



Athletics Association of Ireland
Competition Rules & Regulations Booklet
Juvenile, Youth, Junior, U23, Senior, Masters
Irish Schools & Irish Universities

Edition 5 Post Congress 2021

Chairperson's Acknowledgement

The competition committee along with various contributors have endeavoured to include all rules and regulations for athletics competition in this booklet all athletic competition rules and regulations in one easy referenced document. Considerable work has been undertaken to combine Juvenile, Youth, Junior, Under 23s, Senior & Master Championship events, along with Irish Schools and Irish Universities championships. We hope you find it of assistance and will benefit all throughout the season ahead.



Details of Events, Distances, Weights, Hurdle Specs, Awards and team make up is included with several changes from the last edition arising from various ISAA, IUAA and AAI

Athletics Ireland would like to extend our thanks to all the Athletes, Coaches, Officials, Admins, and Volunteers for their continued commitment, dedication, and support to the sport during these past few difficult years.

We look forward to returning to competition and welcoming new athletes.

I would like to extend my thanks to the Ger, Valerie, & James of the Competition Team for all their work behind the scenes along with the other staff in the office. To my committee for all their support both in the run up to the events and on the days of competition. To our sponsors for their continued support of our different events.

We hope you find it of assistance and will benefit throughout the year ahead.

Finally, any feedback on our events, or errors in this document please do get in contact.

Yours in Sport

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Booklet History

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- Edition 2 - Update Post Congress May 2012
- Edition 3 - Updated Post AGM April 2015
- Edition 4 - Updated Post Congress April 2016
- Edition 5 - Updated Post Congress April 2021

World Athletics rules of competition apply in all Athletics Ireland Championships except where otherwise specifically stated in this Booklet.

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Ages Definitions

1. Senior athletes must be 16 years of age or over on the 31st of December in the year of competition.
2. Senior Cross-Country athletes must be 18 years of age or over on the 31st of December in the year of competition.
3. Under 23 athletes must be aged 20 and under 23 years on the 31st of December in the year of competition
4. Intermediate Cross-Country athletes must be 20 years or over on the 31st of December in the year of competition.
5. Novice Cross Country athletes must be 19 years of age or over on the 31st of December in the year of competition.
6. Junior athletes must be 16 years on the 31st of December in the year of competition and under 20 years on the 31st of December in the year of competition.
7. Except in Combined Events where a junior athlete must be 18 years & under 20 years and youth athletes must be 16 years & under 18 years on the 31st of December in the year of Competition.
8. Juvenile Athletes U9 -U19 years, no athlete may obtain a birthday in the year of competition and compete in that age.
9. Master athletes both male and female attain eligibility on their 35th birthday. They shall be in 5-year age categories, no stepping down shall be allowed.
10. Athletes must be 18 years of age or over on 31st December in the year of competition to compete in events of 10,000m and over, along with the Senior Men Shot Putt, Hammer Throw, Discus Throw, Weight Throw, Weight For Distance / Height Throws.
11. The recommended age groups distances for juveniles are:
Up to 11 – 1 mile, 12 – 13 2km, 14-15 5km, 16+ 10km,
12. Minimum Ages on the day of event for Permitted Run, Jog, Walk Events.
 - a. Minimum Age of 13 for events up to 5km,
 - b. Minimum Age of 15 for event up to 10km

Celtic Games

13. Cross Country Under 17 on 31st December in the year of competition

Schools

14. Schools Ages
 - a. Minor - Under 14 on 1st July in the year of competition
 - b. Junior - Under 15 on 1st July in the year of competition
 - c. Under 16 – Under 16 on 1st September in the year of competition
 - d. Intermediate - Under 17 on 1st July in the year of competition
 - e. Senior - Under 19 on 1st Jan in the year of competition
15. Tailteann Games Intermediate – Under 17 on 1st September in the year of competition
16. For all SIAB (i.e., International) competition:
Schools Indoor: Under 16 - Under 16 on 1st September in the year of competition

Cross Country: Junior - Under 15 on 1st September in the year of competition
Intermediate - Under 17 on 1st September in the year of competition

Track & Field: Intermediate - Under 17 on 1st September in the year of competition

Combined Events: Junior - Under 15 on 1st September in the year of competition
Intermediate - Under 17 on 1st September in the year of competition
Senior - Under 19 on 1st January in the year of competition

Membership & Entry Regulations

1. All athletes must be registered members of affiliated clubs of the Athletic Association of Ireland
2. A new athlete may register with the association and run unattached for a maximum of six months while choosing a club.
3. Chair of Competition in consultation with Chair of High Performance may accept entry in specific competitions.
4. Entry only through designated platform, no other method of entry will be accepted.
5. Master athletes are confined to designated age group. No stepping down is allowed.
6. Club, team, or county colours must be worn, a plain white vest with no logos may be permitted in certain circumstances with permission of meet manager / director.
7. Athletes are allowed exclusive use of their own implements in the Discus, Javelin & Hammer events only if they are checked and marked by the organising committee before the competition. AAI Implements will be available for all to use.
8. World Athletics False start rule applies to individual events from u16 upwards to include juveniles.
9. Any athlete responsible for a false start shall be disqualified, note this rule applies to all race distances.
10. In Combined Events, and Juvenile Events 12 - 15 years any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified.
11. University Championships
Those entitled to compete as per IUAA Constitution.
 - i. Entered by the Member to which they are attached and
 - ii. Be a registered student as defined at Section 6.2.1. or
 - iii. Be a student who may be repeating an examination as allowed under the regulations of their respective university/college/institute. Or
 - iv. Be a person who has completed a course of study as described in Section 7.2 (ii) in the academic year immediately prior to a particular Championship. Or
 - v. Be a registered full-time student at a foreign university/college/institute pursuing a course of study in part-fulfilment of their qualification at a member university/college/institute. An athlete entering any of the University Championships under category 8.2 (iv), shall: -
 - a. Only declare for one Member university/college/institute during a particular Academic year.
 - b. Provide on request, proof of registration for the academic year immediately prior to a particular Championship.

For further details on University Rules: [IUAA Constitution, Rules and Bye Laws](#).

Anti-Doping

Athletics Ireland is committed to a Drugs Free sport.

All athletes including those under the age of 18 years competing in Junior, U23 or Senior events may be selected for in-competition testing by Sports Ireland Officials.

Any athlete who sets a European or World Record must immediately be send for drug testing. If drug testing is not present, get in contact with AAI HP Department immediately.

Protests / Appeals Process

1. Any protest in the first instance shall be made orally to the Referee by the athlete or someone acting on his behalf.
2. Protests shall be made upon completion of an event, within 30 minutes. For field it may be necessary to make an oral protest immediately.
3. The referee may decide on the protest or refer it to the jury of appeal.
4. An appeal to the jury of appeal should only come after a decision by the referee.
5. The appeal will only be accepted when presented by a competent club official citing basis for appeal and any backup evidence.
6. The appeal to the jury shall be in writing signed by a responsible official on behalf of the athlete or the team and shall be made within 30 minutes following the decision of the referee and shall be accompanied by a fee set by the association, which will be forfeited if the appeal is not allowed.
 - a. Appeal Form shall be available from the TIC if in operation or check-in. They should be accompanied by the required fee. If the appeal to the jury is successful, the fee will be returned else it will be forfeited.
7. Jury of appeal shall in juvenile matters consist of a representative of each of the 5 regions, no juvenile committee member will form part of the jury.
8. For all other competitions Jury of appeal shall consist of relevant nominated persons, 3 in total.
9. In the case of a conflict of interest on any particular matter, an alternate shall replace the conflicted member(s) for the determination of that issue.
10. The decision of the jury of appeal shall be final.

Championships Title & Record Holder Definition

National Record Holder Individual or Team

- An athlete / team whose performance exceeds the current National Record.
- An athlete who is eligible and has declared for Ireland.

Championship Record Individual or Team

- An athlete/ team whose performance exceeds the current Championship Record.
- An athlete must be a holder of, or eligible to hold an Irish Passport.
- An athlete must be a member of an affiliated club on the Island of Ireland.
And Or
- An athlete must reside on the island of Ireland for a minimum of 6 consecutive months immediately prior to the relevant championship.

Title Holder Individual, Team or Medal Holder

(To be defined as referring to top 3 finishers individual or team members in track & field, indoor, cross country, and road.)

- An athlete must be a holder of, or eligible to hold an Irish Passport.
- An athlete must be a member of an affiliated club on the Island of Ireland.
And Or
- An athlete must reside on the island of Ireland for a minimum of 6 consecutive months immediately prior to the relevant championship.

The Competition Committee have added the following clarification points to assist:

1. To be able to compete in the Championship an athlete must fulfil the conditions to become a medal recipient (both individual and team) as stated above.
2. Considering the minimum of 6 consecutive months residency aspect, force majeure/compassionate grounds will be considered on application in advance of the championships.
3. It is the responsibility of the athlete's club to ensure the athlete fulfils all of the conditions of eligibility to compete in the Championships. Evidence may be requested if required. Any breaches of this will leave the club & athlete liable to a penalty.

Juvenile Championship Record

- An athlete / team whose performance exceeds the current Championship Record and who is entitled / eligible to compete in National Championships.

Competition List

Track & Field	Indoors
<ul style="list-style-type: none"> - Senior Track & Field Championships - Junior & U23 Track & Field Championships - Masters Track & Field Championships - Juvenile Track & Field Championships - Juvenile B Track & Field Championships - Schools Track & Field Championships - Universities Track & Field Championships - Outdoor Combined Event Championships (Juvenile, Youth, Junior, Senior & Master) - AAI Games - National Track & Field League - Spring Throws 	<ul style="list-style-type: none"> - Senior Indoors Championships - Junior & U23 Indoor Championships - Masters Indoor Championships - Juvenile Indoor Championships - Universities Indoor Championships - Indoor Combined Event Championships (Juvenile, Youth, Junior, Senior & Master) - Schools Indoor Combined Event Championships - AAI Indoor Games - National Indoor League
Cross Country	Road
<ul style="list-style-type: none"> - Senior Cross Country Inter Club & County Championship - Junior Cross Country Inter Club & County Championship - U23 Cross Country Championship - Intermediate Cross Country Inter Club & County Championship - Novice Cross Country Inter Club & County Championship - Masters Cross Country Inter Club & County Championship - Juvenile Cross Country Inter Club, County, & Provincial Championship - Juvenile Cross County B Inter Club & County Championship - Juvenile Cross County Inter Club Relays - Schools Cross County Championships - Universities Cross County Championships 	<ul style="list-style-type: none"> - Senior & Master Road Walking Championships - Senior & Masters Marathon Championships - Senior & Masters Half-Marathon Championships - Senior & Masters 10mile Championships - Senior & Masters 10km Championships - Senior & Masters 5mile Championships - Senior & Masters 5km Championships - Senior & Masters Road Relays Championships - University Road Relays Championships

Track & Field

World Athletics Rule TR-05: Shoes

[Please Refer to WA Latest Guidelines to Shoes. \(WA C2.1A\)](#)

Failure to abide by these rules will be subject to penalizing.

Track Regulations

1. Senior competition: in the event of heats proving unnecessary, finals will be held at final times, unless where otherwise stated.
2. Junior and U23's competition: in the event of heats proving unnecessary, finals will be held at heat times.
3. Athletes must check in at least 90 minutes before their event.
4. Athletes must wear their official club singlet, a plain white vest with no logos may be permitted in certain circumstances with permission of meet manager / director. National Gear should only be worn when representing Ireland.
5. Lane draws and seeding please refer to Appendix D. (Rule TR20.3/4)
6. Every athlete will be provided with a number which during the competition must be worn visibly, these numbers must be worn as issued and may not be cut folded or obscured in any way (Rule TR5.7)
7. Athletes may be required to wear an additional number on the side of their shorts or leg to aid photo finish.
8. Starting blocks shall be used for all races up to and including 400m (Rule TR15.1), starting blocks optional for ages 60+
9. Only starting blocks provided by the Organising Committee may be used. (Rule TR15.4),
10. World Athletics False start rule applies, any athlete responsible for a false start shall be disqualified. (Rule TR16.8) Note this rule applies to all race distances.
11. In Combined Events, any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified. (Rule TR16.8)
12. 10,000 m team event - 6 to run, 3 to score
13. 5,000m team event - 6 to run 3 to score
14. 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 TR4.4)

Field Event Regulations

1. In Senior Men Shot, Discus, Hammer & Weight Throws athletes must be 18 years or over to compete
2. The implements used shall comply with World Athletics specifications
3. Athletes are allowed to use their own implements provided that they are checked and marked by the organising committee before the competition, bar the Shot Put & Weight Throw these implements are for exclusive use of the athlete (Hammer, Discus, Javelin & Vaulting Poles).
4. An athlete shall not use gloves except in the hammer throw (TR32.4.3)
5. In order to obtain a better grip an athlete may use a suitable substance on hands. In addition, hammer throwers may use such substance on their gloves and shot putters may use such substances on their neck. In the Shot Put and Discus Throw, athletes may place chalk or a similar substance on the implement (TR32.5.1)
6. The following will not be considered assistance. Any kind of personal safeguard (bandage, tape, belt, support etc) for protection or medical purposes (TR 6.4.3)
7. An athlete may not spray nor spread any substance in the circle or on his shoes nor roughen the surface of the circle. (TR 32.4.4)
8. An athlete shall not leave the circle until the implement has touched the ground (TR32.17)
9. Athletes must check in at least 60 minutes before their event, Pole Vault 90 minutes
10. Athletes must wear their official club singlet; a plain white vest with no logos may be permitted in certain circumstances with permission of meet manager / director. National Gear should only be worn when representing Ireland.
11. Where there are more than eight (8) competitors each athlete shall be allowed three (3) trials and the eight (8) athletes with the best performances will be allowed an additional three (3) trials.
12. Where there are (8) athletes or fewer each athlete shall be allowed six (6) trials
13. In Combined Events competition athletes shall be allowed three (3) trials only
14. In Masters competition an athlete has four (4) trials
15. In AAI Games each athlete has four (4) trials, trials up to six in total can be accommodated by agreement of the Meet Director where time allows
16. An athlete may request upon completion of their trials in field events to leave the competition area, all such athletes will be escorted together from the area at an appropriate time unless required for medal presentation
17. Competing under protest in Field Events – If one or more athlete(s) is permitted by the referee to continue in a competition under protest (TR8.1), these athletes shall compete in all subsequent rounds before all other athletes and in the relative order according to the original competition (TR25.6 Note (ii))
18. High Jump and Pole Vault in the case of a tie for any place, including first place the tie shall remain in AAI competition, (TR26.8.4)

Track and Field Championship Events

	Senior Men	Senior Women	Junior Men	Junior Women	U/23 Men	U/23 Women	Master Men	Master Women	IUAA Men	IUAA Women
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
80m H								✓		
100m H		✓		✓		✓	✓	✓		✓
110m H	✓		✓		✓		✓		✓	
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3000m			✓	✓				✓		✓
5000m	✓	✓	✓	✓	✓	✓	✓		✓	✓
10,000m*	✓	✓							✓	
3000m W	<i>League</i>			✓		✓		✓	✓	
5000m W		✓	✓		✓		✓			
10000m W	✓	✓								
1500m W		<i>League</i>								✓
3000m S C	✓	✓	✓	✓	✓	✓			✓	✓
Triple J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pole Vault	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Discus	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Javelin	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hammer	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Weight H	✓		✓		✓					
Weight D	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4 x 100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4 x 400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

*Senior 10,000m is a team event also.

Rules

Weight for Distance Rules

Background

Early 20th Century weights throw for distance were 14, 28, 35, and 56 pounds. Included in the Olympic Games in 1920 – won by Pat MacDonald with a 36.93ft (11.26m). Second half of the 20th Century – no longer an international event and no records listed by WA, USA discontinued 56lbs event in 1959, It is Still popular in Ireland and Scotland.

Current Position:

USA: (Heavy Hammer)

Athletes throw the weight by using the hammer circle and a two (2) handed grip on the weight. The technique used is that of the hammer usually three revolutions and the competition is hosted in the same manner as the hammer.

Rule 221 of the USA track and field manual outlines the rules for both indoor and outdoor competition.

Scotland:

This event is included in the Highland games and is similar to the version adopted by the USA – similar to the hammer competition.

Ireland:

Event is recognised by Athletics Ireland for the 20, 28, 35, and 56lbs weights only. The event is operated differently to other countries by throwing one handed diagonally. From behind a straight board and measured in a straight line from the board similar to that of the long / triple jump.

Weight For Height Rules

The weight over the bar, or weight throw for height, is contested at highland games in Scotland and elsewhere, and at track and field events in Ireland.

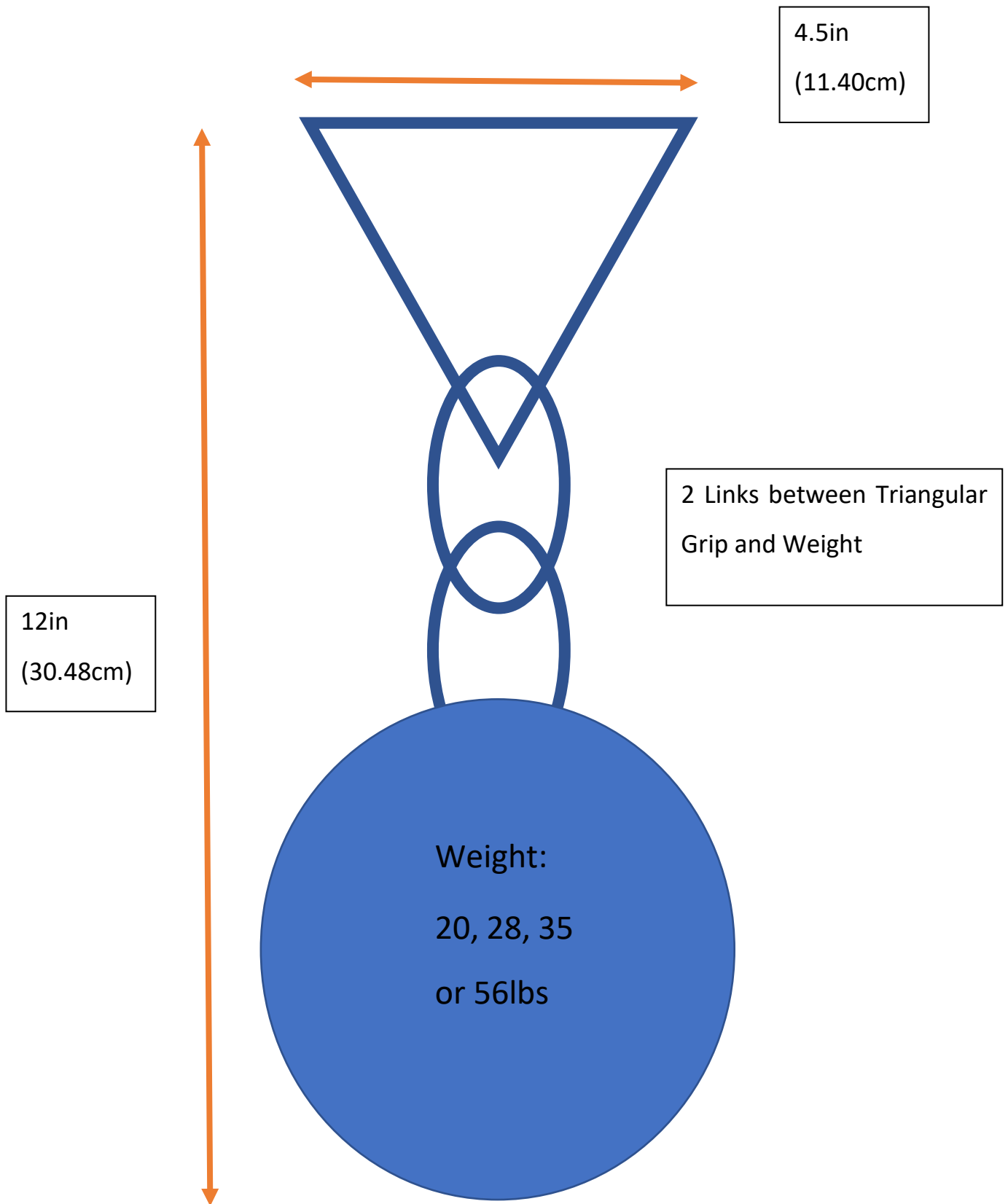
The weight is thrown one-handed over a bar set at increasing heights above the thrower. It has similar rules to that of the high jump or pole vault. The thrower has three attempts for each successive height. Places are determined by maximum height, followed by previous round fouls, followed by fewest attempts.

The size of the weight varies with the competition class. Senior male athletes throw a 56lb (~25kg) weight, male junior, U23, or master throws 35lbs (~16kg) weight, and female athletes throw a 28lb (~12kg) weight.

The classic technique swings the weight between the legs before pulling the weight up and directly overhead.

Starting Height 3.50m and in increments of 20cm initially for Men.

Weight Diagram



Track & Field Competition Events

National Senior Track and Field Championships

1. Athlete age: All athletes must be 16 or over on 31st December in the year of competition.
2. In Senior Men Shot Put, Discus, Hammer, Weight for Distance & Weight for Height athletes must be 18 years or over on 31st December in the year of competition to compete
3. 10,000m has a team element included within it.
4. 35lbs Height Junior & U23 Men are held within this competition.
5. Either the Junior 3000m or the 5000m are held normally within Senior Championship with the other being held with the Junior Championship.
6. Relays: multiple teams per club, 4-6 athletes on a team

National Junior and U23 Track and Field Championships

1. Athlete age:
 - a. Junior athletes must be over 16 and under 20 years on the 31st of December in the year of competition
 - b. Under 23 athletes must be over 20 and under 23 years on the 31st of December in the year of competition
2. Either the Junior 3000m or the 5000m are held within Junior Championship with the other normally being held with the Senior Championship.
3. Relays: multiple teams per club, 4-6 athletes on a team

National Masters Track and Field Championships

1. Athlete age: all age buckets catered for O35, O40, O45 etc. Athletes compete within their age category.
2. Open to the International Guests through the IMA.
3. Athletes can enter up to 3 events.
4. Hurdles, Steeplechase, Triple Jump & Pole Vault are open for O35-59 for the 2022 Season. (O35-64 for the 2023 Season)
5. Relays: multiple teams per club, 4-6 athletes on a team
6. Relay teams are male or female – any age category on a team

Irish Universities Athletics Association Track and Field Championships

1. Each college can enter up to two undergraduate / postgraduate students and two 'one year down' athlete in each event
2. The first six athletes in each event score points for their college
3. The college with the highest points scores wins (Male, Female, Sprints, Distance, CE, Overall)
4. Relays: one team per college.
5. The Combined Event Championships are held in conjunction with this championship

AAI Games

1. Athlete age: All athletes must be 16 or over on 31st December in the year of competition.
2. In Senior Men Shot Put, Discus, Javelin, Weight Throw and Hammer athletes must be 18 years or over on 31st December in the year of competition to compete
3. Standard Field Rules Apply for Field Events in regards Trials.
4. Extra events may be put on at the discretion of Competition Committee.

National Spring Throws

1. U16 Minimum Age for Competition
2. Athletes must be 18 years of age in the year of competition to throw senior men's hammer and discus weight.
3. Events will be grouped by Weight appropriate to Age Category
4. All athletes should be technically proficient and competent to compete
5. 4 throws per athlete, 2 further throws may be given where athletes are near a standard.
6. Medals 1,2,3 for each Weight Group.

MALE	Hammer kg	Discus kg	Javelin gr	FEMALE	Hammer kg	Discus kg	Javelin gr
<i>Under 16</i>	4	1	600	<i>Under 16</i>	3	1	500
<i>Under 17</i>	5	1.5	700	<i>Under 17</i>	3	1	500
<i>Under 18</i>	5	1.5	700	<i>Under 18</i>	3	1	500
<i>Under 19</i>	6	1.75	800	<i>Under 19</i>	4	1	600
<i>Under 20</i>	6	1.75	800	<i>Under 20</i>	4	1	600
<i>Under 23</i>	7.26	2	800	<i>Under 23</i>	4	1	600
<i>Senior</i>	7.26	2	800	<i>Senior</i>	4	1	600
<i>Masters 35-49</i>	7.26	2	800	<i>Masters 35-49</i>	4	1	600
<i>Masters 50-59</i>	6	1.5	700	<i>Masters 50-29</i>	3	1	500
<i>Masters 60-69</i>	5	1	600	<i>Masters 60-74</i>	3	1	400
<i>Masters 70-79</i>	4	1	500	<i>Masters 75+</i>	2	0.75	400
<i>Masters 80+</i>	3	1	400				

National Track and Field League

1. All athletes must be 16 years or over on 31st December in the year of competition.
2. In Senior Men Shot Put, Discus, Javelin and Hammer athletes must be 18 years or over on 31st December in the year of competition to compete
3. Individual Guest entries are allowed in either Round of the League, but not in the Final.
4. World Athletics Rules of Competition will apply
5. In general, every effort will be made to locate teams at the one most convenient to them, and men's and women's teams from the same club at the same venue. However, the need to balance the strength of the groups means that this cannot be guaranteed.
6. The Referee will decide all matters of fact. Appeals (in writing) to the League co-ordinator or Deputy on the day as per World Athletics.
7. The referee shall, on recommendation of officials, remove from competition anybody whom through lack of fitness, ability or technique constitutes a danger to himself or other competitors.
8. Non scoring guest athletes may be accommodated in qualifying rounds at the discretion of the Official in charge at the venue, but will not be allowed in the final
9. In Field events where applicable 4 trials will be allowed.
10. Competitors must bring their own Pole Vault which may not be shared without permission from the owner.
11. Starting Height Pole Vault Men 2.00m Women 1.55m
12. 4 Failures in total for Pole Vault and High Jump (Normal 3 consecutive failure elimination rule also applies)
13. Events: 100m, 100mH/110mH, 200m, 400m, 400mH, 800, 1500m, 3000m/5000m, 2000mSC/3000mSC, 1500mW/2000mW, 4x100m, 4x400m, HJ, LJ, PV, TJ, SP, JT, HT, DT, WfD.

Individual Guest Entries:

1. Athlete age: All athletes must be 16 years or over on 31st December in the year of competition.

Team Composition

1. Club Secretary or Chairman must sign the entry of team to which the club is committed.
2. Club members may compete only on the team nominated by the club official.
3. Teams will declare an identifying singlet in advance, which must be worn in all competition. Failure to wear it will result in disqualification and loss of points for all events in which the infringement occurs.

Team Managers

1. Declare their teams 1 hour before the start of the competition., Note Pole Vault 90 minutes
2. Individual athletes need only report to the site of competition.
3. No changes in the original team declaration may be made without the consent of the event referee and subsequent notification to the meet organiser.
4. All athletes must be bona fide registered members of the club for which they compete.
5. Members of composite teams must be registered athletes.
6. Members of County teams must be registered athletes from within their county.
7. Athletics Northern Ireland clubs entering the league must enter via the online entry system by the closing date.
8. Additional athletes 2 in total, if used, must be from the County of the competing club permitted in Division 1 only.
9. Clubs who compete as part of composite or county teams who gain promotion will remain part of that team for a minimum of one further season
10. Each athlete may take part in two track and one field event, or two field and one-track events, plus relays on each day.
11. Teams shall nominate two officials on the entry form for each round including final, together with details of their events if applicable. The named officials may be changed on the team declaration, but failure to attend will result in deduction of the lowest counting event points on the day.
12. Team managers will certify that competitors are physically fit and technically competent to take part in their events.
13. Teams can be either:

A Club Team, from a single Club	B Composite Team	C County Team
<p>No guests allowed in the premier division.</p> <p>Maximum of 2 members registered with other clubs from within their county affiliated to the Athletic Association of Ireland Division 1.</p> <p>These athletes shall be stated clearly on the initial entry, and <u>no changes</u> will be allowed from the close of entries</p> <p>Members of these club teams may not take part in any other team.</p>	<p>More than one club and greater than 2 athletes per club, from within their county affiliated to the Athletic Association of Ireland</p> <p>The names of the clubs and athletes must be given on the initial entry, and <u>no changes</u> will be allowed from the close of entries.</p> <p>Members of these composite teams may not take part in any other team.</p> <p>The composite team may compete under a suitable area name.</p> <p>Team colours must be declared</p>	<p>Entered by a County Board.</p> <p>Names of clubs and athletes must be provided on the entry form, and members named of these clubs may not take part in any other team.</p> <p>Note: A County may enter a team made up of a number of clubs from within their county affiliated to the Athletic Association of Ireland, even though other clubs in the county enter separately or as a composite unit.</p> <p>By agreement of the county, athletes who are not selected to compete on the county team can participate as guests with clubs in division 1 within their county</p>

League Divisions

1. Division 1:
Rounds 1, 2 and Final will consist of full programme with both men and women counting 15 best events.
2. Premier Division:
Rounds 1, 2 and Final will consist of full programme with both men and women counting 15 best events for women and 17 best for men.
3. Top 2 teams in final of Division 1 will be promoted to Premier Division men & women.
4. Demotion will be the bottom 2 teams following rounds 1 & 2.
5. Winning Teams in the Premier Men's & Women's League will go onto the European Club Champions Cup Event, (Currently under review with EA)
6. County or Composite Teams are not eligible to progress to European Team Competition.
7. A team not competing in the league for 2 years will be automatically demoted.
8. Changes to the rules and regulations of the national league may be undertaken from time to time by the competition committee.
9. Teams who fail to field a team in Final will be subject to either demotion or exclusion for the following years League, subject to review.

Scoring

1. Scoring for events shall remain as heretofore,

1 st – 9 Points	2 nd – 7 Points	3 rd – 6 Points	4 th – 5 Points
5 th – 4 Points	6 th – 3 Points	7 th – 2 Points	8 th – 1 Point
2. Qualification for the final is by total number of points scored over rounds 1 & 2.
3. 8 teams per division men and women will progress to the final.
4. In the event that there is a tied position for the final, the total number of winning positions i.e., 1st, 2nd, 3rd etc will be the deciding factor.

National Combined Events Championships All Ages

1. Athlete age:
 - a. Juvenile (U14, U15 & U16): No athlete may obtain a birthday in the year of competition and compete in that age.
 - b. Youth: Athletes must be 16 years & under 18 years on the 31st of December in the year of Competition.
 - c. Junior: Athletes must be 18 years & under 20 years on the 31st of December in the year of Competition.
 - d. Senior Women: Athletes must be over 16 years of age on 31st December in the year of competition.
 - e. Senior Men: Athletes must be over 18 years of age on the 31st of December in year of Competition
 - f. Master: All ages buckets are catered for in the Masters O35, O40, O45, no step downs allowed.
2. All athletes should be technically proficient and competent to compete in each event.
3. Entries are open, there is no qualifying Criteria from the Regional Events.
4. In the long jump and each of the throwing events, each athlete shall have three trials only.
5. In the track events, all age categories, one false start and all are on warning of next false start leading to disqualification. An athlete shall be disqualified in any event, in which they are responsible for a second or subsequent false start. (TR16.9)
6. An athlete not attempting 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. He shall not, therefore, figure in the final classification.
7. The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.
8. Point Tables Shall be the World Athletics Combined Events Tables bar for respective genders:
 - a. Juvenile Short Hurdles which will be based on the English Schools Tables.
 - b. Juvenile Boys 800m which will be based on the English Schools Tables.
9. Master Combined Eventers shall have an Age Coefficient Applied to Performance pre-calculation of points. Performance Coefficients are available from the WMA 2023.

Female Events

Age	Event	Event 1	Event 2	Event 3	Event 4	Event 5
U14 Girls	<i>Pentathlon</i>	75mH	Long Jump	Shotput	High Jump	800m
U15 Girls	<i>Pentathlon</i>	80mH	Long Jump	Shotput	High Jump	800m
U16 Girls	<i>Pentathlon</i>	80mH	Long Jump	Shotput	High Jump	800m
Youth, Junior & Senior Women	<i>Heptathlon Day 1</i>	100mH	High Jump	Shotput	200m	
	<i>Heptathlon Day 2</i>	Long Jump	Javelin Throw	800m		
Master Women 35-39	<i>Pentathlon</i>	100mH	Long Jump	Shotput	High Jump	800m
Master Women 40-49	<i>Pentathlon</i>	80mH	Long Jump	Shotput	High Jump	800m
Master Women 50-59	<i>Pentathlon</i>	80mH	Long Jump	Shotput	High Jump	800m
Master Women 60+	<i>Quadrathlon</i>	100m	Long Jump	Shotput	800m	

Male Events

Age	Event	Event 1	Event 2	Event 3	Event 4	Event 5
U14 Boys	<i>Pentathlon</i>	75mH	Long Jump	Shotput	High Jump	800m
U15 Boys	<i>Pentathlon</i>	80mH	Long Jump	Shotput	High Jump	800m
U16 Boys	<i>Pentathlon</i>	100mH	Long Jump	Shotput	High Jump	800m
Youth, Junior & Senior Men	<i>Decathlon Day 1</i>	100m	Long Jump	Shotput	High Jump	400m
	<i>Decathlon Day 2</i>	110mH	Discus Throw	Pole Vault	Javelin Throw	1500m
Master Men 35-49	<i>Pentathlon</i>	110mH	Long Jump	Shotput	High Jump	1500m
Master Men 50-59	<i>Pentathlon</i>	100mH	Long Jump	Shotput	High Jump	1500m
Master Me 60+	<i>Quadrathlon</i>	100m	Long Jump	Shotput	1500m	

Starting Heights High Jump

Girls 14	1.15m	Girls 15	1.20m	Girls 16	1.25m
Boys 14	1.30m	Boys 15	1.30m	Boys 16	1.40m

All U14-U16 athletes will be allowed to jump an opening height, thereafter the bar will move to the Championship Opening height for that age group. The first five heights will increase in 5cm increments and then in 3cm increments

Juvenile Regulations

1. No Entries or change of Entries will be accepted on the day of Championship.
2. WA Rules applies unless otherwise stated.
3. Club Singlets and shorts must be worn.
4. The first four (4) from each region to qualify for the National Championships except in the 600m where 3 qualify.
 - a. Ages 12, 13, 14, 15 and 16 are limited to 3 events plus relay.
 - b. Ages 17, 18 and 19 are limited to 4 events plus relay.
 - c. All entries must come through the Regional Secretary.
5. Check in rules:
 - a. All athletes must collect a competition number and check in for each event on that day
 - b. All athletes must check in a minimum of one (1) hour prior to their track event
 - c. Call room will be in operation for track events
 - d. Field event athletes will be called at least 15 minutes prior to event start time.
6. Warm Up Area rules (if allocated):
 - a. Area is restricted for athletes only.
 - b. No spectators, no bags or gear to be left in the area.
 - c. Please respect other athletes especially when using equipment ie Hurdles.
7. Call Room Rules:
 - a. Report to call room immediately your Track event is called. Field athletes to report directly to their event when called.
 - b. 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.
 - c. No spectators, no bags or gear to be left in the area
8. Only 5mm Spikes may be used– this includes the High Jump. WA rules apply for footwear
9. Athletes U14 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used. Starting blocks are optional for U13, but all U12 must do a crouch start must be used. Below U12 age standing or crouch start is optional. The commands for all sprints are "on your marks" and "set"
10. WA False Start Rules apply.
 - a. U16 upwards - first false start leads to disqualification.
 - b. U12, 13, 14, 15, One false start and all are on warning of next false start leading to disqualification.
 - c. Combined Events all age categories, one false start and all are on warning of next false start leading to disqualification.
11. An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where:
 - a. A final confirmation was given that the athlete would start in an event but then failed to participate.
 - b. An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4).
 - c. An athlete fails to provide a bona fide effort to compete in an event
 - d. 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.

12. All Field Event Athletes must be technically proficient and competent in the event, in the interest of safety.
13. Warm up marks for field events should be completed where possible before the time schedule.
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.
 - a. 600, 800m and 1500m:
 - b. If 15 or less check in, at the discretion of the track referee, a FINAL will be held at heat time.
 - c. 1500m heats and finals can be scheduled for the same day of competition.
17. 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.
18. 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
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.
25. Please have respect for the stadium and its environs and adhere to all rules of the arena.
26. Please do not leave your personal belongings unattended.
27. Steeplechase
 - a. 2000m: 18 hurdles & 5 water jumps, start on arc before finish line, 1st hurdle is on back straight (hurdle 3 of a full lap)
 - b. 3000m: 28 hurdles & 7 water jumps, start on arc before 200m mark, first hurdle after finish line (hurdle 1 of a full lap)
 - c. No water jumps until past the finish line on the first lap

Relays: Excluding U9-U11

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

Relays: Inter Club U9-U11

1. Three (3) teams per region per age group, teams qualify through the Region.
2. Athletes may step up one (1) age group only and may compete in two (2) relays on the day **except U9 athletes must be born in year 2014 (for 2022)**
3. At least 2 members of a competing relay team, participating in that event on that day must be of the correct age
4. Team names, DOB, registration numbers must be submitted with entry
5. Declaration Sheets must be completed for each individual team.
6. Spot checks may take place.
7. 1st, 2nd, 3rd place will be determined as HEAT DECLARED WINNERS (i.e.: no finals for U9, U10, U11 age groups)

Children's Games:

1. Two (2) athletes per team.
2. Each athlete may compete in two events only, *with the same or two different partners*.
3. Athletes compete in their own age group (**U9 must be born 2014 (for 2022)**)
4. Each teams combined distances or combined times are added for team scoring.
5. Medals for 1st, 2nd, 3rd team members in each event.
6. Three (3) teams per event per region, qualifying through Regional/Provincial Secretary.
7. U9, 10 Long Jump competition, athletes may jump anywhere from the sand. U11 Long Jump competition is from the board. 3 Jumps only per athlete.
8. 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.
9. 60m, 300m, 500m, 600m are on times - no finals.
10. Standing or crouch start is optional. The standing start command for all sprints are "on your marks" and "set"
11. Persistent false starts may lead to disqualification.
12. No entry or change of entry on the day of competition (In the event of *one* team member being unable to attend they may be replaced by a reserve member)
13. Club singlets must be worn – no tracksuits.
14. The Committee reserve the right to alter the timetable.
15. Relays are not part of the scoring for team competition.
16. 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:

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

List of Events: Juvenile 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
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: Juvenile 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
Children's Team Games Events available to Girls and Boys				
9	10	11		
60m Hurdles 300m	60m Hurdles 300m	60m Hurdles 300m		
Long Jump Turbo Javelin (300g)	Long Jump Turbo Javelin (300g)	Long Jump Turbo Javelin (300g)		

Irish Schools Track & Field Championship

Events

	Boys					Girls				
	Minor	Junior	U16	Inter	Senior	Minor	Junior	U16	Inter	Senior
75m H	✓					✓	✓			
80m H		✓							✓	
100m H				✓						✓
110m H					✓					
300m H									✓	
400m H				✓	✓					✓
1200m W		✓					✓			
2000m W				✓					✓	
3000m W					✓					✓
100m	✓	✓		✓	✓	✓	✓		✓	✓
200m		✓		✓	✓		✓		✓	✓
300m									✓	
400m				✓	✓					✓
800m	✓	✓		✓	✓	✓	✓		✓	✓
1500m		✓		✓	✓		✓		✓	✓
Mile			✓					✓		
3000m				✓					✓	✓
5000m					✓					
1500m S C				✓					✓	✓
2000m S C					✓					
Javelin		✓		✓	✓		✓		✓	✓
Shot Put	✓	✓		✓	✓	✓	✓		✓	✓
Discus		✓		✓	✓		✓		✓	✓
Hammer		✓		✓	✓		✓		✓	✓
High J		✓		✓	✓		✓		✓	✓
Pole Vault		✓		✓	✓		✓		✓	✓
Long J	✓	✓		✓	✓	✓	✓		✓	✓
Triple J		✓		✓	✓		✓		✓	✓
4 x 100m	✓	✓		✓	✓	✓	✓		✓	✓
4 x 300m										✓
4 x 400m					✓					

Date and Venue

1. The All-Ireland Championships should be held on a date to be approved a year in advance by the Irish A.G.M.
2. The date will normally be the Saturday immediately before the Certificate Examinations in the Republic of Ireland.
3. The Provincial Championships should normally be held two weeks before this date and the Region/District Championships should be held two weeks before the provincial championships.

Programme of Events

1. The provisional timetable for the Championships will be circulated on the day of the Cross-Country Championships.
2. Each province should circulate to each affiliated school a timetable at least one month before their championships.

Conduct of Events

1. Athletes are required to check-in 15 minutes before the designated time for their event.
2. Failure to do so may mean that the athlete may not be allowed to participate in the event.
3. Athletes reporting late in throwing or jumping events shall be allowed only whatever trials remain for the other athletes
4. In the All-Ireland the 800 metre events will be run in lanes for the first bend
5. In Throwing or Jumping for Distance, each competitor shall have three attempts, and the best six competitors two more attempts in the All-Ireland
6. The final two attempts shall be in reverse order to the position of the final six athletes after their first 3 throws
7. Personal throwing-implements must be submitted to the organisers beforehand for weighing and inspection
8. The Rule for Starting will be Rule 162 of the old IAAF Handbook. In the High Jump, the bar shall be raised by 5cm twice and thereafter by increments agreed by the Chief Judge
9. The Pole Vault bar shall be raised by 20cm twice thereafter increments agreed by the Chief Judge.

Entries

1. In the All-Ireland each Province may nominate THREE competitors in each event, except for track events of 400m or less, in which TWO may be entered, they must have competed in their Provincial Championships.
2. An athlete may be allowed to compete for their school in two relays, the 4 x 100 and the 4 x 300/400 at the schools' championships.

Additional Entries

1. Each Province will make a decision on any 'bye' and inform the Administrative Director of the decision.
2. The athlete must have competed in either Zone / District or Provincial Championship to qualify at any capacity to compete with a 'bye'.
3. This may not be possible due to laned constrictions.
4. The athlete must apply through his/her school with a signed letter (school headed paper) by the principal of his/her school requesting the reasons as to why his/her athlete should gain access to the All-Ireland Championships.
5. The Provincial Executive will consider this request and the school (Principal and Athletics Teacher) will be informed via email/phone call after the Executive meeting.
6. Main criteria for consideration are outlined below.
 - a. International competition with selection by National Governing body
 - b. Sitting a State Examination
 - c. Family Bereavement

Relay Entries

1. The names of each Relay team in the order of running shall be handed to the Marksman before the start of each race.

Restrictions

2. No competitor may compete in more than two events, plus one Relay, however an athlete may be allowed to compete for their school in two relays, the 4 x 100 and the 4 x 300/400 at the schools' championships.
3. No School may have more than two competitors in any event.
4. Each competitor must compete in their own age-group except in the Relay where one athlete from the age group immediately below may complete a team.
5. In the Minor and Junior age groups an athlete may not compete in two middle distance events
6. In the Junior Girls' and Junior Boys' Triple Jump the athlete must start the run-up no further than 12 metres from the board.

Numbers

1. Each athlete must wear the correct number, secured by four safety-pins. The fourth runner in each relay must wear a number front and back.

Substitutions

2. In the All-Ireland these may be submitted only by the Provincial Secretary to the Director of the Meeting.
3. The substitute athlete, where eligible, will receive a special number. In the Provincial Championships these may be submitted only by the Region/District Secretary to the Director of the Meeting.
4. The substitute athlete, where eligible, will receive a special number.

Scoring in all Events

1st 9 pts	2nd 7pts	3rd 6pts
4th 5pts	5th 4pts	6th 3pts
7th 2pts	8th 1pt	

Protests

In the All-Ireland all protests must be made verbally by a school representative or an official of the province before the presentation of medals and then in writing within 30 minutes of the end of the specific event. Schools should be told of this procedure in advance by the Provincial Secretaries.

Jury of Appeal

1. If either party engaged in dealing with a protest is dissatisfied, the matter shall be referred to a Jury of Appeal, consisting of one representative of each Province and the President of the ISAA.
2. The decision of the Jury of Appeal shall be final.

Medals

Medals shall be awarded to the first three in each event.

Trophies

In the All-Ireland trophies are awarded:

- a. To the winning school in each age group.
- b. To the runner-up in the Senior Boys' event
- c. To the winning team in each Relay.
- d. To the winners of the following events:
 - i. Senior Boys' 1500m, 5000m, Shot, Discus, Pole Vault, High Jump and Hammer
 - ii. Senior Girls' 100m, 1500m, Discus, Best Performance in the Long Jump and Sprint Hurdles
 - iii. Intermediate Boys' Shot and Pole Vault.

Tailteann Games

1. Each Province may nominate three (3) Competitors in each event, except in track events of 400m or less in which two (2) may be entered.
2. No guest athletes may be allowed to compete at the Tailteann Games.

Entries

1. This is a competition for boys and girls Under 17 years of age on 1st September in the year of competition
2. It is an Interprovincial competition
3. No Minor may compete in the Tailteann Games
4. A Junior Athlete may be considered for selection if born in July or August of that year. Each Province may nominate THREE competitors in each event, except for track events of 400m or less, in which TWO may be entered

Conduct of Events

The Rules applying are as for the Track & Field event except the following:
In Throwing or Jumping for Distance, each competitor shall have five attempts.

SIAB International Track & Field Selection Criteria

1. The selection committee will consist of one representative from each province, the President of the ISAA and the Administrative Director.
2. Two athletes in each event in track and field will be selected.
3. All athletes will be selected based on their performance at the Tailteann Interprovincial Games only in that current year with the first two athletes available selected in each event.
4. The selection of under 15 athletes by their Province may only be allowed if the athlete has their 15th birthday in July or August on that year
5. The publishing of selected athletes (Selection Announcement) on Athletics Ireland website after a selection meeting will be deemed the commencement of the 24 - hour period to lodge – A Selection Appeals in accord with this Selection Policy

Appeals

1. Any athlete who is not selected in accordance with this Selection Policy may appeal their non-selection to ISAA providing they: Have submitted their appeal to the Administrative Director of the ISAA in accordance with timelines contained in this Selection Policy (24 Hour window - Post announcement of the team)
2. The grounds upon which a Selection decision may be appealed are limited to the following: There has been an alleged failure by Selection Panel to follow or apply the relevant Selection Procedure and/or criteria set out in the Selection Policy, and/or
3. The decision for selection for the championship has been reached based on an error of fact.

Events

	Girls	Boys		Girls	Boys
100m	✓	✓	4 x 100m	✓	✓
200m	✓	✓	4 x 300m	✓	
300m	✓		4 x 400m		✓
400m		✓	High Jump	✓	✓
800m	✓	✓	Long Jump	✓	✓
1500m	✓	✓	Triple Jump	✓	✓
3000m	✓	✓	Pole Vault	✓	✓
1500m SC	✓	✓	Shot Put	✓	✓
80m H	✓		Discus	✓	✓
100m H		✓	Javelin	✓	✓
300m H	✓		Hammer	✓	✓
400m H		✓	2000m W	✓	✓

Hurdles	Distance	Height	No.	Approach	Interval	Run-In
Boys	100m	91.4cm	10	13.00m	8.5m	10.5m
	400m	83.8cm	10	45.00m	35.00m	40.00m
Girls	80m	76.2cm	8	12.00m	8.00m	12.00m
	300m	76.2cm	7	50.00m	35.00m	40.00m
Steeplechase	1500m	There shall be 13 hurdles and 3 water jumps				
Weights	Shot Put		Discus	Javelin	Hammer	
Boys	5.00kg		1.50kg	700g	5.00kg	
Girls	3.00kg		1.00kg	500g	3.00kg	
Starting Heights	Girls High Jump		Boys High Jump	Boys Pole Vault	Girls Pole Vault	
	1.45m		1.60m	2.90m	1.90m	

Indoor Competition Regulations

Track Events Regulations

1. Senior competition: in the event of heats proving unnecessary, finals will be held at final times, unless where otherwise stated.
2. Junior and U23s competition: in the event of heats proving unnecessary, finals will be held at heat times.
3. Athletes must check in at least 90 minutes before their event,
4. Athletes must wear their official club singlet, a plain white vest with no logos may be permitted in certain circumstances with permission of meet manager / director. National Gear should only be worn when representing Ireland.
5. Lane draws and seeding please refer to Appendix D. (Rule TR20.3/4)
6. Every athlete will be provided with a number which during the competition must be worn visibly, these numbers must be worn as issued and may not be cut folded or obscured in any way (Rule TR5.7)
7. Athletes may be required to wear an additional number on the side of their shorts or leg to aid photo finish.
8. Starting blocks shall be used for all races up to and including 400m (Rule TR15.1), Starting blocks optional for ages 60+
9. Only starting blocks provided by the Organising Committee may be used. (Rule TR15.4),
10. World Athletics False start rule applies. Any athlete responsible for a false start shall be disqualified. (Rule TR16.8) Note this applies to all race distances
11. In Combined Events, any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified. (Rule TR16.8)
12. An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where:
 - 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. (TR4.4)

Field Event Regulations

1. In Senior Men Shot, & Weight Throw athletes must be 18 years or over to compete.
2. The implements used shall comply with World Athletics specifications
3. Athletes are allowed to use their own implements provided that they are checked and marked by the organising committee before the competition and made available to all athletes excluding the Pole Vault-Vaulting Poles.
4. In order to obtain a better grip an athlete may use a suitable substance on hands, shot putters may use such substances on their neck. In addition, in the Shot Put, athletes may place chalk or a similar substance on the implement (TR32.5.1)
5. The following will not be considered assistance. Any kind of personal safeguard (bandage, tape, belt, support etc) for protection or medical purposes (TR 6.4.3)
6. An athlete may not spray nor spread any substance in the circle or on his shoes nor roughen the surface of the circle. (TR 32.4.4)
7. An athlete shall not leave the circle until the implement has touched the ground (TR32.17)
8. Athletes must check in at least 60 minutes before their event, pole vaulting 90 minutes
9. Athletes must wear their official club singlet; a plain white vest with no logos may be permitted in certain circumstances with permission of meet manager / director. National Gear should only be worn when representing Ireland.
10. Where there are more than eight (8) competitors each athlete shall be allowed three (3) trials and the eight (8) athletes with the best performances will be allowed an additional three (3) trials.
11. Where there are eight (8) athletes or fewer all each athlete shall be allowed six (6) trial.
12. In Combined Events competition athletes shall be allowed three (3) trials only.
13. In Masters competition an athlete has four (4) trials.
14. In AAI Games competition an athlete has (4) trials, trials up to six in total can be accommodated by agreement of the Meet Director where time allows
15. An athlete may request upon completion of their trials in field events to leave the competition area, all such athletes will be escorted together from the area at an appropriate time unless required for medal presentation
16. Competing under protest in Field Events – If one or more athlete(s) is permitted by the referee to continue in a competition under protest (TR8.1), these athletes shall compete in all subsequent rounds before all other athletes and in the relative order according to the original competition (TR25.6 Note (ii))
17. High Jump and Pole Vault in the case of a tie for any place, including first place the tie shall remain in AAI competition, (TR26.8.4)

Indoor Championship Events

	Senior Men	Senior Women	Junior Men	Junior Women	U/23 Men	U/23 Women	Master Men	Master Women	IUAA Men	IUAA Women
60m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
60m H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3000m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m W										✓
2000m W									✓	
3000m W		✓	✓	✓	✓	✓	✓	✓		
5000m W	✓									
Triple J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pole Vault	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Weight for Distance	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4 x 200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4 x 400m	<i>League</i>	<i>League</i>								

National Senior Indoor Championships

1. Athlete age: All athletes must be 16 or over on 31st December in the year of competition.
2. In Senior Men Shot Put, & Weight for Distance athletes must be 18 years or over on 31st December in the year of competition to compete
3. Relays: multiple teams per club, 4-6 athletes on a team

National Junior and U23 Indoor Championships

1. Athlete age:
 - a. Junior athletes must be over 16 and under 20 years on the 31st of December in the year of competition
 - b. Under 23 athletes must be over 20 and under 23 years on the 31st of December in the year of competition
2. Relays: multiple teams per club, 4-6 athletes on a team

National Masters Indoor Championships

1. Athlete age: all age buckets catered for O35, O40, O45 etc. Athletes compete within their age category.
2. Open to the International Guest through the IMA.
3. Athletes can enter up to 3 events.
4. Hurdles, Triple Jump & Pole Vault are open for O35-59 for the 2022 Season. (O35-64 for the 2023 Season)
5. Relays: multiple teams per club, 4-6 athletes on a team
6. Relay teams are male or female – any age category on a team

Irish Universities Athletics Association Indoor Championships

1. Each college can enter up to two undergraduate / postgraduate students and two 'one year down' athlete in each event
2. The first six athletes in each event score points for their college
3. The college with the highest points scores wins
4. Relays: one team per college.

AAI Indoor Games

1. Athlete age: All athletes must be 16 or over on 31st December in the year of competition.
2. In Senior Men Shot Put, & Weight Throw athletes must be 18 years or over on 31st December in the year of competition to compete
3. Standard Field Rules Apply for Field Events in regards Trials.

National Indoor League

1. All athletes must be 16 years or over on 31st December in the year of competition
2. Men must be 18 years of age or over on 31st December in the year of competition to compete in the Shot Put
3. Four trials for Triple Jump, Long Jump & Shot Put
4. 4 Failures in total for Pole Vault and High Jump (Normal 3 consecutive failure elimination rule also applies)
5. Entries by club official only
6. All Teams and Individuals entered must supply Club Names
7. Athlete may compete in maximum of 2 track & 1 field event in round 1 & 2.
8. Athletes may compete in maximum of 2 track & 1 field or vice versa plus relay on final day
9. In the event of a tied position the countback rule will apply to wins etc
10. Events: With this event, a team is entered and then an athlete name is captured in the following events
11. Events: 60m, 60mH, 200m, 400m, 800, 1500m, 4x200m, 4x400m, HJ, LJ, PV, TJ, SP, WfD.
12. For Round 1 & 2 half the events will be done, with all events being done in the final.

Individual Guest Entries:

1. Athlete age: All athletes must be 16 years or over on 31st December in the year of competition.

Teams Details

1. Teams are from a single club
2. Members of these club teams may not take part in any other team
3. Bib numbers: each team allocated 1 number. Start at 1
4. All athletes must be registered members of the club for which they compete.
5. Clubs may enter up to 2 Male & 2 Female teams
6. Athletes may only compete on 1 team throughout the competition
7. Team names are not mandatory
8. All teams compete together no divisions, Men & Women teams will be scored separately
9. Points will be awarded depending on the number of teams entered in the category
10. Top 8 Men & Women Team will qualify for the final
11. Top male and female team will be awarded a perpetual trophy, first 3 teams medals
12. Events: 60m, 60mH, 200m, 400m, 800, 1500m, 4x200m, 4x400m, HJ, LJ, PV, TJ, SP, WfD.
13. For Round 1 & 2 half the events will be done, with all events being done in the final.

Scoring

1. Scoring for events shall remain as heretofore,

1st – 9 Points	2nd – 7 Points	3rd – 6 Points	4th – 5 Points
5th – 4 Points	6th – 3 Points	7th – 2 Points	8th – 1 Point
2. Qualification for the final is by total number of points scored over rounds 1 & 2.
3. 6 teams per division men and women will progress to the final.
4. In the event that there is a tied position for the final, the total number of winning positions i.e. 1st, 2nd, 3rd etc will be the deciding factor.

National Indoor Combined Events Championships All Ages

1. Athlete age:
 - a. Juvenile (U14, U15 & U16): No athlete may obtain a birthday in the year of competition and compete in that age.
 - b. Youth: Athletes must be 16 years & under 18 years on the 31st of December in the year of Competition.
 - c. Junior: Athletes must be 18 years & under 20 years on the 31st of December in the year of Competition.
 - d. Senior Women: Athletes must be over 16 years of age on 31st December in the year of competition.
 - e. Senior Men: Athletes must be over 18 years of age on the 31st of December in year of Competition
 - f. Master: All ages buckets are catered for in the Masters O35, O40, O45, no step downs allowed.
2. All athletes should be technically proficient and competent to compete in each event.
3. Entries are open, there is no qualifying Criteria from the Regional Events.
4. In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
5. In the track events, all age categories, one false start and all are on warning of next false start leading to disqualification. An athlete shall be disqualified in any event, in which they are responsible for a second or subsequent false start. (TR16.9)
6. An athlete not attempting 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. He shall not, therefore, figure in the final classification.
7. The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.
8. Point Tables Shall be the World Athletics Combined Events Tables bar for respective genders:
 - a. Juvenile Boys 800m which will be based on the English Schools Tables.
9. Master Combined Eventers shall have an Age Coefficient Applied to Performance pre-calculation of points. Performance Coefficients are available from the WMA 2023.

Female Events

Age	Event	Event 1	Event 2	Event 3	Event 4	Event 5
U14 Girls	Pentathlon	60mH	Long Jump	Shotput	High Jump	800m
U15 Girls	Pentathlon	60mH	Long Jump	Shotput	High Jump	800m
U16 Girls	Pentathlon	60mH	Long Jump	Shotput	High Jump	800m
Youth, Junior & Senior Women	Pentathlon	60mH	High Jump	Shotput	Long Jump	800m
Master Women 35-39	Pentathlon	60mH	High Jump	Shotput	Long Jump	800m
Master Women 40-49	Pentathlon	60mH	High Jump	Shotput	Long Jump	800m
Master Women 50-59	Pentathlon	60mH	High Jump	Shotput	Long Jump	800m
Master Women 60+	Quadrathlon	60m	Long Jump	Shotput	800m	

Male Events

Age	Event	Event 1	Event 2	Event 3	Event 4	Event 5
U14 Boys	Pentathlon	60mH	Long Jump	Shotput	High Jump	800m
U15 Boys	Pentathlon	60mH	Long Jump	Shotput	High Jump	800m
U16 Boys	Pentathlon	60mH	Long Jump	Shotput	High Jump	800m
Youth, Junior & Senior Men	Heptathlon Day 1	60m	Long Jump	Shotput	High Jump	
	Heptathlon Day 2	60mH	Pole Vault	1000m		
Master Men 35-49	Pentathlon	60mH	Long Jump	Shotput	High Jump	1000m
Master Men 50-59	Pentathlon	60mH	Long Jump	Shotput	High Jump	1000m
Master Men 60+	Quadrathlon	60m	Long Jump	Shotput	1000m	

Starting Heights High Jump

Girls 14	1.15m	Girls 15	1.20m	Girls 16	1.25m
Boys 14	1.30m	Boys 15	1.30m	Boys 16	1.40m

All U14-U16 athletes will be allowed to jump an opening height, thereafter the bar will move to the Championship Opening height for that age group. The first three heights will increase in 5cm increments and then in 3cm increments

Juvenile Regulations

1. No Entries or change of Entries will be accepted on the day of Championship.
2. WA Rules Apply
3. Club Singlets and shorts must be worn.
4. The first three (3) from each region qualify for the National Championships.
5. There is no direct entry for athletes in U17,18 or 19.
6. An athlete may compete in three individual events plus the relay
7. Athletes are confined to their own age group (except for relays, see Relay Rules)
8. All entries must come through the Regional Secretary
9. Check in rules:
 - a. All athletes must collect a competition number and check in for each event on that day
 - b. All athletes must check in a minimum of one (1) hour prior to their track event
 - c. Call room will be in operation for track events
 - d. Field event athletes will be called at least 15 minutes prior to event start time.
10. Warm Up Area rules (if allocated):
 - a. Area is restricted for athletes only.
 - b. No spectators, no bags or gear to be left in the area.
 - c. Please respect other athletes especially when using equipment ie Hurdles.
11. Call Room Rules:
 - a. Report to call room immediately your Track event is called. Field athletes to report directly to their event when called.
 - b. 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.
 - c. No spectators, no bags or gear to be left in the area
12. ONLY 5mm spikes may be used– this includes the High Jump. WA rules apply for footwear.
13. Athletes U14 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used. Starting blocks are optional for U13, but all U12 must do a crouch start must be used. Below U12 age standing or crouch start is optional. The commands for all sprints are "on your marks" and "set"
14. WA False Start Rules apply.
 - a. U16 upwards - first false start leads to disqualification.
 - b. U12, 13, 14, 15, One false start and all are on warning of next false start leading to disqualification.
 - c. 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. A final confirmation was given that the athlete would start in an event but then failed to participate.
 - b. An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4).
 - c. An athlete fails to provide a bona fide effort to compete in an event
 - d. 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. All Field Event Athletes must be technically proficient and competent in the event, in the interest of safety.
17. Warm up marks for field events should be completed where possible before the time schedule.
18. 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.
19. Where a heat is listed and if insufficient competitors check in a Final will be held at heat time.
 - a. Event 600, 800m and 1500m:
 - b. If 15 or less check in, at the discretion of the track referee, a final will be held at heat time.
20. 1500m heats and finals can be scheduled for the same day of competition
21. An athlete must inform the Chief Judge when leaving the competition area.
22. Athletes must leave the arena when their event is complete.
23. Winning athletes must report for medal presentation 20 minutes after their event where possible or **when called from the Public Address System**
24. Coaches and parents are **not allowed** on the track at any time
25. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified
26. Regional Competition Secretaries must be available for queries on days of competition.
27. Relay Competition:
 - c. The first THREE (3) Teams from each region must compete and qualify for the National Championships.
 - d. An athlete may move up one age group.
 - e. Athletes may compete in TWO (2) relays on the day.
 - f. At least 2 members of a competing relay team, participating in that event on that day must be of the correct age
 - g. 17, 18, 19 age groups for relays, all athletes may move up one age group.
 - h. If a sub is present on the day and declared, medal will be presented
 - i. Relay teams qualify from region, 3 teams per region per age category
 - j. If 6 teams or less check in, a Final will be held at Heat time
 - k. Team names, DOB, registration numbers must be submitted with entry
 - l. Declaration sheets must be completed for each individual team.
 - m. Spot checks will be carried out on team declarations

Please have respect for the stadium and its environs, adhere to all rules of the arena.

Please do not leave your personal belongings unattended.

Juvenile Indoor Championships Events

All Events below are available to Girls and Boys*			
12	13	14	15
60m Sprint 600m	60m Sprint 60m Hurdles 600m	60m Sprint 60m Hurdles 800m 1000m Walk	60m Sprint 60m Hurdles 800m 1000m Walk
Relay 4x200m	Relay 4x200m	Relay 4x200m	Relay 4x200m
High Jump Long Jump	High Jump Long Jump	High Jump Long Jump	High Jump Long Jump
Shot Put	Shot Put	Shot Put	Shot Put Pole Vault
16	17	18	19
60m Sprint 60m Hurdles 200m 800m 1500m	60m Sprint 60m Hurdles 200m 400m 800m 1500m	60m Sprint 60m Hurdles 200m 400m 800m 1500m	60m Sprint 60m Hurdles 200m 400m 800m 1500m
1500m Walk	1500m Walk	1500m Walk	1500m Walk
Relay 4x200m	Relay 4x200m	Relay 4x200m	Relay 4x200m
High Jump Long Jump Triple Jump Shot Put Pole Vault	High Jump Long Jump Triple Jump Shot Put Pole Vault	High Jump Long Jump Triple Jump Shot Put Pole Vault	High Jump Long Jump Triple Jump Shot Put Pole Vault

Irish Schools' Indoor

1. This is a competition for boys and girls Under 14 (Minor), 15 (Junior), 17 years (Inter) of age on 1st July and Under 19 (Senior) on 1st January in the year of competition
2. Competitors must compete in their own age group; Each Province may nominate four competitors in each age-group. Order of events:
3. Where possible, all age-group competitions will begin with the sprint hurdles races.
4. All age group competitions will end with the 800m races.
5. Where possible, two throwing events or two jumping events will not be held in succession.
6. Performances will be scored using the I.A.A.F. scoring tables for the particular event, with the exception of the 60m Hurdles, where separate tables will be used
7. In all Track Events each athlete will be permitted two false starts with disqualification on a third offence
8. Each competitor will be allowed a maximum of three trials in each of the Field Events, except the High Jump
9. In the High Jump the bar will be raised by increments of 3cm only. The starting height will be at the discretion of the competitors
10. In the 800m there will be one race for each age-group.
11. Failing to score in an event:
12. If a competitor attempts an event and fails to score e.g. falls in the Hurdles or has 3 No Jumps etc., he/she may progress to the next event in his/her competition.
13. If a competitor makes no attempt at an event, he/she will be deemed to have withdrawn from the competition, and will not be permitted to take any further part in the competition
14. If a competitor starts in the 800m but does not finish, he/she will receive 0 points for that event but will be placed according to his/her points total.
15. In the event of two or more competitors having the same final score, the tie shall be resolved as follows: The winner shall be the person scoring higher in a majority of events. If this fails to separate the competitors, the winner is the person with the highest points for any individual event.
16. The best 4 scoring athletes in Junior & Intermediate level in Boys and Girls with the correct age at the All-Ireland Combined Events will be selected to compete at the International Schools Combined Events held in Scotland.

Irish Schools Indoor Combined Events:

	60m H	200m	800m	High Jump	Shot Put	Long Jump
Girls Minor	✓		✓	✓	✓	✓
Girls Junior	✓		✓	✓	✓	✓
Girls Inter	✓		✓	✓	✓	✓
Girls Senior	✓		✓	✓	✓	✓
Boys Minor	✓	✓	✓		✓	✓
Boys Junior	✓	✓	✓		✓	✓
Boys Inter	✓	✓	✓		✓	✓
Boys Senior	✓	✓	✓		✓	✓

Hurdles	Distance	Height	No.	Approach	Interval	Run-In
Boys Minor	60m	76.2cm	5	11.50m	7.50m	18.50m
Boys Junior	60m	83.8cm	5	12.00m	8.00m	16.00m
Boys Inter	60m	91.4cm	5	13.00m	8.50m	13.00m
Boys Senior	60m	99.0cm	5	13.72m	9.14m	9.72m
Girls Minor	60m	68.6cm	5	11.50m	7.50m	18.50m
Girls Junior	60m	76.2cm	5	11.50m	7.50m	18.50m
Girls Inter	60m	76.2cm	5	12.00m	8.00m	16.00m
Girls Senior	60m	83.8cm	5	13.00m	8.50m	13.00m
Shot Put	Boys			Girls		
Minor	3.00kg			2.72kg		
Junior	4.00kg			2.72kg		
Inter	5.00kg			3.00kg		
Senior	6.00kg			4.00kg		

Cross Country

Regulations

1. All competitors must wear official team colours.
2. In Inter County Competition (Senior and Junior) all athletes must wear county colours
3. In Inter County (Senior and Junior) all entries must be approved by relevant County Board

Grading

1. Graded teams within a competition, the last finishing team in a grade shall not be relegated where there exists in that grade a team that has not completed within that grade. Such noncompeting teams shall be relegated instead. If there is more than one such team, lots shall be drawn to determine the team to be relegated.
2. Applications for regrading will be accepted on a publicised date prior to the commencement of the Cross-Country Season for individual Senior, Intermediate and Novice.
3. Regrading for Inter Club and Inter County teams will be implemented based on previous participation and results over a three-year period commencing in 2010, 2013, 2016 etc
4. There are three (3) Grades within the competition for Senior Men, two (2) for Senior Women
5. Relegation will apply, first team Grade B and C promoted
6. Regrading for Inter Club and Inter County teams will be implemented based on previous participation and results over a three-year period commencing in 2010, 2013, 2016 etc
7. The last finishing team in a grade shall not be relegated where there exists in that grade a team that has not completed within that grade. Such non-competing teams shall be relegated instead. If there is more than one such team, lots shall be drawn to determine the team to be relegated
8. Teams who are awarded 2nd or 3rd positions cannot be demoted
9. Club and County teams who do not compete for (2) two consecutive years may be demoted.
10. The first three (3) teams are declared the winners irrespective of grades allocated (with Grades B&C as appropriate only applying from 4th place teams onwards)

National Senior, U/23 & Junior Cross Country

1. Registered athletes only
2. Senior and Junior County teams by relevant County secretary
3. Senior and Junior Club teams by Club secretary
4. Teams can be entered without having to enter names
5. Athletes must be 18 years of age or over on the 31st of December in the year of competition
6. Under 23 athletes must be aged between 20 and under 23 years on the 31st of December in the year of competition
7. Under 23 athletes must declare and must indicate correctly on entry form.
8. First 3 U23 Athletes across the line shall be awarded the medals regardless of Senior Position.
9. Junior athletes must be 16 years on the 31st of December in the year of competition and under 20 years on the 31st of December in the year of competition
10. An under 18 athletes may score both on Junior and Under 18 teams if declared or part of an undeclared County Team.
11. Athletes can run as individual and as part of a team, all athletes entered as part of a team are deemed to have entered individually as well.
12. Teams' events:
 - Athletes can be entered on a single club & a single county team only
 - Teams can have unlimited subs on the day of the event
 - County Teams have the option of not declaring individuals on the team in which case the first scoring athletes across the line will be made a team.
 - Club teams entered by club secretaries only
 - County teams entered by county secretaries only, Including non-declared teams.

Inter Club & County	Distance	Individual event	Club to Run	Club to Score	County to Run	County to Score
Senior Men	10,000m	Yes	8	4	12	6
Senior Women	8,000m	Yes	8	4	8	4
Under 23 Men	10,000m	Yes	n/a	n/a	n/a	n/a
Under 23 Women	8,000m	Yes	n/a	n/a	n/a	n/a
Junior Men	6,000m	Yes	8	4	12	6
Junior Women	4,000m	Yes	8	4	8	4

Autumn Open Cross Country

1. Athletes must be 18 years of age or over on the 31st of December in the year of competition
2. All ages buckets are catered for in the masters O35, O40, O45 etc
3. Junior athletes must be 16 - 19 years of age in year of competition
4. Individual competition only

Senior Women	6000m
Junior Women	4500m
Masters Women	6000m
Masters Women 65+	4500m
Senior Men	7500m
Junior Men	6000m
Masters' Men	7500m
Masters Men 65+	6000m

National Novice Cross Country

1. Novice athletes must be 19 years of age or over on the 31st of December in the year of competition
2. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at the National Novice Championships
3. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Intermediate Championships
4. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Senior Grade A Championship
5. An athlete who has never been an individual medal winner or a scoring member of the winning club at National Senior 4000m Championship. (2016 onwards)
6. An athlete who has never been an individual medal winner at National level in any senior track indoor or outdoor at 1500m and upwards
7. An athlete who has never been an individual medal winner at National level in road event at 1500m and upwards, or
8. An athlete who is a scoring member of the winning club or county team at National Senior Grade A, Road, Cross Country, or Track Championships
9. An athlete who has never represented Ireland at any World Athletics or EAA Senior International Championship
10. Status of an athlete will not be altered during a cross country season (September to April) other than in the case of an individual win
11. Entries open to all AAI members
12. Athletes can run as individual and as part of a team, all athletes entered as part of a team are deemed to have entered individually as well.
13. Team events:
 - Athletes can be entered on a single club & a single county team only
 - Teams can have unlimited subs on the day of the event
 - County Teams have the option of not declaring individuals on the team in which case the first scoring athletes across the line will be made a team.
 - Club teams entered by club secretaries only
 - County teams entered by county secretaries only, Including non-declared teams.

Inter Club & County	Distance	Club max no.	Club min no.	County max no.	County min no.
Novice Men	6,000m	8	4	12	6
Novice Women	4,000m	8	4	8	4

National Intermediate & Masters Cross Country

1. Intermediate athletes must be 20 years of age or over on the 31st of December in the year of competition
2. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Intermediate Championships
3. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Senior Grade A Championships
4. An athlete who has never been an individual medal winner or a scoring member of the winning club at National Senior 4000m Cross Country Championship (2016 onwards)
5. An athlete who has never been an individual medal winner at National level in any senior track indoor or outdoor at 1500m and upwards
6. An athlete who has never been an individual medal winner at National level in road event at 1500m and upwards, or a scoring member of the winning club or county team at National Senior Grade A Championships
7. An athlete who has never been on a representative team at Senior International Level
8. Status of an athlete will not be altered during a cross country season (September to April) other than in the case of an individual win
9. Master's athletes on day of competition in 5 year buckets, (O35,O40,O45 etc)
10. Entries open to all AAI members
11. Athletes can run as individual and as part of a team, all athletes entered as part of a team are deemed to have entered individually as well.
12. Team events:
 - Athletes can be entered on a single club & a single county team only
 - Teams can have unlimited subs on the day of the event
 - County Teams have the option of not declaring individuals on the team in which case the first scoring athletes across the line will be made a team.
 - Club teams entered by club secretaries only
 - County teams entered by county secretaries only, Including non-declared teams.
13. An over 50 can be declared for a O35 team or an O50 Team but not both.

	Distance	Number to Run	Number to Score	Number to Run	Number to Score
		Club		County	
Intermediate Women	5000m	8	4	12	6
Intermediate Men	8000m	8	4	8	4
Masters Men 35+ / 50+	7000m	8	4	12	6
Masters Women 35+/50+	4000m	8	4	8	4
Masters 65+	4000m	6	3	8	4

Juvenile Cross-Country Championships

1. Regions must send a copy of the regional club results to Head Office
2. Start time 11.30 a.m.
3. World Athletics Rules apply
4. Athletes may move up one age group
5. Spot Checks will be undertaken
6. **First four (4) club teams** in the 11-19 age group all must have competed in the Provincial/Regional Cross-Country Championships
7. Three (3) teams from each Munster, Ulster, Connaught, 4 from Leinster and 1 Team from the Region of Dublin qualify for County Teams.
8. In the 17-19 age groups open entry will apply supplied the athlete **has entered** in the Provincial/Regional Cross-Country Championships. Open entries must be with National at closing date for competition, entries through Provincial Secretary ONLY
9. U18 Athletes can enter both u18 and Junior race and score on Club and County teams in both age categories if they are entered in both age groups. U18 athletes are considered for the Junior Euro Cross team based on their finishing position in the trial race.
10. All entries to through Regional Secretaries
 - a. Province: 12 athletes to run with 6 to score
 - b. County: 10 athletes to run with 6 to score
 - c. Club: 6 athletes to run with 4 to score
11. NOTE: U19 Girls Club: 6 athletes to run with 3 to score
12. Athletes must be registered
13. Pacing of athletes will mean disqualification. Please inform club officials and parents.
14. Only athletes declared on the team sheets will score.
15. It is strongly recommended that all athletes wear the correct footwear. No earphones should be worn at any time in call area or competition.
16. Juvenile B are open to athletes who HAVE NOT WON an Individual, Regional, County or Club Cross Country medal at the National Championships.
17. Entries through club secretary for B Championships
18. County teams must be entered, and results will be decided by first 6 county athletes across the line, NO team declaration necessary.

Juvenile A Cross Country Distances

Girls	Distances	Boys	Distances
11	1500m	11	1500m
12	2000m	12	2000m
13	2500m	13	2500m
14	3000m	14	3000m
15	3500m	15	3500m
16	4000m	16	4000m
17	4000m	17	5000m
18	4000m	18	6000m
19	4000m	19	6000m

Juvenile B Cross Country Distances

Girls	Distances	Boys	Distances
11	1000m	11	1000m
13	1500m	13	1500m
15	2500m	15	2500m
17	3000m	17	3000m

Juvenile Inter Club Relays

1. All athletes must be registered.
2. Entries for Inter-Club 4x500m Relays through club secretaries
3. Club singlets must be worn.
4. No Entries on the day of competition.
5. All teams must be pre-entered online
6. First three teams receive medals; a sub must be declared and present on the day to receive medal.

Schools' Cross-Country Championships

Date

1. The All-Ireland Cross-Country Championships shall be held on a date in March approved a year in advance by the Irish A.G.M.
2. The championships, where possible, shall be hosted by each Province in turn and shall start at 12.00Noon.
3. Where possible the championships shall be held in conjunction with the Universities' Championships and at a venue approved by both associations.
4. The provincial championships will be held at least two weeks prior to the All-Ireland Championships and each Region/District shall hold their championships before the provincial, preferably two weeks before the provincial.

Distances

	Girls	Boys
Minor	2000m	2500m
Junior	2500m	3500m
Inter	3500m	5000m
Senior	3500m	6000m

The distances for the provinces and regions/districts may be slightly less but should still be recognized cross country distances.

Course

1. The course should be marked with ropes or tapes. It is advisable to tape all parts of the course on the inside.
2. A start-line of adequate width should be roped into pens, one for each team, and at least four for individual runners. In the All-Ireland Championships, there shall be two pens per province for the individual runners.
3. There should be a clear run of at least 200 meters before any turn or obstruction at the start.
4. There should be at least a 200m clear run into the finish.
5. The finishing-funnel should be adequate for a race of 200 runners finishing close together. The funnel should be doubled if necessary.
6. A minimum of 6 stewards should be at the finish line to ensure that good order is maintained

Teams

1. In the Minor, Junior, Intermediate and Senior a Boys' team consists of up to eight runners, of whom the first four shall count.
2. In the Minor, Junior, Intermediate and Senior a Girls' team consists of up to six runners, of whom the first three shall count

Rules

1. Athletes must run in their own age-group except in the team event where one athlete from the age group at once below may complete a team.
2. No athlete may run in more than one race
3. In case of a tie in the team competition, the last scoring runner who finishes nearer the first place shall decide the results

Entries

1. For the All-Ireland each Province may nominate the following for each Race:
 - a. The first three teams in the Provincial Championship.
 - b. Any runner who finished in the first fifteen in the Provincial Championship. In the Provincial and Region/District Championships a similar qualification system should be put in place to maximize the numbers taking part
2. Qualification from each Region/District for Cross Country should be based on the number of Regions/Districts in a province and should include as many as is practical.

Substitutions

1. A school may make substitutions within its own team.
2. Only a Province may substitute for an entire team
3. Substitutions should be handed to the organizers in writing at least one hour before the start of the race

Additional Entries

1. Each Province will decide on any 'bye' and inform the Administrative Director of the decision.
2. The athlete must have competed in either Zone / District or Provincial Championship to qualify at any ability to compete with a 'bye.'
3. The athlete must apply through his/her school with a signed letter (school headed paper) by the principal of his/her school requesting the reasons as to why his/her athlete should gain access to the All-Ireland Championships.
4. The Provincial Executive will consider this request and the school (Principal and Athletics Teacher) will be informed via email/phone call after the Executive meeting.
 - a. Main criteria for consideration are outlined below.
 - b. International competition with choice by National Governing body
 - c. Sitting a State Examination
 - d. Family Bereavement

Numbers

Each athlete must wear on their front the number provided, secured by four safety-pins.

Protests

1. All protests must be made verbally by a school representative or an official of the province or Region/District before the presentation of medals and then in writing within 30 minutes of the end of the specific event.
2. Schools should be told of this procedure in advance by the Secretaries.

Jury of Appeal

In the All-Ireland if either party engaged in dealing with a protest is dissatisfied, the matter shall be referred to a Jury of Appeal, consisting of one representative of each Province and the President of the ISAA. The decision of the Jury of Appeal shall be final.

Results

The organizers should make every effort to supply a full set of results for distribution on the day of the Championships.

Trophies

1. In the All-Ireland the winning team in each race receives a trophy.
2. Medals are awarded to the first three teams and the first six individuals.
3. The Brother Clarke Trophy is awarded to the Boys' team with the lowest score.
4. The Maeve Kyle Trophy is awarded to the Girls' team with the lowest score.
5. Each Province may award trophies to the winning teams in their provincial championships.
 - a. Cross Country Trophies
 - b. Minor Girls Team
 - c. Minor Boys Team
 - d. Junior Girls Team
 - e. Junior Boys Team
 - f. Intermediate Girls Team
 - g. Intermediate Boys Team
 - h. Senior Girls Team
 - i. Senior Boys Team

SIAB International Cross Country Selection Criteria

1. First ten athletes across the line at the All-Ireland Schools Cross Country in that current year who are within the correct SIAB Age Category at Junior & Intermediate Age Categories only will be selected
2. NB. In 2019 SIAB introduced a (4x1500m mixed relay and as a result the first ten athletes at Junior and Intermediate level with the correct age will be selected

Schools International Athletic Board – Age Categories

1. Junior: Under 15 years of age on 1st September in the year of competition
2. Intermediate: Under 17 years of age on 1st September in the year of competition

Road

Road Relay Championships

1. In team events athletes may only score in the category for which they declare
2. 1 lap is approximately 1 mile
3. Age: Senior: 16 years of age or over on the 31st of December in the year of competition
4. Teams: Senior men, Senior women, Masters Men O/35, Masters Men O/50, Masters Women O/35 and master's Women O/50.
5. Athletes may only score in the category for which they declare
6. There are 4 separate races:
 - a. Senior men
 - b. Master's men O/35 and O/50
 - c. Senior women
 - d. Masters' women O/35 and O/50
7. Athletes can step down an age category; 50+ can run as a member in O/35 and Senior teams, 35-49 can run as a member in Senior Teams
8. As they are separate races an O/35 or O/50 can run as a member in the master's race and then come back and run a leg in the Senior Race.
9. Athletes may be declared to compete for the age group below their age e.g. A 50+ athlete may be on the 35+ team or the senior team for their clubs
10. Teams may be of mixed ages but will be declared for the team the youngest person would be on e.g. a team with ages of 26, 36 and 51 would compete in seniors
11. There may be more than one team for each age group from a club
12. Athletes must be entered in running order. i.e. Leg 1, Leg 2, Leg 3

	Score	2 laps	1 lap	3 laps	2 laps	1 lap
Senior Men	4	✓	✓	✓	✓	
Senior Women	3		✓		✓	✓
Masters Men	3		✓		✓	✓
Masters Women	3		✓		✓	✓

IUAA Road Relays

A university/college/institute may enter more than one team

	Score	1 st Leg	2 nd Leg	3 rd Leg	4 th Leg	5 th Leg
Men	5	1600m	3200m	4800m	3200m	1600m
Women	4	1600m	3200m	3200m	1600m	

National 5km / 5 Mile Road Championships

1. Championships medals will only be awarded to athletes that fulfil the title holder requirements and are entered into the National Championships ahead of the race.
2. Athlete must wear club singlet, or an alternative permitted in certain circumstances with permission of meet manager / race director on application with entry
3. Age: 16 years of age or over on the 31st of December in the year of competition
4. Team scores calculated on first athletes across line unless otherwise declared, scores are calculated basis finishing times, youngest age of the team will apply as the team category.
5. Medals:

Category	Individuals	To Score	Club Teams
Senior Men	1,2,3	4	1,2,3
Senior Women	1,2,3	3	1,2,3
Masters Men	1,2,3 O/35, O/40, O/45, O/50...	3	1,2,3 O35 + 1,2,3 O50
Masters Women	1,2,3 O/35, O/40, O45, O/50...	3	1,2,3 O35 + 1,2,3 O50

6. No limit on numbers on teams a club can have.
7. Over 50 can score on over 35 team or the senior but can only score on one team. Similarly, O35 can score on senior's team. If teams are declared, athletes may only score in the category for which they declare
8. Teams are declared after entries are made before the championships.

National 10km Road Championships

1. Championships medals will only be awarded to athletes that fulfil the title holder requirements and are entered into the National Championships ahead of the race.
2. Athlete must wear club singlet, or an alternative permitted in certain circumstances with permission of meet manager / race director on application with entry
3. Age: 18 years of age or over on the 31st of December in the year of competition
4. Team scores calculated on first athletes across line unless otherwise declared, scores are calculated basis finishing times, youngest age of the team will apply as the team category.
5. Medals:

	<i>Individuals</i>	<i>To Score</i>	<i>Club Teams</i>
Senior Men	1,2,3	4	1,2,3
Senior Women	1,2,3	3	1,2,3
Masters Men	1,2,3 O/35, O/40, O/45, O/50...	3	1,2,3 O35 + 1,2,3 O50
Masters Women	1,2,3 O/35, O/40, O45, O/50...	3	1,2,3 O35 + 1,2,3 O50

6. No limit on numbers on teams a club can have.
7. Over 50 can score on over 35 team or the senior but can only score on one team. Similarly, O35 can score on senior's team. If teams are declared, athletes may only score in the category for which they declare
8. Teams are declared after entries are made before the championships.

National 10 Mile / Half Marathon / Marathon Championships

1. Championships medals will only be awarded to athletes that fulfil the title holder requirements and are entered into the National Championships ahead of the race.
2. Athlete must wear club singlet, or an alternative permitted in certain circumstances with permission of meet manager / race director on application with entry
3. Age: 18 years of age or over on the 31st of December in the year of competition
4. Team scores calculated on first athletes across line unless otherwise declared, scores are calculated basis finishing times, youngest age of the team will apply as the team category.
5. Medals:

	<i>Individuals</i>	<i>To Score</i>	<i>Club Teams</i>
Senior Men	1,2,3	3	1,2,3
Senior Women	1,2,3	3	1,2,3
Masters Men	1,2,3 O/35, O/40, O/45, O/50...	3	1,2,3 O35 + 1,2,3 O50
Masters Women	1,2,3 O/35, O/40, O45, O/50...	3	1,2,3 O35 + 1,2,3 O50

6. No limit on numbers on teams a club can have.
7. Over 50 can score on over 35 team or the senior but can only score on one team. Similarly, O35 can score on senior's team. If teams are declared, athletes may only score in the category for which they declare
8. Teams are declared after entries are made before the championships

Walking Road Championships

1. Championships medals will only be awarded to registered athletes
2. Athlete must wear club singlet, or an alternative permitted in certain circumstances with permission of meet manager / director on application with entry
3. Athletes must be 16 years or over on 31st December in the year of competition
4. Open to registered and non - registered athletes

	Distance	Individual
Senior Men	20km, 35km	1,2,3
Senior Women	20km, 35km	1,2,3
Masters Men	10km	1,2,3 O/35, O/40...
Masters Women	10km	1,2,3 O/35, O/40...

Appendix

Appendix A: Specifications

Female Outdoor Hurdle Specifications

Age Group	Distance	Height	No.	Approach	Interval	Finish
Girls 13	60m	68.6cm 2' 3	5	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
	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
	250m	68.6cm 2' 3	6	35.00m	8.00m	40.00m
Girls 17	100m	76.2cm 2' 6	10	13.00m	8.50m	10.50m
	300m	76.2cm 2' 6	7	50.00m	35.00m	40.00m
Girls 18	100m	76.2cm 2' 6	10	13.00m	8.50m	10.50m
	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m
Girls 19	100m	83.8cm 2' 9	10	13.00m	8.50m	10.50m
	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m
Junior W	100m	83.8 cm 2' 9	10	13.00m	8.50m	10.50m
	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m
U23, IUAA & Senior W	100m	83.8 cm 2' 9	10	13.00m	8.50m	10.50m
	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m
Master W35 -39	100m	83.8cm 2' 9	10	13.00m	8.50m	10.50m
	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m
Master W40-49	80m	76.2cm 2' 6	8	12.00m	8.00m	12.00m
	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m
Master W50-59	80m	76.2cm 2' 6	8	12.00m	7.00m	19.00m
	300m	76.2cm 2' 6	7	50.00m	35.00m	40.00m
Master W60-69	80m	68.6cm 2' 3	8	12.00m	7.00m	19.00m
	300m	68.6cm 2' 3	7	50.00m	35.00m	40.00m
Master W 70+	80m	68.6cm 2' 3	8	12.00m	7.00m	19.00m
	200m	68.6cm 2' 3	5	20.00m	35.00m	40.00m

Male Outdoor Hurdle Specifications

Age Group	Distance	Height	No.	Approach	Interval	Finish
Boys 13	60m	68.6cm 2' 3	5	11.00m	7.25m	12.75m
Boys 14	75m	76.2cm 2' 6	8	11.50m	7.50m	11.00m
Boys 15	80m	83.8cm 2' 9	8	12.00m	8.00m	12.00m
	250m	76.2cm 2' 6	6	35.00m	35.00m	40.00m
Boys 16	100m	83.8cm 2' 9	10	13.00m	8.50m	10.50m
	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
	300m	76.2cm 2' 6	7	50.00m	35.00m	40.00m
Boys 18	110m	91.4cm 3' 0	10	13.72m	9.14m	14.02m
	400m	83.8cm 2' 9	10	45.00m	35.00m	40.00m
Boys 19	110m	99.1cm 3' 3	10	13.72m	9.14m	14.02m
	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m
Junior Men	110m	99.1cm 3' 3	10	13.72m	9.14m	14.02m
	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m
U23, IUAA & Senior Men	110m	106.7cm 3' 6	10	13.72m	9.14m	14.02m
	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m
Masters M35-49	110m	99.1cm 3' 3	10	13.72m	9.14m	14.02m
	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m
Masters M50-59	100m	91.4cm 3' 0	10	13.00m	8.50m	10.50m
	400m	83.8cm 2' 9	10	45.00m	35.00m	40.00m
Master M60-69	100m	83.8cm 2' 9	10	12.00m	8.00m	16.00m
	300m	76.2cm 2' 6	7	50.00m	35.00m	40.00m
Master M70-79	80m	76.2cm 2' 6	8	12.00m	7.00m	19.00m
	300m	68.6cm 2' 3	7	50.00m	35.00m	40.00m
Master M 80 +	80m	68.6cm 2' 3	8	12.00m	7.00m	19.00m
	200m	68.6cm 2' 3	5	20.00m	35.00m	40.00m

Indoor Hurdle Specifications:

Age Group	Distance	Height	No.	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	60m	76.2cm 2' 6	5	13.00m	8.50m	13.00m
Girls 19	60m	83.8cm 2' 9	5	13.00m	8.50m	13.00m
Junior W	60m	83.8cm 2' 9	5	13.00m	8.50m	13.00m
U23 IUAA & Senior W	60m	83.8cm 2' 9	5	13.00m	8.50m	13.00m
Masters W 35- 39	60m	83.8cm 2' 9	5	13.00m	8.50m	13.00m
Masters W 40-49	60m	76.2cm 2' 6	5	12.00m	8.00m	16.00m
Masters W 50-59	60m	76.2cm 2' 6	5	12.00m	7.00m	20.00m
Masters W 60+	60m	68.6cm 2' 3	5	12.00m	7.00m	20.00m
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	83.8cm 2' 9	5	12.00m	8.00m	16.00m
Boys 16	60m	83.8cm 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	60m	91.4cm 3' 0	5	13.72m	9.14m	9.72m
Boys 19	60m	99.1cm 3' 3	5	13.72m	9.14m	9.72m
Junior M	60m	99.1cm 3' 3	5	13.72m	9.14m	9.72m
U23 IUAA & Senior M	60m	106.7cm 3' 6	5	13.72m	9.14m	9.72m
Masters M 35-49	60m	99.1cm 3' 3	5	13.72m	9.14m	9.72m
Masters M 50-59	60m	91.4cm 3' 0	5	12.00m	8.00m	16.00m
Masters M 60-69	60m	83.8cm 2' 9	5	12.00m	7.00m	20.00m
Masters M 70-79	60m	76.2cm 2' 6	5	12.00m	7.00m	20.00m
Masters M 80+	60m	68.6cm 2' 3	5	12.00m	7.00m	20.00m

Schools Hurdle Specifications

Age Group	Distance	Height	No.	Approach	Interval	Finish
Minor Boys	75m	76.2cm	8	11.50m	7.50m	11.00m
Junior Boys	80m	83.8cm 2' 9	8	12.00m	8.00m	12.00m
Inter Boys	100m	91.4cm 3' 0	10	13.00m	8.50m	10.50m
	400m	83.8cm 2' 9	10	45.00m	35.00m	40.00m
Senior Boys	110m	99.0cm 3' 3	10	13.72m	9.14m	14.02m
	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m
Minor Girls	75m	76.2cm 2' 6	8	11.50m	7.50m	11.00m
Junior Girls	75m	76.2cm 2' 6	8	11.50m	7.50m	11.00m
Inter Girls	80m	76.2cm 2' 6	8	12.00m	8.00m	12.00m
	300m	76.2cm 2' 6	7	50.00m	35.00m	40.00m
Senior Girls	100m	83.8cm 2' 9	10	13.00m	8.50m	10.50m
	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m

Steeplechase Specifications

	Distance	Height	Hurdle Jumps	Water Jumps	Jumps per lap
U17 Girls	2000m	76.2cm 2' 6	18	5	5
U18 Girls	2000m	76.2cm 2' 6	18	5	5
U19 Girls	3000m	76.2cm 2' 6	28	7	5
Junior Women	3000m	76.2cm 2' 6	28	7	5
Senior Women	3000m	76.2cm 2' 6	28	7	5
Master Women	2000m	76.2cm 2' 6	18	5	5
U17 Boys	2000m	83.8cm 2' 9	18	5	5
U18 Boys	3000m	83.8cm 2' 9	28	7	5
U19 Boys	3000m	91.4cm 3' 0	28	7	5
Junior Men	3000m	91.4cm 3' 0	28	7	5
Senior Men	3000m	91.4cm 3' 0	28	7	5
Master Men O35-59	3000m	91.4cm 3' 0	28	7	5
Master Men O60+	2000m	76.2cm 2' 6	18	5	5
Schools					
Inter & Senior Girls	1500m	76.2cm 2' 6	13	3	5
Girls	2000m	76.2cm 2' 6	18	5	5
Inter Boys	1500m	91.4cm 3' 0	13	3	5
Senior Boys	2000m	91.4cm 3' 0	18	5	5

Throwing Implements

MALE	Shot kg	Hammer kg	Discus kg	Javelin gr	Weight Distance (lbs)	Weight Height (lbs)	Heavy Hammer (lbs)
Under 12	2.00	-----	-----	Turbo	-----	-----	-----
Under 13	2.00	-----	-----	400	-----	-----	-----
Under 14	2.72	2.50	0.75	400	-----	-----	-----
Under 15	3.00	3.00	1.00	500	-----	-----	-----
Under 16	4.00	4.00	1.00	600	-----	-----	-----
Under 17	5.00	5.00	1.50	700	-----	-----	-----
Under 18	5.00	5.00	1.50	700	-----	-----	-----
Under 19	6.00	6.00	1.75	800	-----	-----	-----
Junior	6.00	6.00	1.75	800	35	35	-----
U23	7.26	7.26	2.00	800	35	35	-----
Senior	7.26	7.26	2.00	800	56	56	-----
IUAA	7.26	7.26	2.00	800	35	-----	-----
Masters 35-49	7.26	7.26	2.00	800	56	-----	35
Masters 50-59	6.00	6.00	1.50	700	35	-----	25
Masters 60-69	5.00	5.00	1.00	600	35	-----	20
Masters 70-79	4.00	4.00	1.00	500	28	-----	16
Masters 80+	3.00	3.00	1.00	400	28	-----	12
FEMALE	Shot kg	Hammer kg	Discus kg	Javelin gr	Weight Distance (lbs)	Weight Height (lbs)	Heavy Hammer (lbs)
Under 12	2.00	-----	-----	Turbo	-----	-----	-----
Under 13	2.00	-----	-----	400	-----	-----	-----
Under 14	2.00	2.50	0.75	400	-----	-----	-----
Under 15	2.72	2.50	0.75	400	-----	-----	-----
Under 16	3.00	3.00	1.00	500	-----	-----	-----
Under 17	3.00	3.00	1.00	500	-----	-----	-----
Under 18	3.00	3.00	1.00	500	-----	-----	-----
Under 19	4.00	4.00	1.00	600	-----	-----	-----
Junior	4.00	4.00	1.00	600	28	-----	-----
U23	4.00	4.00	1.00	600	28	-----	-----
Senior	4.00	4.00	1.00	600	28	-----	-----
IUAA	4.00	4.00	1.00	600	20 (9kg)	-----	-----
Masters 35-49	4.00	4.00	1.00	600	28	-----	20
Masters 50-59	3.00	3.00	1.00	500	20	-----	16
Masters 60-74	3.00	3.00	1.00	400	20	-----	12
Masters 75+	2.00	2.00	0.75	400	20	-----	8.8

IRISH SCHOOLS	Shot kg	Hammer kg	Discus kg	Javelin gr
Boys Minor	3.25		0.75	500
Boys Junior	4.00	4.00	1.00	600
Boys Intermediate	5.00	5.00	1.50	700
Boys Senior	6.00	6.00	1.75	800
Girls Minor	2.72	-----	0.75	400
Girls Junior	2.72	2.50	0.75	400
Girls Intermediate	3.00	3.00	1.00	500
Girls Senior	4.00	4.00	1.00	600

Appendix B: Field Standard for National Championships

Girls High Jump		Start			
12		1.05cm	up by 5cm to 1.35m		
13		1.10cm	up by 5cm to 1.40m		
14		1.15cm	up by 5cm to 1.45m	after by 3cm	
15		1.20cm	up by 5cm to 1.50m	after by 3cm	
16		1.25cm	up by 5cm to 1.55m	after by 3cm	
17		1.30cm	up by 5cm to 1.60m	after by 3cm	
18		1.35cm	up by 5cm to 1.60m	after by 3cm	
19		1.35cm	up by 5cm to 1.60m	after by 3cm	
Boys High Jump		Start			
12		1.15cm	up by 5cm to 1.35m		
13		1.20cm	up by 5cm to 1.45m		
14		1.30cm	up by 5cm to 1.55m	after by 3cm	
15		1.30cm	up by 5cm to 1.60m	after by 3cm	
16		1.40cm	up by 5cm to 1.65m	after by 3cm	
17		1.40cm	up by 5cm to 1.75m	after by 3cm	
18		1.50cm	up by 5cm to 1.80m	after by 3cm	
19		1.55cm	up by 5cm to 1.80m	after by 3cm	
Starting Heights High Jump Combined Events					
Girls 14	1.15m	Girls 15	1.20m	Girls 16	1.25m
Boys 14	1.30m	Boys 15	1.30m	Boys 16	1.40m
All U14-U16 athletes will be allowed to jump an opening height, thereafter it will go to the Championship Opening height for that age group. The first five heights will increase in 5cm increments and then in 3cm increments.					

Girls Pole Vault		Start		
15		1.50m	up by 15cm	
16		1.50m	up by 15cm	
17		1.50m	up by 15cm	
18		1.50m	up by 15cm	
19		1.50m	up by 15cm	
Boys Pole Vault		Start		
15		2.15m	up by 15cm to 2.30m	after by 10cm
16		2.30m	up by 15cm to 2.45m	after by 10cm
17		2.30m	up by 15cm to 2.45m	after by 10cm
18		2.30m	up by 15cm to 2.45m	after by 10cm
19		2.30m	up by 15cm to 2.50m	after by 10cm

Appendix C: Entry Details

All entries to National senior, junior, U23 and juvenile competitions are to be done via the online entry system. Entries will not be accepted by any other means.

The online entry system can be found at: [Entry4Sport](#)

Entry closes on the Wednesday week prior to the competition (i.e., 9-10days prior to competition)

Late entries will be accepted via the online entry system up until midnight on the Sunday prior to competition. A late entry fee will apply.

Further information on juvenile entries is available in the [Juvenile booklet](#).

Appendix D: 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 Coaches and Officials Code of Conduct

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 and 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:

- Treat all group or team members and your Sports Leaders with respect
- Act fairly and responsibly at all times, do your best
- Respect other group or team members
- Respect opponents and be gracious in defeat
- Abide by the rules as set out by the group or team you are with
- Support and assist where appropriate with the running of your group

You should never:

- Cheat or seek to gain an unfair advantage
- Intimidate, use violence or physical contact that is not welcome
- Shout at or argue with another person unreasonably
- Cause harm to or damage property
- Bully or threaten another person online or offline
- Take banned substances
- Spread or circulate rumours online or offline about another person
- Tell lies or untruths

Appendix E: Lane Draws & Seeding

In Track events, in the first round, athletes are seeded by computer according to recorded performances and lanes assigned by the computer randomly.

Once the first round has been completed and qualifiers obtained there will be 3 draws for the 60m Track Indoors & all Sprint Races Outdoors: - one for 4 highest ranked to Determine placing in Lanes 3,4,5,6. - one for 5th & 6th rankings to determine placing in lanes 7&8, and finally one for 7th & 8th rankings to determine placing in lanes 1&2.

For the 200m Indoor Track there will be 3 draws also, one for the 2 highest ranked to Determine placing in Lanes 5&6, one for the 3rd & 4th rankings to determine placing in Lanes 3&4, and finally one for 5th & 6th rankings to determine placings in lanes 1&2.

Rankings are determined by: Fastest heat winner, 2nd fastest heat winner etc., Fastest 2nd place, 2nd fastest 2nd place etc., Concluding with: Fastest time qualifier, 2nd fastest time qualifier etc.

In Field events athletes shall be listed randomly. In the horizontal jumps and the throws, those qualifying for the final three attempts shall compete in the reverse order of their position after three attempts: i.e., 8th place competes first, 7th place second etc.

8-Lane Track Sprint	First Round			Semi-Finals				Final	
	Athletes	Heats	Place(Q)	Time (q)	Athletes	Heats	Place (Q)	Time (q)	Athletes
1 to 8	1	Straight Final							8
9 to 16	2	3	2						8
17 to 24	3	2	2						8
25 to 32	4	1 (4)	4 (4)		(16)	(2)	(4)	(0)	8
33 to 40	5	1 (2)	3 (6)		(16)	(2)	(4)	(0)	8
41 to 48	6	2 (3)	4 (6)		16 (24)	2 (3)	4 (2)	0 (2)	8
49 to 56	7	2 (3)	2 (3)		16 (24)	2 (3)	4 (2)	0 (2)	8
57 to 64	8	2	8		24	3	2	2	8
65 to 72	9	2	6		24	3	2	2	8
73 to 80	10	2	4		24	3	2	2	8

6-Lane Track Sprint	First Round			Semi-Finals				Final	
	Athletes	Heats	Place (Q)	Time (q)	Athletes	Heats	Place (Q)	Time (q)	Athletes
1 to 6	1	Straight Final							6
7 to 12	2	2	2						6
13 to 18	3	1	3						6
19 to 24	4	0 (2)	6 (4)		(12)	(2)	(3)	(0)	6
25-30	5	0 (2)	6 (2)		(12)	(2)	(3)	(0)	6
31-36	6	1	6		12	2	3	0	6
37-42	7	2	4		18	3	2	0	6
43-48	8	2	2		18	3	2	0	6
49+54	9	1	9		18	3	2	0	6
55-60	10	1	8		18	3	2	0	6
61-66	11	1	7		18	3	2	0	6
67-72	12	1	12		24	4	1	2	6

800m - Indoors				Final
Athletes	Heats	Place (Q)	Time (q)	Athletes
1 to 8	1	Straight Final		8
9 to 16	2	4	0	8
17 to 24	3	2	2	8
25 to 32	4	2	0	8
33 to 40	5	1	3	8
41 to 48	6	1	2	8

800m - Outdoors				Final
Athletes	Heats	Place (Q)	Time (q)	Athletes
1 to 10	1	Straight Final		10
11 to 20	2	5	0	10
21 to 30	3	2	4	10
31 to 40	4	2	2	10
41 to 50	5	2	0	10
51 to 60	6	1	4	10

1500m - Indoors				Final
Athletes	Heats	Place (Q)	Time (q)	Athletes
1 to 12	1	Straight Final		12
13 to 24	2	6	0	12
25 to 36	3	4	0	12
36 to 48	4	3	0	12
49 to 60	5	2	2	12

1500m - Outdoors				Final
Athletes	Heats	Place (Q)	Time (q)	Athletes
1 to 15	1	Straight Final		15
16 to 30	2	6	3	15
31 to 45	3	5	0	15
46 to 60	4	3	3	15
61 to 75	5	3	0	15

Appendix F: Irish Schools' Athletic Association

Cumann Luthchleas Scoileanna na hEireann



The Irish Schools Athletic Association is the national governing body for Post-Primary Schools athletics in Ireland and as such is the controlling body of school's athletics. It is made up of the provincial associations in Connacht, Leinster, Munster, and Ulster. Our aim is to promote and encourage track and field athletics, including race-walking and cross-country running in Post Primary schools. The ISAA upholds the fundamental principle that the welfare of the child is paramount and that all structures, systems, rules, and procedures are based on that premise. The ISAA favours an ethical approach to sport and the promotion of good practice and fair play in school's athletics.

The ISAA ensures that all participating schools are affiliated to it:

- That all provincial associations abide by its rules:
- That all affiliated schools abide by the rules and regulations of the ISAA:
- That the ISAA abides by the principle that if a complaint is made against a committee member or staff or coach, s/he should stand down while the complaint is being examined:
- That the roles and responsibilities of teachers connected with school's athletics are clearly defined:
- That proper disciplinary, complaints and appeals procedures are in place and adhered to by all:

Latest Handbook: [Please Refer to Athletics Ireland Website here.](#)

Appendix G: Juvenile Handbook

[Please Refer to Athletics Ireland Website here.](#)

Appendix H: Competition Committee: (2021-23)

Name	Position	Club
Andrew Lynam	Chair	Trim A.C.
Bernie O'Callaghan	Secretary	Killybegs A.C.
Bernie Dunne	League Coordinator	Clonliffe Harriers
Paddy Marley		Clonliffe Harriers
Georgina Drumm		St. Peters A.C.
Brendan McDaid		Letterkenny A.C.
Tim Ahern	Munster Rep	Blarney/Inniscara A.C.
Majella McGrath	Leinster Rep	Celbridge A.C.
Patsy Kelly	Ulster Rep	Glaslough Harriers
Patricia Griffin	Connaught Rep	Ballinamore A.C.
Padraig Kelly	Co-Op	Ballinacollig A.C.
John Cronin	President	Tullamore Harriers