jonah Quinn	St Cronans	2023
60m Hurdles	9.26	John Cashman	Leevale	2018
High Jump	1.65	Kyle Ettoh	Leevale	2017
Long Jump	5.11	Kyle Ettoh	Leevale	2017
Shot Put (2k)	14.51	James Kelly	Finn Valley	2012
4x200m	1:53.58		South Galway	2023
4x100m	53.16		Galway City Hrs	2011
300m	43.00	Gary Dunphy	St Pauls	2000

Girls under 14

60m Hurdles	9.00	Molly Scott	St Lawrence O'Toole	2012
60m	7.85	Katie Monteith	City of Lisburn	2016
800m	2:15.97	Freya Renton	Westport	2023

Walk 1000m	4:47.97	Sarah Mulvanney-Kelly	North Leitrim	2022
High Jump	1.63	Caitriona Farrell	Craughwell	2005
High Jump	1.63	Cara Ryan	Clonmel	2023
Long Jump	5.39	Sophie Meridith	St. Mary's (Limerick)	2014
Shot Put (2k)	14.64	Aoibhin McMahon	Blackrick (Louth)	2016
4x200m	1:48.57		Dooneen	2022
Combined Events	3201	Sophie Meridith	St. Mary's (Limerick)	2014
60m	7.8 H	Susan Larkin	Dom Savio	1994
Walk 1000m	4.45.9 H	Ann O'Malley	Bilboa	1996
Boys under 14				
60m Hurdles	8.82	John Cashman	Leevale	2019
60m	7.47	Shane Gevero	Cabinteely	2017
800m	2:09.92	Robert Gleeson	Newbridge	2023
Walk 1000m	4.46.8 H	Christopher Dalton	Hacketstown	2000
High Jump	1.68	Mark Rogers	St. Peter's A.C.	2009
Long Jump	5.83	Danny Kelly	Belgooly	2017
Shot Putt (2.72k)	15.38	James Kelly	Finn Valley A.C.	2013
4x200m	1.47.07		Portmarnock	2015
Combined Events	2892	Harry Nevin	Leevale	2017
1000m	2.56.1 H	Patrick Holbrook	St. Josephs	1996
Walk 1000m	4.45.9 H	Seamus O'Donnell	St. Fionas	1994
Girls under 15				
60m Hurdles	8.78	Ella Scott	Leevale	2018
60m	7.60	Ann O'Shea	Ferrybank A.C.	2009
800m	2.13.16	Emma Moore	Galway City Harriers	2018
Walk 1000m	4.29.04	Kate Veale	West Waterford	2008
High Jump	1.66	Ciara Kennelly	Kilarny Valley	2016
Long Jump	5.49	Ciara Giles Doran	Ferrybank A.C.	2009
Pole Vault	2.60	Ava Rochford	Ennis TC	2019
Shot Putt (2.72k)	14.18	Casey Mulvey	Inny Vale	2017
4x200m	1.46.55		Dooneen	2023
Combined Events	3204	Hannah Falvey	Belgooly	2020
1000m	2.59.9 H	Emer O'Shea	St. Michaels	1995
Long Jump	5.50	Ciara Kearns	Celbridge	1998
Boys under 15				
60m Hurdles	8.60 (ET)	Harry Nevin	Leevale	2018
60m Hurdles	8.5H	Daniel Ryan	Moycarkey Coolcroe	2013
60m	7.26	Michael Farrelly	Portmanock	2016
800m	2.03.85	Shane Fitzsimons	Mullingar hrs.	2009
Walk 1000m	4:05.43	Mathew Newell	Clare River Harriers	2022
High Jump	1.86	Jason Harvey	Lagan Valley	2005
Long Jump	6.14	Daniel Ryan	Moycarkey Coolcroe	2013
Pole Vault	2.91	James Rochford	Ennis Track	2022
Shot Putt (3k)	16.32	Karlis Kaugars	Dunleer	2019
4x200m	1.40.92		St Lawrence O'Tooles	2014
Combined Events	3349	Harry Nevin	Leevale	2018
1000m	2.43.8 H	Thomas McKeown	West Wicklow	1996
60m	7.2 H	Darragh Graham	Inbhear Dee	1998
Shot Putt (3.25k)	16.78	James Kelly	Finn Valley	2014

Girls under 16

60m Hurdles	8.6H	Molly Scott	St Lawrence O'Toole	2014
60m	7.67	Rhasidat Adeleke	Tallaght	2017
200m	24.46	Rhasidat Adeleke	Tallaght	2017
800m	2.13.01	Victoria Lightbody	City of Lisburn	2019
1500m	4.28.76	Aimee Hayde	Newport	2018
Walk 1500m	6.46.54	Emily McHugh	Naas	2017
High Jump	1.73	Aisling Croke	Doneen A.C.	2010
Long Jump	5.74	Sarah Mc Carthy	Fingallians	2010
Triple Jump	10.05	Clodagh Donohoe	Nenagh Olympic	2022
Pole Vault	3.00	Una Brice	Leevale	2019
Shot Putt (3k)	14.67	Casey Mulvey	Inny Vale	2018
4x200m	1.43.93	Ferrybank		2009
Combined Events	3551	Elizabeth Morland	Cushinstown	2013
Shot Putt (3.25k)	12.15	Kathleen Fitzgearld	Leevale	2002

Boys under 16

60m Hurdles	8.14	Daniel Ryan	Moycarkey Coolcroe	2014
60m	7.09	Joseph Ojemumi	Tallaght	2012
60m	7.09	David Murphy	Gowran	2015
200m	22.85	Jack O'Connor	St Michaels	2023
800m	1.58.03	Aaron McGlynn	Finn Valley	2015
1500m	4.08.80	Declan O'Connell	Craughwell	2023
Walk 1500m	6.24.78	Matthew Newell	Tuam	2023
High Jump	1.93	Jason Harvey	Ballymena Antrim	2006
Long Jump	6.58	Daniel Ryan	Moycarkey Coolcroe	2014
Triple Jump	13.02	Michael Kent	DMP	2022
Pole Vault	3.70	James Rochford	Nenagh Olympic	2023
Shot Putt (4k)	17.60	James Kelly	Finn Valley	2015
4x200m	1.35.21		Leevale	2017
Combined Events	3687	Daniel Ryan	Moycarkey Coolcroe	2014
1500m	4.07.8 H	James Nolan	Ferbane	1992

Girls under 17

60m Hurdles	8.50	Megan Maars	City of Lisburn	2013
60m	7.43	Rhasidat Adeleke	Tallaght	2018
200m	23.98	Rhasidat Adeleke	Tallaght	2018
400m	56.78	Saoirse Fitzgerald	Lucan Harriers	2023
800m	2.12.50	Elizabeth McWilliams	Ballymena & Antrim	2003
1500m	4:36.70	Clodagh Gill	Moy Valley	2023
Walk 1500m	6.18.54	Kate Veale	West Waterford	2010
High Jump	1.76	Elizabeth Morland	Cushinstown	2014
Long Jump	5.76	Ciara Kearns	Celbridge	2000
Triple Jump	10.95	Siun Quinn	Brothers Pearse	2023
Pole Vault	3.25	Emma Coffey	Carraig-Na-Bhfear	2017
Shot Put (3k)	15.08	Micheala Walsh	Swinford	2014
4x200m	1:42.12		Ratoath	2022
Combined Events	3877	Kate O'Connor	Dundalk St Gerards	2016
Shot Putt	13.91	Claire Fitzgerald	Tralee Hrs	2007

Boys under 17

60m Hurdles	8.14	Daniel Ryan	Moycarkey Coolcroe	2015
60m	6.98	Israel Olutunde	Dundealgan	2018
200m	21.97	Aaron Sexton	North Down	2016

400m	50.68	Leigh O'Brien	Celbridge	2023
800m	1.52.67	Cian McPhillips	Longford	2018
1500m	3.57.28	Cian McPhillips	Longford	2018
Walk 1500m	6.07.00	Gearoid McMahon	Shannon	2016
High Jump	1.98	Ryan Carthy Walshe	Adamstown	2015
Long Jump	6.78	Daniel Ryan	Moycarkey Coolcroo	2015
Triple Jump	12.21	Daniel Quirke	Greystones & District	2022
Pole Vault	4.20	Michael Kent	DMP	2023
Shot Putt (5k)	16.09	James Kelly	Finn Valley	2016
4x200m	1.33.16		Leevale	2014
Combined Events	4601	Michael Kent	DMP	2023
60m Hurdles	8.1 H	Timothy Flannery	Nenagh Olympic	1998
60m	6.9 H	David Nolan	Bray Striders	1994
400m	51.04 H	David McCarthy	Celbridge	2000
1500m	4.00.73H	Gareth Turnbull	St. Malachy's	1995
Long Jump	6.83	Richard Phelan	Carrick on Suir	1997
Girls under 18				
60m Hurdles	8.33	Molly Scott	St Lawrence O'Toole	2016
60m	7.42	Molly Scott	St Lawrence O'Toole	2016
200m	24.09	Rhasidat Adeleke	Tallaght	2019
400m	55.54	Davica Patterson	Beechmount Har	2017
800m	2:10.67	Zoie Richie	Rathfarnham WSAF	2023
1500m	4:31.02	Nicole Dinan	Leevale	2023
Walk 1500m	6.07.67	Kate Veale	West Waterford	2011
High Jump	1.75	Grainne Moggan	Bros Pearse	2007
High Jump	1.75	Sommer Lecky	Finn Valley	2017
High Jump	1.75	Katherine O'Connor	Dundalk St Gerards	2017
Long Jump	6.10	Kelly Proper	Ferrybank	2005
Triple Jump	11.86	Caoimhe King	Westport A.C.	2009
Pole Vault	3.45	Ava Rochford	Nenagh Olympic	2022
Shot Put (3k)	15.58	Micheala Walsh	Swinford	2015
4x200m	1.41.75		Ratoath	2023
Combined Events	3841	Anna McAuley (Youth)	City of Lisburn	2018
60m	7.5 H	Emily Maher	Kilkenny City Hrs	1996
300m	40.0H	Gemma Hynes	Galway City Hrs	2005
Shot Putt (3.25k)	13.17	Fionnuala Lombard	Leevale	2000
Boys under 18				
60m Hurdles	8.04	Andrew Creamer	Annalee	2012
60m	6.86	Jamie Moffatt	North Down	2023
200m	21.77	David McDonald	Menapians	2016
400m	49.59	John Fitzsimons	Kildare	2015
800m	1:52.38	Jack Kelly	Tallaght	2022
1500m	3.53.37	Shane Fitzsimons	Mullingar Harriers	2012
1500m Walk	6.11.90	Gearoid McMahon	Shannon	2017
High Jump	2.10	Donagh Mahon	Gowran	2014
Long Jump	6.83	Eoin O'Carroll	Tralee Harriers	2012
Triple Jump	13.96	Darren Prout	Carrick-on-Suir	2014
Pole Vault	4.00	Shane Martin	Ballymena & Antrim	2016
Shot Putt (5k)	18.11	John Kelly	Finn Valley	2013
4x200m	1.30.57	Tallaght		2014
Combined Events	3499	Brian Lynch (Youth)	Old Abbey	2018
800m	1.50.15H	James Nolan	Ferbane	1994

1500m Walk	5.59.9 H	Colin Griffin	Ballinamore	1999
Long Jump	7.70	Kevin Burke	Dooneen	1998

Girls under 19

60m Hurdles	8.44	Elizabeth Morland	Cushinstown	2016
60m	7.43	Lucy-May Sleeman	Leevale	2022
200m	24.24	Lucy-May Sleeman	Leevale	2022
400m	55.28	Jenna Bromell	Emerald	2015
800m	2:08.80	Maeve O'Neill	Doheny	2022
1500m	4.40.24	Shona O'Brien	Gneeveguilla	2018
Walk 1500m	6.12.49	Kate Veale	West Waterford	2012
High Jump	1.77	Catriona Farrell	Craughwell	2010
Long Jump	5.85	Elizabeth Morland	Cushinstown	2016
Triple Jump	12.29	Caoimhe King	Westport	2010
Pole Vault	3.50	Una Brice	Leevale	2022
Shot Putt (4k)	14.78	Michaela Walsh	Swinford	2016
4x200m	1:41.45		Ratoath	2023
Combined Events	4108	Kate O'Connor	Dundalk St Gerards	2018
60m	7.5 H	Ciara Sheehy	West Dublin	1998

Boys under 19

60m Hurdles	8.08	Adam Nolan	St Lawrence O'Toole	2022
60m	6.7 H	Marcus Lawlor	St Lawrence O'Toole	2013
200m	21.29	Marcus Lawlor	St Lawrence O'Toole	2013
400m	48.24	David Mannion	South Galway	2023
800m	1.52.54	Neil Culhane	Ace	2023
1500m	3.53.90	Shane Fitzsimons	Mullingar Harriers	2013
Walk	5.46.26	Colin Griffin	Ballinamore	2000
High Jump	2.10	Barry Pender	St. Abbans	2008
High Jump	2.10	Ryan Carthy Walshe	Adamstown	2017
Long Jump	7.09	Eoin Hannon	Tullamore Hrs	2007
Triple Jump	14.27	Jordan Hoang	Tullamore Hrs	2016
Pole Vault	4.36	Joshua Fitzgerald	Leevale	2023
Shot Putt (6k)	17.80	John Kelly	Finn Valley	2014
4x200m	1.31.02		Ratoath	2023
Combined Events	3362	Simon Doyle	St Lawrence O'Toole	2011
60m Hurdles	7.9 H	Alan Delaney	Castlerea	1998

Section 7: Juvenile Outdoor Championship Records:

Girls under 12

60m	8.29 (+0.3)	Niamh Foley	St Mary's AC (Limerick)	2013
600m	1.40.74	Aimee Wallace	Mullingar Harriers	2017
Turbo Javelin	31.9	Amy Whelan	Liscarroll	2015
High Jump	1.48	Ava Wilson	Bree	2022
Long Jump	4.82	Sophie Meredith	St Mary's AC (Limerick)	2012
Shot (2 kg)	11.39	Megan Leinhan	North Cork	2014
4x100m	55.31		Crookstown Millview A.C.	2018

Boys under 12

60m	8.14 (-1.1)	John Ikpotokin	St Michael's AC	2016
600m	1.37.75	Thomas Bolton	Metro St Brigids AC	2017
Turbo Javelin	35.13	Sam O'Shea	Star of the Luane AC	2023
Shot (2kg)	12.05	Andrew Nolan	Lough Ree	2023
High Jump	1.53	Kyle Ettoh	Leevale	2016
Long Jump	4.83	Ryan Onoh	Leevale	2019
4x100m	54.39		Dooneen	2015

Girls under 13

80m	10.15 (+0.7)	Sabia Doyle	Menapians	2015
600m	1.35.15	Corrine Kenny	St Lawrence O'Toole's AC	2014
60m Hurdles	9.52 (-0.5)	Laura Frawley	St Mary's AC (Limerick)	2016
Javelin (400g)	35.82	Megan Lenihan	North Cork	2015
Shot (2kg)	14.07	Aoibhinn McMahon	Blackrock (Louth)	2015
Long Jump	5.25 (+1.6)	Sophie Meredith	St Mary's AC (Limerick)	2013
High Jump	1.56	Ava Ailson	Bree	2023
4x100m	52.63		Galway City Harriers	2015

Boys under 13

80m	9.88	Shane Gevero	Cabinteely	2016
600m	1.35.21	Francis Doran	South Sligo AC	2019
60m Hurdles	9.41 (-0.3)	David Mc Donald	Menapians	2011
60m Hurdles	9.2 H	Garbhan McKenna	Glaslough Hrs	2008
Javelin (400g)	44.09	Blaine Lynch	Finn Valley	2018
Shot (2.72 kg)	15.58	Cian Crampton	Edenderry AC	2019
Long Jump	5.35	David Mc Donald	Menapians	2011
High Jump	1.58	John Fitzpatrick	Longford AC	2023
4x100m	52.06		Galway City Harriers	2011

Girls under 14

80m	10.02 (+0.5)	Niamh Foley	St Mary's (Limerick)	2015
200m	24.97 (-0.8)	Anne O'Shea	Ferrybank	2008
800m	2.13.86	Erinn Leavy	Dunleer AC	2019
1500m	04:38.2	Faye Mannion	Ennis Track Club	2022

2000m Walk	10:03.4	Sarah Mulvaney Kelly	North Leitrim	2022
75m Hurdles	11.25 (+1.6)	Seren O'Toole	Galway City Harriers	2015
Hammer (2.5kg)	46.59	Jade Williams	Shercock	2014
Javelin (400g)	41.73	Amy Whelan	Liscarroll	2017
Shot (2 kg)	15.16	Aoibhin McMahon	Blackrock (Louth)	2016
Discus (0.75 kg)	39.36	Megan Lenihan	North Cork	2016
Long Jump	5.27	Mila Clancy	Corran	2022
High Jump	1.62	Leona Byrne	St Lawrence O'Toole's AC	2000
4x100m Relay	51.41		St Lawrence O'Toole's AC	2014
Combined Events	3003	Ava Rochford	Ennis Track Club	2018
Boys under 14				
80m	9.49 (+1.4)	Matthew Buckley	Rataoth	2015
80m	9.4 H	Leighton Wilson	Ballymena/Antrim	2003
200m	24.11 (-0.2)	John Cashman	Leevale AC	2019
800m	2.07.26	Shane Fitzsimons	Mullingar Harriers	2008
1500m	4.22.87	Mustafa Nasir	Tallaght AC	2011
75m Hurdles	11.04 (+0.0)	Harry Nevin	Leevale	2017
2000m Walk	10.27.90	Liam McDonagh	Moycarkey Coolcree	2014
Discus (0.75 kg)	49.02	Jack Hallahan	Midleton AC	2013
Hammer (2.5kg)	59.12	Thomas Williams	Shercock AC	2021
Javelin (400g)	55.63	Karlis Kaugars	Dunleer	2018
Shot (2.72 kg)	15.52	James Kelly	Finn Valley	2013
Long Jump	5.81	Harry Nevin	Leevale	2017
High Jump	1.73	Jason Harvey	Campbell College	2004
4x100m Relay	49.92		Cabinteely	2017
Combined Events	3246	Finn O'Neill	City of Derry Spartans	2018
Girls under 15				
100m	12.10 (+0.8)	Patience Jumbo-Gula	Dundalk St Gerards	2015
200m	25.18 (-0.1)	Niamh Foley	St Mary's A.C. (Limerick)	2016
800m	2.11.98	Emma Moore	Galway City Harriers	2018
1500m	04:35.5	Emily Bolton	Donore Harriers	2022
2000m Walk	9.37.0	Kate Veale	West Waterford A.C.	2008
80m Hurdles	11.54	Kate McGowan	Tir Chonaill	2011
250m Hurdles	34.9	Miriam Daly	Carrick-on-Suir	2015
Hammer (2.5kg)	53.21	Jade Williams	Shercock	2015
Javelin (400g)	42.41	Aoibhin McMahon	Blackrock (Louth)	2017
Shot (2.72 kg)	13.93	Ciara Sheehy	Liscarroll	2016
Discus (0.75kg)	42.52	Megan Lenihan	North Cork AC	2017
High Jump	1.68	Tara O'Connor	Dundalk St Gerards	2021
Long Jump	5.85	Sophie Meredith	St Mary's A.C. (Limerick)	2015
Pole Vault	2.71	Maeve Corkery	Midleton	2022
4x100m Relay	49.98		Ferrybank	2003
Combined Events	3426	Sophie Meredith	St Mary's A.C. (Limerick)	2015

Boys under 15

100m	11.42 (+1.7)	Michael Farrelly	Portmarnock	2016
200m	22.88 (+1.1)	Glory Wenegieme	Belgooly	2018
800m	1.59.12	Aaron McGlynn	Finn Valley A.C.	2014
1500m	4.16.47	James Maguire	Dundrum South Dublin	2014
2000m Walk	08:36.9	Matthew Newell	Tuam	2022
80m Hurdles	11.31 (+0.9)	Daniel Ryan	Moycarkey Coolcroo	2013
250m Hurdles	33.28	Harry Nevin	Leevale	2018
Hammer (3kg)	70.21	Thomas Williams	Shercock	2022
Shot (3kg)	16.95	Liam Shaw	Athenry	2019
Discus (1kg)	56.53	Cian Crampton	Edenderry AC	2021
Javelin (500g)	56.78	Tadhg O'Muirtaigh	Dunboyne	2017
Long Jump	6.18	Timothy Harrington	Courcies	2005
Long Jump	6.18	David McDonald	Menapians	2013
High Jump	1.88	Conor Penny	Craughwell	2022
Pole Vault	3.60	James Rochford	Nenagh Olympic	2022
Triple Jump	12.12	Timothy Harrington	Courcies	2005
4x100m Relay	46.54		Leevale	2016
Combined Events	3886	Finn O'Neill	City of Derry Spartans	2019

Girls under 16

100m	11.98 (+0.0)	Rhasidat Adeleke	Tallaght	2017
200m	24.93 (+1.4)	Niamh Whelan	Ferrybank A.C.	2005
800m	2.11.63	Aimee Hayde	Newport	2018
1500m	4.30.91	Aimee Hayde	Newport	2018
3000m	10:20.3	Julie Cleary	Donore Harriers	2022
2000m Walk	8.38.73	Kate Veale	West Waterford A.C.	2009
80m Hurdles	11.47 (+2.0)	Elizabeth Morland	Cushinstown	2013
250m Hurdles	34.25	Ciara Giles Doran	Ferrybank A.C.	2010
Discus (1 kg)	39.71	Kayleigh Cronin	Spa Muckcross	2011
Javelin (500g)	44.71	Enya Silkena	Dundalk St Gerards	2022
Shot Put (3k)	14.14	Aoibhin McMahon	Blackrock (Louth)	2018
Shot Put (3.25k)	12.3			2006
Hammer (3k)	54.33	Jade Williams	Shercock	2016
Hammer (3.25k)	56.34	Rachel Akers	East Clare	2000
Triple Jump	10.64 (+1.0)	Ellen McNally	Greystones & District	2018
High Jump	1.73	Tara O'Connor	Dundalk St Gerards	2022
Long Jump	5.96 (-0.8)	Laura Frawley	St Mary's (Limerick) AC	2019
Pole Vault	3.16	Una Brice	Leevale AC	2019
4x100m Relay	49.4		Galway City Hrs	2003
Combined Events	3512	Kate O'Connor	Dundalk St Gerards	2015

Boys under 16

100m	11.13 (+0.4)	Michael Farrelly	Portmarnock	2017
200m	22.67 (-0.7)	David Murphy	Gowran	2015
800m	1.56.07	Karl Griffen	Tir Chonaill	2010

1500m	4.00.76	Shane Quinn	Ferrybank	2007
3000m	9.00.34	Cormac Dixon	Tallaght AC	2021
3000m Walk	13.51.93	Oisin Lane	Mullingar Harriers	2017
100m Hurdles	13.3	Daniel Ryan	Moycarkey Coolcroo	2014
250m Hurdles	31.74	Iarlaith Goulding	St Colmans South Mayo	2017
Hammer (4kg)	72.24	Adam King	Iveragh A.C.	2012
Javelin (600g)	63.04	Conor Cusack	Lake District	2017
Shot Putt (4kg)	16.94	John Kelly	Finn Valley	2011
Discus (1 kg)	63.25	Cian Crampton	Edenderry	2022
Pole Vault	4.01	Conor Callinan	Leevale AC	2019
Long Jump	6.62 (-0.8)	David Ryan	Moycarkey Coolcroo	2015
High Jump	1.95	Geoffrey Joy O'Regan	Sun Hill Harriers	2019
Triple Jump	13.51	Michael Kent	DMP	2022
4x100m Relay	44.6		Leevale	2017
Combined Events	4146	Conor Hoade	Galway City Harriers	2019

Girls under 17

100m	12.03 (+1.8)	Johanna Mills	Ballymena & Antrim	2009
200m	24.73 (+0.5)	Lauren Ryan	Dooneen	2015
400m	56.13	Davicia Patterson	Beechmount Harriers	2016
800m	2.10.99	Aimee Hayde	Newport	2019
1500m	4.31.50	Kirsti Charlotte Foster	Willowfield Harriers AC	2021
3000m	10:05.49	Annabel Morrison	Enniskillen	2022
3000m Walk	13.16.19	Kate Veale	West Waterford A.C.	2010
2000m S/C	7.06.73	Roisin O'Reilly	Menapians	2018
100m Hurdles	13.98 (+1.3)	Anna McAuley	City of Lisburn	2017
300m Hurdles	41.84	Ciara Giles Doran	Ferrybank A.C.	2011
Discus (1 kg)	41.04	Ciara Sheehy	Emerald A.C.	2018
Hammer (3k)	60.83	Michaela Walsh	Swinford	2014
Hammer (3.25 k)	55.73	Rachel Akers	Unattached	2001
Shot Putt (3 kg)	15.13	Michaela Walsh	Swinford	2014
Shot Putt (3.25 kg)	12.67	Laura McSweeney	Bandon	2011
Javelin (500g)	44.23	Orlaith O'Brien	Ferrybank	2015
Javelin (600g)	35.87	Olivia McDonald	St Peter's AC	2006
Long Jump	5.99	Johanna Mills	Ballymena & Antrim	2009
Pole Vault	3.3	Emma Coffey	Carraig-Na-Bhfear A.C.	2017
Triple Jump	11.79	Maria Carey	Newport	2014
High Jump	1.74	Sommer Lecky	Finn Valley	2016
4x100m Relay	49.37		Carrick-on-Suir A.C.	2016
4x100m Relay	49.0H		Emerald A.C.	2010
4 x 400m Relay	4.01.79		St Lawrence O'Toole's AC	2017
Combined Events	4172	Molly Curran	Carmen Runners	2019

Boys under 17

100m	11.03 (-0.5)	Aaron Sexton	North Down	2016
100m	11.0 H	John Laffey	Clonliffe Harriers	2001

200m	21.65 (+1.3)	Aaron Sexton	North Down	2016
400m	49.66	Joseph Dowling	Dundrum South Dublin	2009
800m	1.52.73	Karl Griffin	Tir Chonaill	2011
1500m	4.00.41	Shane Fitzsimons	Mullingar Hrs	2011
3000m	08:35.1	Cormac Dixon	Tallaght	2022
3000m Walk	13.04.30	Matthew Glennon	Mullingar Harriers	2019
2000m S/C	6.20.51	Dalton Mc Guigan	Finn Valley	2011
100m Hurdles	14.01 (-1.2)	Darra Casey	Bree	2019
300m Hurdles	37.92	Iarlaith Goulding	St Colmans South Mayo	2018
Shot Putt (5 kg)	16.8	John Kelly	Finn Valley	2012
Hammer (5kg)	66.05	Fellan McGuigan	Finn Valley	2012
Discus (1.5kg)	47.47	Andrew Barkley	City of Lisburn	2013
Javelin (700g)	58.35	Conor Cusack	Lake District	2018
Long Jump	6.62	David Cussan	Old Abbey	2012
High Jump	2.08	Ryan Carthy Walshe	Adamstown	2015
Triple Jump	13.73	Jordan Hoang	Tullamore Harriers	2014
Pole Vault	3.91	Thomas Houlihan	West Waterford A.C.	2008
4x100m Relay	43.73		Leevale	2017
4x400m Relay	3.32.02		Dundrum South Dublin	2017
Combined Events				

Girls under 18

100m	12.09 (-2.2)	Sarah Murray	Fingallians AC	2010
200m	24.81 (-2.71)	Roseanna McGuickian	City of Lisburn	2014
400m	55.51	Ciara Deely	Kilkenny City Harriers	2017
800m	2.12.43	Laura Scriven	St Lawrence O'Toole's AC	2005
1500m	4.31.21	Suzanne Huet	Dundrum South Dublin	2007
3000m	9.32.04	C. Ffrench O'Carroll	DSD	2007
3000m Walk	12.18.86	Kate Veale	West Waterford	2011
2000m S/C	6.58.38	Laura Nicholson	Bandon	2017
100m Hurdles	13.76 (+0.2)	Elizabeth Morland	Cushinstown	2015
400m Hurdles	61.22	Kelly-Ann Doyle	Carrick-on-Suir	2014
Hammer (3k)	60.90	Adrienne Gallen	Lifford Strabane AC	2021
Hammer (4 k)	51.07	Rachel Akers	Marian	2002
Shot (3 kg)	16.43	Michaela Walsh	Swinford	2015
Shot Putt (4k)	12.85	Laura Cogan	Newbridge	2006
Discus	42.39	Niamh Fogerty	North Westmeath	2016
Javelin (500g)	46.57	Grace Casey	Eire Og Corra Choill A.C.	2016
Javelin (600g)	39.56	Lisa Fryer	Lagan Valley	2001
Long Jump	6.00 (-1.0)	Sarah McCarthy	Mid-Sutton AC	2012
Pole Vault	3.5	Una Brice	Leevale A.C.	2021
Triple Jump	11.86	Caoimhe King	Westport	2009
High Jump	1.74	Kate O'Connor	Dundalk St Gerards	2017
4x100m Relay	48.76		Ferrybank AC	2006
4 x 400m	3.59.73		Galway City Harriers	2019
Combined Events	4135	Maeve Hayes	St Pauls AC	2019

Boys under 18

100m	10.89 (+0.9)	Christopher Russell	Ferrybank A.C.	2007
200m	22.08 (-1.5)	Patrick O'Connor	Clonliffe Harriers	2010
400m	48.7	Christopher O'Donnell	North Sligo	2015
800m	1.52.13	Louis O'Loughlin	Donore Harriers	2018
1500m	3.50.85	Nicholas Griggs	Mid Ulster AC	2021
3000m	8.19.76	Nicholas Griggs	Mid Ulster AC	2021
3000m S/C	9.47.6	Dalton McGuigan	Finn Valley A.C.	2012
5000m Walk	21.38.04	Oisin Lane	Mullingar Harriers	2019
110m Hurdles	14.18 (-1.5)	Shane Monagle	Tramore	2017
400m Hurdles	53.2 H	Ben Kiely	Ferrybank A.c.	2011
Shot Putt (5kg)	17.9	John Kelly	Finn Valley A.C.	2013
Discus (1.5kg)	57.68	Marco Pons	D.M.P. A.C.	2010
Javelin (700g)	68.41	Oisin Joyce	Lake District	2022
Hammer (5kg)	71.9	Adam King	Iveragh	2014
Triple Jump	14.11 (+0.0)	Jordan Hoang	Tullamore Harriers	2015
Pole Vault	4.42	Conor Callinan	Leevale AC	2021
High Jump	2.1	David Cussan	Old Abbey AC	2010
Long Jump	6.93	Eoin Hannon	Tullamore Harriers	2006
4x100m Relay	43.13		Leevale	2018
4x400m Relay	3.28.41		Dundrum South Dublin	2017

Girls under 19

100m	12.03 (+0.7)	Lauren Cadden	Sligo AC	2018
200m	24.48 (+0.0)	Lauren Cadden	Sligo AC	2018
400m	54.83	Kate O'Connell	Lucan Harriers	2022
800m	2.07.7 H	Aislinn Crossey	Newry AC	2013
1500m	4.32.54	Azmera Gebrezgi	Celtic	2004
3000m	09:49.3	Hannah Kehoe	Thomastown	2022
3000m Walk	14.05.42	Maeve Curley	Craughwell A.C.	2010
3000m S/C	11.35.64	Alison Armstrong	Celtic DCH	2015
100m Hurdles	14.42 (+0.3)	Mairead Murphy	Ferrybank A.C.	2007
400m Hurdles	61.59	Jessie Barr	Ferrybank A.C.	2007
Shot (4 kg)	13.3	Claire Fitzgerald	Tralee Harriers	2009
Discus (1 kg)	45.95	Anna Gavigan	Lambay Sports Academy	2022
Hammer (4 kg)	60.08	Nicola Tuthill	Bandon AC	2021
Javelin (600g)	43.85	Grace Casey	Eire Og Corra Choill A.C.	2017
Long Jump	6.14	Kelly Proper	Ferrybank	2006
Triple Jump	11.76 (-2.5)	Saragh Buggy	St Abban's AC	2012
High Jump	1.73	Sorcha Murphy	Ferrybank	2012
High Jump	1.73	Sharon Heveran	Westport AC	2003
Pole Vault	3.55	Una Brice	Leevale	2022
4x100m Relay	48.79		Ferrybank	2017
4x400m Relay	3.59.43		Dundrum South Dublin	2016
Combined Events	3141	Caoimhe Rowe	Trim	2019

Boys under 19

100m	10.83 (-2.3)	Paul Whelan	Dublin Striders	2010
200m	21.59 (+0.7)	Christopher O'Donnell	North Sligo	2016
400m	48.02	Mark English	Letterkenny A.C.	2011
800m	1.52.58	Louis O'Loughlin	Donore Harriers	2019
1500m	3.58.12	Niall Tuohy	Ferrybank AC	2007
3000m	8.36.30	Cathal O'Reilly	Kilkenny City Harriers	2021
3000m S/C	9.40.28	Brian Flanagan	Clonliffe Harriers	2015
5000m Walk	21.36.03	Peter Muldoon	Shercock	2005
110m Hurdles	14.20 (-0.0)	James Ezenou	Leevale AC	2021
400m Hurdles	54.45	Evan Mcguire	Galway City Harriers	2013
Shot (6kg)	17.14	James Kelly	Finn Valley	2018
Discus (1.75kg)	55	Marco Pons	DMP	2011
Hammer (6kg)	65.75	Owen Russell	St Andrew's AC	2015
Javelin (800g)	58.63	Danny Mullen	Strabane TC	2007
High Jump	2.1	Ryan Carthy Walshe	Adamstown	2017
Long Jump	7.25 (+1.5)	Eoin Hannon	Tullamore Harriers	2007
Pole Vault	4.41	Peter O'Brien	Raheny Shamrocks	2013
Triple Jump	13.84 (+2.0)	Brendan Lynch	Loughrea	2017
4x100m Relay	42.79		Galway City Harriers	2016
4x400m Relay	3.26.15		Leevale AC	2004

Section 8: Motions:

CHANGES POST CONGRESS 2023 (Tullamore)

Motions carried at Congress pertaining to Juvenile Competition Rules will come into effect starting January 2024 unless otherwise stated.

33. That: underage Cross Country distances be revised to reflect the principle of equal distances for boys & girls in line with the recommended distances by European Athletics for the European Cross Country Championships.

38. That: Athletics Ireland introduce U15 Triple Jump both Indoor and Outdoor for Boys & Girls for National Juveniles.

40. That: Mixed Relays be added to the list of relay events at Juvenile Championships (inc XC) from 2023; age groups and distances to be determined by the Juvenile and Competition Committees.

Recommendation:

42. That: an athlete who qualifies for the National Juvenile T&F A Championships in 4th place should be eligible to compete in the National B Championships if unplaced (1st, 2nd, 3rd) in the A Championships.

CHANGES POST CONGRESS 2021 (Virtual)

Motions carried at Congress pertaining to Juvenile Competition Rules will come into effect starting January 2022.

66. THAT: the 400 m be introduced for U17 athletes in the Indoors

67. THAT: the U16 – U17 triple jump be introduced at Indoors (to match the outdoors, U16-U19)

Recommendation:

65. THAT: the Juvenile Club Cross Country Relay event be discontinued

Amendment: THAT: AAI retain the juvenile cross-country relays until a review can take place, taking into account the following points;

- Promote it as a significant 'A' championship event
- Move it to early in the XC season, (Sept/Oct)
- Increase the distances

CHANGES POST CONGRESS 2018 (Carrick on Shannon)

Motions carried at Congress pertaining to Juvenile Competition Rules will come into effect starting January 2019.

48. THAT: the relay race for the U12 and U13 age groups in the National Juvenile Indoor Championships be changed from 4x100m to 4x200m.

CHANGES POST CONGRESS 2016 (Tullamore)

Motions carried at Congress pertaining to Juvenile Competition Rules will come into effect starting January 2017.

5. THAT: the decision of the AGM 2015 to discontinue the U19 Cross Country Championships be rescinded and that the championships be reinstated into the juvenile competition program with immediate effect.

7. THAT: the Inter County Cross Country Relays be amended to the Inter Club Cross Country Relays for a trial period of 2 years. Current distances to remain as is, i.e.: 4x500m

8. THAT: a 3k event for girls U16 and U17 be added to the track and field program, bringing it in line with the same event for boys and with the Schools Athletics program and this be added to the 2017 program.

10. THAT: The first four (4) individuals from each region qualify for the National Juvenile Championships except for the 600m where the first three (3) will qualify.

15. THAT: The Boys U17 Hurdles outdoor race be changed to the following specification: Distance – 100m, Approach – 13m, Spacing – 8.5m, Number of Hurdles – 10, Height – 3'0.

17. THAT: The Boys U15 and U17 Indoor Hurdles have the same approach and spacing between hurdles as outdoors.

24. THAT: In the Hammer, athletes are allowed to use their own implements and if they so wish, are allowed exclusive use of such implements. Such implements must comply and conform to the applicable specifications and must be presented to the event organizers for approval.

25. THAT: In the Discus, athletes are allowed to use their own implements and if they so wish, are allowed exclusive use of such implements. Such implements must comply and conform to the applicable specifications and must be presented to the event organizers for approval.

32. THAT: In the case of Combined Age Categories in Inter-Club Cross Country where U18 and Junior athletes compete in the one race, that the U18 category athletes can score on both teams if declared.

Recommendations:

9. THAT: In order to provide greater competitive opportunities in longer distance events, the juvenile committee review the current programme, indoors and outdoors, for all ages' boys and girls.

11. THAT: The opening height for u12 boy's high jump be reduced from 1.15m to 1.05m in both indoor and outdoor track and field competition.

12. THAT: The opening height for u13 boy's high jump be reduced from 1.20m to 1.15m in both indoor and outdoor track and field competition.

60. THAT: Where a designated warm-up area with controlled access is in operation, the Competition organizers have a Coach check-in and accreditation and that registered coaches can have access to warm-up areas.

CONGRESS CHANGES POST 2015 AGM (Dublin)

For Juvenile Cross Country, age category U19 will be discontinued from 2015 season onwards.

CHANGES POST CONGRESS 2014 (Cork)

The following are the motions passed at Congress 2014 in relation to Juvenile competition

57. THAT: The Inter County 4x100m track relay competition be discontinued.

58. THAT: In the existing outdoor Combined Events Championship for Youth Boys, the Octathlon be replaced with the Decathlon in line with IAAF rule 200.2.

59. THAT: the Boys under 15 Shot Put and Hammer weight be changed to 3kg for National Championship competitions.
65. THAT: the Juvenile Committee introduces an Indoor Pole Vault Competition for Girls and Boys U15, U16, U17, U18 & U19.
63. THAT: The name Development Competition/Championships be changed back to 'B' Championships or renamed another more suitable/acceptable name.
67. THAT: the Juvenile Committee amends their current Track and Field Pole Vault competition to include Girls under 15 and 16.
69. THAT: Athletes U13 may use starting blocks; athletes U14 upwards must use starting blocks.
73. THAT: the age for the Girls Triple Jump be reduced from U17 to U16 in Track & Field. *(NOTE: this applied to outdoor only as U17 is not an age category indoors for Triple Jump)*
74. THAT: the Turbo Javelin in the National Juvenile Team Competition be contested in the standard format i.e. one throw per athlete per round as against the current procedure of three consecutive throws.
76. THAT: the under 14 boys & girls Hurdles in both Track & Field and Combined Events (Outdoor) be standardised for Boys and Girls as either 75m or 80m in both competitions *(NOTE: the distance for U14 Hurdles will be 75m)*
- 76a - That: the boys' under 17 100 metres hurdles/60 metres hurdles be in line with IAAF youth rules.

CHANGES POST CONGRESS 2012 (Cavan)

40. That a National Spring Throwing Competition be introduced by Athletics Ireland for the Discus, Javelin and Hammer at Juvenile, Junior, U23 and Senior level.
55. That Athletics Ireland rename Juvenile B Track & Field Championships to Development Events.
56. That Athletics Ireland Rename Juvenile B Cross Country Championships to Development Events.
58. That the National Juvenile B Championships Cross Country & Track & Field should commence at the same age as the A Championships.
- That the National Development Track & Field Championships should commence at the same age as the A Championships. Athletes must compete in their own age category.
59. That Athletics Ireland present medals to the first 12 athletes in the All-Ireland Development Cross Country Championship and in the Inter Club Awards that six medals be presented to the winning club teams.
63. That teams qualifying for the Athletics Ireland Children's Games be permitted to replace a team member with a reserve for the purpose of competition.

64. That the Ball Throw in juvenile competition be replaced with the Turbo Javelin effective from 2013.

66. That the 300m under 17 and 18 girls Track & Field be increased to 400m with immediate effect to bring in line with IAAF distances for that age.

67. That the 300m under 18 girls Indoor be increased to 400m with immediate effect to bring in line with IAAF distances.

68. That the 300m hurdles under 18 Girls Track & Field events be increased to 400m hurdles with immediate effect to bring in line with IAAF distances

69. That the under 18 Boys & Girls and the under 19 Girls relay be increased to 4x 400m with immediate effect to bring in line with IAAF distances for that age.

70. That the existing combined events championships for boys and girls under 17, under 18 and under 19 be deleted and replaced as follows:

1. Youth & Junior Boys' combined events championships be held with immediate effect as follows: Octathlon (outdoors) and Pentathlon (indoors) as per IAAF Rules, 141, 200 and 222.

2. Youth & Junior Girls' combined events championships be held with immediate effect as follows: Heptathlon (outdoors) and Pentathlon (indoors) as per IAAF Rules, 141, 200 & 222

That the boys and girls under 19 be deleted and included in the Junior Category Decathlon (outdoors) and Heptathlon (indoors)

72. That girls under 16, 17 and 18 weights be realigned to reflect IAAF changes in youth weights with immediate effect.

Shot 3kg
Hammer 3kg
Javelin 500gr

73. That Girls Hammer under 14 and 15, Boys Hammer under 14 short wire to be discontinued with immediate effect.

75. That Cross Country distances for Girls under 17, 18 & 19 be reduced to 4000m to bring in line with Junior distances.

76. That Cross Country distance for Boys under 19 be reduced to 6000m to bring in line with Junior distances.

CHANGES POST CONGRESS 2010 (Sligo)

That: "distances and barriers heights for Steeplechase be brought in line with World distances to allow athletes the opportunity to qualify for EYOF or World Youths.

Girls & Boys under 17: 2000m
Girls & Boys under 20: 3000m
Height for Boys / Men: 0.914m (3'.0")

Height for Girls/Women: 0.762m (2' 6")

That: "no changes can be made to the National Juvenile age groups and championship events except through congress

That: "Ball throw be included in National under 12 outdoor Track & Field

That: the AAI Interclub Juvenile Relays be held in late June or early July

That: Juvenile "B" Track and Field competition be introduced for Under 15

That " the boy's Octathlon for 16 & 17 age groups consist of the following events to comply with IAAF rules: – 100m, Long Jump, Shot, 400m, 110m Hurdles, High Jump, Javelin & 1000m. (Clarified age categories U17 & U18)

That: National Juvenile Combined Events should be individual ages for U14 to U19 Indoor

That: "Cross-country distances should be increased with boys and girls running the same up to U15

	U11	U12	U13	U14	U15	U16	U17	U18	U19
Girls	1500	2000	2500	3000	3500	4000	4500	5000	5000
Boys	1500	2000	2500	3000	3500	4000	5000	6000	7000

CHANGES POST CONGRESS 2008 (Dublin)

That the height of the steeplechase barriers for boys under 17 1500m Steeplechase be lowered to 2'6".

That the height of the steeplechase barriers for boys under 18 2000m Steeplechase be lowered to 2'6".

That if passed by Congress, the rule change affecting the height of the barriers in boys steeplechase event come into effect immediately as it would not be an inconvenience to any athlete

That a steeplechase be introduced for the Under 17 Girl 's age group

That the distances for Steeplechase for Girls be as follows:

- o Under 17 | 200m
- o Under 18 1500m -
- o Under 19 2000m

That the outdoor track and field competition for age group under 12 be on an individual basis at National Level and also, where applicable, on a team basis

In the age groups U 17, U 18 and U 19 - that the minimum requirement of two athletes to be of the age group for juvenile track & field relay and team competition teams be dispensed with, so as to bring them into line with the position with regard to the composition of juvenile cross- country teams where no such minimum requirement applies

That all entries to National Juvenile Championships be accepted from Regional/Provincial Secretary only, or by a person nominated by him/her in a temporary capacity only

That the National Juvenile Rule of Competition which states "No entry or change of entry on the day" should be strictly adhered to, without exception

CHANGES POST CONGRESS 2006

That: All motions concerning Juvenile Athletics shall be referred to the Juvenile Committee pursuant to Article 8.3.5.

That: 4 x 50m relays be replaced by 4x 100m relays for under 9, 10 and 11 boys and girls track & field

ATHLETICS IRELAND JUVENILE STAR AWARDS

STAR AWARD WINNERS FROM EACH COUNTY

+

Breda Synott Awards (International Youth)
Marian Feehan Award for Combined Events
Aine Pobjoy U16 Athlete Award
Eamon Gilbert Award for Vertical Jumps
Bill Battersby Award for Horizontal Jumps
Keara O'Hart Award for Sprints
Matt McGrath Award for Throws
Robin Sykes Award (Outstanding Achievement)
Roisin O Callaghan Award for Walks
International Award
Juvenile Committee Special Recognition Award
Overall Athlete of the Year

Star Award Selection Criteria

- Quality of Performance or Performances in AAI National Juvenile Championships
- Overall Star Award Winner announced on the night
- Athletes notified individually
- Selection by the Juvenile Committee

