



JUVENILE
COMPETITION
BOOKLET
2025

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Chairperson's Address:



On behalf of the Juvenile Committee of Athletics Ireland, I welcome you all to the 2025 program of events and look forward to a successful year ahead. We would like to thank parents, club officials and young athletes for their continuous support of our great sport.

To all the volunteers at Club, County, Regional and National Level, we owe a sincere word of gratitude for all your work in promoting and enabling our Juvenile athletes to compete at their National Championships. We would really like to encourage you to get involved at any and all levels within the athletics community, we are always in need of volunteers to help run our events.

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

I would like to thank our sponsors 123.ie for their financial support, which we greatly appreciate.

I wish to thank the AAI Competitions Department, lead most ably by Ger Stewart, for all the work done in the office and on the ground to coordinate the logistics for all our events.

Thanks to all the members of the Juvenile Committee for their help, their contribution and their friendship, it truly is a case of team work.

The Committee is delighted to announce that the Juvenile Star Awards will take place on Saturday 12th April 2025, which will be a show case event of the best of our Juvenile talent from the 2024 athletics competitions.

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

Best of luck in all your events in 2025

Yours in sport

Amanda Hynes

Chair – Juvenile Committee

Juvenile Committee:

Title	Name	Contact Number	Email Address
Chairperson	Ms Amanda Hynes	085 8883383	hynes245@hotmail.com
Deputy Chairperson	Ms Catriona Duffy	087 2192511	catriona.athleticsleinster@gmail.com
Leinster Rep & Secretary	Mr Martin Heery	086 8564160	mjheery@yahoo.com
Connacht Rep & T&F Indoor Secretary	Ms Anne McHugh	087 2355103	annebmchugh@gmail.com
T&F Outdoor Secretary	Ms Catriona Duffy	087 2192511	catriona.athleticsleinster@gmail.com
Cross-Country Secretary	Mr Mark Connolly	+ 44 780 976 4733	mark.athletics@gmail.com
	Mr David Murphy	086 839 0705	davidmurf@gmail.com
	Ms Niamh Fitzgerald	086 1946322	athleticsniamhfitzgerald@gmail.com
	Mr Pat Whelan	086 0602700	patrickwhelan74@gmail.com
Munster Rep	Mr PJ O'Rourke	087 2788511	patrickjohnorourke@hotmail.com
Ulster Rep	Mr Tom Thompson	087 3412655	tom.dglcomp@gmail.com
Co-Optee	Mr Greg Duggan	087 2838329	gjduggan@eircom.net
Children's Officer	Mr Matt Lynch	086 2322102	mattlynch@o2.ie
AAI National Children's Officer	Mr Kieron Stout	086 2450134	kieronstout@athleticsireland.ie

Age Categories:

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

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

Category	Birth Year
Under 9	2017
Under 10	2016
Under 11	2015
Under 12	2014
Under 13	2013
Under 14	2012
Under 15	2011
Under 16	2010
Under 17	2009
Under 18	2008
Under 19	2007

Notices:

This Booklet is subject to change.

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

Code of Ethics & Good Practice for Children’s Sport

Policy Statement for the Athletic Association of Ireland

The Athletic Association of Ireland is fully committed to safeguarding the well-being of all of its members. Every individual in Athletics Ireland should at all times show respect and understanding for members rights, safety and welfare and conduct themselves in a manner that reflects the principles of the organisation and the guidelines contained in the:

Code of Ethics and Good Practice for Children in Athletics

In Athletics Ireland, our first priority is the welfare of the young people, and we are committed to providing an environment that will allow participants to perform to the best of their ability, free from bullying and intimidation.

This is an extract from the Policy Statement from the Code of Ethics and acts as a guide for all rules. The Code has been distributed to all clubs and is readily available from Athletics Ireland.

Protest/ Appeals Process

- TR 8.2 Protests concerning the result or conduct of an event shall be made within 20 minutes of the official announcement of the result of that event.
- TR 8.3 Any protest in the first instance shall be made *orally* to the Referee by the athlete or someone acting on their behalf. The Referee may decide the protest *or* refer it to the Jury of Appeal. To arrive at a fair decision the Referee should use any available evidence they feel is necessary. If the Referee makes a decision, there shall be a right of appeal to the Jury. The appeal to the Jury should only come after a decision by the Referee.
- TR 8.7 An appeal to the Jury of Appeal must be made within 20 minutes of the official announcement of the amended result of an event arising from the decision made by the Referee, or of the advice being given to those making the protest, where there is no amendment of any result.
- TR 8.7 The appeal to the Jury shall be in writing signed by a responsible representative on behalf of the athlete or team and shall be made within 20 minutes following the decision of the Referee and shall be accompanied by a €20 fee in cash which will be forfeited if the appeal is unsuccessful.
- TR 8.8 The Jury of Appeal shall consult all relevant persons, including the relevant Referee (except when their decision is to be fully maintained by the Jury of Appeal). If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee or the Chief Race Walking Judge shall be upheld.
- TR 8.9 The Jury of Appeal may reconsider a decision if new conclusive evidence is presented, provided the new decision is still applicable. Normally, such re-consideration may be undertaken only prior to the Victory Ceremony for the applicable event, unless the relevant governing body determines that circumstances justify otherwise.
- The Jury of Appeal shall consist of a representative of each of the five regions, three of whom will sit during the appeal.
- Advice will be obtained from a member of the Technical Committee when and if required.
- The decision of the Jury of Appeal shall be final and there shall be no further right of appeal.

Policy on Photographers

The following must be read in conjunction with the **Athletics Ireland Filming and Photography Policy & Guidelines**;

https://www.athleticsireland.ie/downloads/other/AAI_Filming_and_Photography_Guideline_021019.docx

Our aim is to make our Juvenile competitions safe and accessible for all while minimising the risk of any inappropriate use of images. An approved list of photographers will be prepared at the start of the competition season by the event organiser.

Where possible all photographers/streaming companies wishing to take pictures within the stadium environ should apply in advance of the competition. They should provide an in date Self Declaration form/Proof of Garda Vetting **and** their press/media credentials.

Bibs (€20 returnable deposit) will be assigned on a first come first served basis when the approved photographer registers with the Juvenile Child Welfare Officer at check-in.

Photographers put forward by the AAI Marketing Department will be nominated prior to the event and this will be communicated to the Juvenile Child Welfare Officer. A list of these photographers/videographers is maintained by AAI and their Self Declaration Status updated where required. Additional checks are performed as per internal policies.

For Indoor Competition, a maximum of **three** photographers, in addition to the live streaming company, will be admitted, a minimum of one will be appointed by the AAI Marketing Department.

For Outdoor Competition, a maximum of **five** photographers, in addition to the live streaming company, will be admitted, a minimum of one will be appointed by the AAI Marketing Department.

It is noted that for some live streaming events there will be additional attendees put forward from the Marketing Department with advance notification given.

Attire

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

Section 1: Policies & Child Safeguarding

Athletics Ireland Child Protection Policy Statement

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

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

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

As part of our safeguarding policy Athletics Ireland will

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

Athletics Ireland Child Safeguarding Mandated Person for reporting concerns:

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

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

Athletics Ireland Code of Conduct for Coaches & Officials

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

All coaches, officials and volunteers in athletics should:

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

The following should apply when communicating with juvenile athletes:

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

Athletics Ireland Code of Conduct for Parents & Carers

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

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

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

All parents and carers in athletics should:

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

Athletics Ireland Code of Conduct for Children and Young People

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

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

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

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

Athletics Ireland Code of Conduct for Parents, Coaches & Mentors

Parents/Guardians should lead by example:

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

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

Section 2: Field Standard & Specifications for All Championships

Indoor Hurdle Specifications

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

Throwing Implements

Boys	12	13	14	15	16	17	18	19
Shot Put	2k	2k	2.72k	3k	4k	5k	5k	6k
Girls	12	13	14	15	16	17	18	19
Shot Put	2k	2k	2k	2.72k	3k	3k	3k	4k

High Jump Intervals

Age Category	Opening Ht.	Condition	Combined Events Opening Height*
Girls U12	1.05m	Up by 5cm to 1.30m thereafter by 3cm	
Girls U13	1.10m	Up by 5cm to 1.35m thereafter by 3cm	
Girls U14	1.15m	up by 5cm to 1.40m thereafter by 3cm	1.15m, up by 6cm to 1.45m
Girls U15	1.20m	up by 5cm to 1.45m thereafter by 3cm	1.20m, up by 6cm to 1.50m
Girls U16	1.25m	up by 5cm to 1.50m thereafter by 3cm	1.25m, up by 6cm to 1.55m
Girls U17	1.30m	up by 5cm to 1.55m thereafter by 3cm	
Girls U18	1.35m	up by 5cm to 1.60m thereafter by 3cm	
Girls U19	1.35m	up by 5cm to 1.60m thereafter by 3cm	
Age Category	Opening Ht.	Condition	
Boys U12	1.05m	Up by 5cm to 1.30m thereafter by 3cm	
Boys U13	1.15m	Up by 5cm to 1.40m thereafter by 3cm	
Boys U14	1.25m	up by 5cm to 1.50m thereafter by 3cm	1.25m, up by 6cm to 1.55m
Boys U15	1.30m	up by 5cm to 1.55m thereafter by 3cm	1.30m, up by 6cm to 1.60m
Boys U16	1.40m	up by 5cm to 1.65m thereafter by 3cm	1.40m, up by 6cm to 1.70m
Boys U17	1.45m	up by 5cm to 1.70m thereafter by 3cm	
Boys U18	1.50m	up by 5cm to 1.75m thereafter by 3cm	
Boys U19	1.55m	up by 5cm to 1.80m thereafter by 3cm	

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

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

Pole Vault

Age Category	Opening Ht *	Condition
Girls U15	1.50m	up by 15cm to 2.10m thereafter by 10cm
Girls U16	1.50m	up by 15cm to 2.10m thereafter by 10cm
Girls U17	1.50m	up by 15cm to 2.65m thereafter by 10cm
Girls U18	1.50m	up by 15cm to 2.65m thereafter by 10cm
Girls U19	1.50m	up by 15cm to 2.65m thereafter by 10cm
Boys U15	1.60m	up by 15cm to 2.30m thereafter by 10cm
Boys U16	2.30m	up by 15cm to 2.45m thereafter by 10cm
Boys U17	2.30m	up by 15cm to 2.45m thereafter by 10cm
Boys U18	2.30m	up by 15cm to 2.45m thereafter by 10cm
Boys U19	2.30m	up by 15cm to 3.05m thereafter by 10cm

* Opening height and progression subject to change by the Chief Judge.

Section 3: Indoor Season:

List of Competitions:

Date	Competition	Location	Notes
11th/12th January 2025	Juvenile Indoor Combined Events Day 1 & 2	NIA, Dublin	Start: 10am Entry Fee: €12 Closing Date 1st Jan Entries: Club Secretaries
Saturday 29 th March 2025	Juvenile Indoor Championships (Day1)	TUS, Athlone	Start: 10am Entry Fee: €6 Event Closing Date 19 th March Entries: Club Secretary
Sunday 30 th March 2025	Juvenile Indoor Championships (Day 2)	TUS, Athlone	Start: 10am Entry Fee: €6 Event Closing Date 19th March Entries: Club Secretary
Sunday 5th April 2025	Juvenile Indoor Championships Relays & Field Events (Day 3)	TUS, Athlone	Start: 10am Entry Fee: €6 Event/€15 Relay Team Closing Date 26th March Entries: Club Secretary

List of Events:

All Events below are available to Girls and Boys*

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

List of Regulations: Indoors

1. No entries or change of entries will be accepted on the day of the Championship.
Individual Track & Field Championships for Boys and Girls ages 12-19.
2. Club Singlets and single colour shorts must be worn. Appropriate footwear must be worn for all events. (See Attire in Section 1 Policies)
3. The first four (4) from each region qualify for the National Championships, **except in the 600m** where three (3) qualify. Athletes must qualify in the Region to which their club is affiliated. **No substitutions will be allowed.**
4. Direct Entry: **Individual** Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships, **entries by the permission of the Regional Secretaries by closing date**
5. Athletes on International duty representing Athletics Ireland and unable to compete in their Regional Championships will not be disadvantaged when it comes to seeding.
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 be approved by the Regional Secretary, a copy of the Regional results must be sent to the AAI office. Closing date for all entries is the Wednesday week prior to the event (10/11 days). No late entries will be accepted

9. Check In Rules:

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

10. Warm Up Area Rules:

- Area is restricted for athletes only, cordoned off area for coaches.
- No spectators, no bags or gear to be left in the area.
- Please respect other athletes especially when using equipment ie Hurdles.

11. Call Room Rules:

- Track athletes report to call room immediately their event is called. Field athletes to report directly to their event when called.
- Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g: earphones, notebooks, tablets, iPods, smart phones etc.) in the competition area, this includes all Field Events.

NOTE: The competition area starts at the assembly/call room or entry to each Field Event.

- No spectators, no bags or gear to be left in the area

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

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

14. Athletes U14 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used. Starting blocks are optional for U12 and U13, but a crouch start must be used instead. The commands for all sprints are "on your marks" and "set"

15. False Starts

- WA False Start Rules apply. TR 16.5-16.8
- U16 upwards - first false start leads to disqualification.
- U12, 13, 14, 15. One false start and all are on warning of next false start leading to disqualification.
- Combined Events all age categories, one false start and all are on warning of next false start leading to disqualification. TR 39.8

16. 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. TR 4.4.1
- An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further TR 4.4.2
- An athlete fails to provide a bona fide effort to compete in an event TR 4.4.3
- 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.

17. Check 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. Ties for 1st place in High Jump and Pole Vault will remain.

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

20. Seeding:

- *Athletes U17, U18 and U19 in all track events up to and including 800m will be ranked on the basis of performance at the regional championships, with regional winners ranked 1 to 5, second placed athletes ranked 6 to 10, third placed athletes ranked 11 to 15 and all other entrants will be unranked. Ranking will be used for placing athletes in heats.*
- *The better ranked athletes will be assigned preferential lanes in the 200m, 400m and 800m events. This rule will also apply if a final is run at heat time.*

21. Middle Distance:

- i) 600m, max 15 athletes, straight final using a split start.
- ii) 800m, if 11 or less check in, at the discretion of the track referee, a FINAL will be held at heat time. **If more than 11 check in** the athletes will be placed into two heats as follows; Heat 1= 3rd and 4th place regional qualifiers and **ALL** Direct Entries. Heat 2= 1st and 2nd place regional qualifiers.
- iii) 1500m, if 15 or less check in, at the discretion of the track referee, a FINAL will be held at heat time. **If more than 15 check in** the athletes will be placed into two heats as follows; Heat 1= 3rd and 4th place regional qualifiers and **ALL** Direct Entries. Heat 2= 1st and 2nd place regional qualifiers.
- iv) For 800m and 1500m the fastest 3rd place from the regions will have preference on a place in Heat 2 should there be no-shows on the day or there is the need to balance the heats should there be a large number of direct entries. The winners will be taken from the

fastest times across the two heats.

22. An athlete must inform the Chief Judge when leaving the competition area.
23. Athletes must leave the arena when their event is complete.
24. Winning track athletes must report for medal presentation 20 minutes after their event where possible or when called from the Public Address System.
25. Winning field athletes go to medal presentation with the official on the conclusion of their event.
26. Coaches and parents are **not allowed** on the track at any time, any parent or club official found on the track risk the possibility of their athlete and club being disqualified
27. Regional Competition Secretaries must be available for queries on days of competition.

28. Relay Competition:

- Relay teams qualify from region, three (3) teams per region per age category, teams must compete in their Region in order to qualify.
- Athletes may compete in TWO (2) relays on the day.
- An athlete may move up one age group, however, for all U12-U17 relays at least 2 members of a competing relay team, participating in each round of that event on that day must be of the correct age
- U17 and U18 age groups, all athletes may move up one age group, n.b., only 2 U16 athletes may compete on an U17 team.
- **The order for mixed relays is Female - Male – Female - Male**
- Two subs may be entered for the mixed relay, one of each gender. Six (6) engraved medals will be awarded.
- Two subs may be entered for the single gender races. Five (5) engraved medals will be awarded and one blank
- Subs must be present on the day and declared to receive a medal
- If 6 teams or less check in, a Final will be held at Heat time
- Team names, DOB, registration numbers must be submitted with entry
- Declaration sheets must be completed for each individual team.
- Spot checks will be carried out on team declarations

29. Combined Events

- Entry is open, there are no qualifying criteria from the Regions.
 - Entries are made online by the Club Secretaries.
 - In the Field events, each athlete shall be allowed three trials only.
 - An athlete shall be disqualified in any event, in which he/she has made two false starts.
 - An athlete that has attempted to start an event within a Combined Event but then retires from that event, it is still possible for them to continue in subsequent events within that Combined Event. However, they may not return to the event from which they have retired.
 - The winner shall be the athlete who has obtained the highest number of points, any ties remain unresolved and joint medals will be awarded. Medals will be presented to the top three.

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

All spectators must be seated for the duration of the competition, there is to be no standing at the railings adjacent to the track.

Please do not leave your personal belongings unattended.

Timetables:

29th March 2025, Juvenile Indoor Championships (Day 1):

The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable.

Check-in opens at 8.30 am

Check in closes 9.00 am (200m)

10.00 am

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

Check in closes 10.15 am (600m/800m)

11.15 am

Girls & Boys	12	600m Final	on times
Girls & Boys	13	600m Final	on times
Girls & Boys	14	800m Final	on times
Girls & Boys	15	800m Final	on times
Girls & Boys	16	800m Final	on times
Girls & Boys	17	800m Final	on times
Girls & Boys	18	800m Final	on times
Girls & Boys	19	800m Final	on times

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

2.00 pm 200m Finals

Check in closes 1.30 pm (Hurdles)

2.30 pm

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

4.30 pm Hurdles Finals

Check in Closes 1 hour prior to each start time

Long Jump

10.00 am	Boys	12	(Pit 1)
11.15 am	Boys	13	(Pit 1)
1.00 pm	Boys	14	(Pit 2)
	Boys	15	(Pit 1)
2.15 pm	Boys	16	(Pit 1)
	Boys	17	(Pit 2)
3.30 pm	Boys	18	(Pit 2)
	Boys	19	(Pit 1)

High Jump *coach access by ticket only*

10.00 am	Girls	17
11.30 pm	Girls	14
2.00 pm	Girls	16
3.15 pm	Girls	15

Shot Put

10.00 am	Girls	15	(3k)
11.00 am	Girls	16	(3k)
12 noon	Boys	16	(4k)
1.30 pm	Boys	13	(2k)
2.30 pm	Girls	13	(2k)

Triple Jump

10.00 am	Boys	16	(Pit 2)
11.15 am	Boys	19	(Pit 2)

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

11.00 am	Girls	15-16
1.30 pm	Girls	17-19

Sunday 30th March 2025, Juvenile Indoor Championships (Day 2):

The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable.

Check-in opens at 8.30am

Check in closes 9.00 am (400m)

10.00 a.m.

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

400m Finals at heat time if heats not required

Check in closes 10.30 am (1500m)

11.20 am

Girls & Boys	16	1500m	On Times
Girls & Boys	17	1500m	On Times
Girls & Boys	18	1500m	On Times
Girls & Boys	19	1500m	On Times

1.30 pm 400m Finals

Check in closes 12.30 p.m. (60m)

1.45 pm

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

3.45 pm 60m Finals

Check in closes 3.00 am for Walks

4.00 pm

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

Walks races may be amalgamated

Check in Closes 1 hour prior to each start time

Long Jump

10.00 am	Girls	12	(Pit 1)
11.15 am	Girls	13	(Pit 1)
1.00 pm	Girls	14	(Pit 1)
	Girls	15	(Pit 2)
2.15 pm	Girls	16	(Pit 1)
	Girls	17	(Pit 2)
3.30 pm	Girls	18	(Pit 1)
	Girls	19	(Pit 2)

High Jump

10.00 am	Boys	17	<i>coach access by ticket only</i>
11.30 am	Boys	14	
2.00 pm	Boys	16	
3.15 pm	Boys	15	

Shot Put

10.00 am	Girls	14	(2k)
1.30 pm	Boys	12	(2k)
12 noon	Girls	12	(2k)
11.00 am	Boys	14	(2.72k)
2.30 pm	Boys	15	(3k)

Triple Jump

10.00 am	Girls	16	(Pit 2)
11.15 am	Girls	19	(Pit 2)

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

11.00 am	Boys	15-16
1.30 pm	Boys	17-19

Saturday 5th April 2025, Juvenile Indoor Championships, Relays & Field Events (Day 3):

The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable.

Check in opens 8.30 am

Inter-Club Relays

Check in closes 9.00 a.m. for mixed, 9.30 am for 13 & 15, 10.30 am for 17 and 19

Call room in operation for all track events, 20 mins prior to each event

10.00 am	Mixed	17	4 x 200m	FINALS (Heat Declared Winners)
	Mixed	19	4 x 200m	FINALS (Heat Declared Winners)
	Girls	13	4 x 200m	FINALS (Heat Declared Winners)
	Boys	13	4 x 200m	FINALS (Heat Declared Winners)
	Girls	15	4 x 200m	Heats
	Boys	15	4 x 200m	Heats
	Girls	17	4 x 200m	Heats
	Boys	17	4 x 200m	Heats
	Girls	19	4 x 200m	Heats
	Boys	19	4 x 200m	Heats

FINALS OF ABOVE

Check in closes 12.30 pm for 12 & 14, 1.00 pm for 16 & 18

1.30 pm	Girls	12	4 x 200m	FINALS (Heat Declared Winners)
	Boys	12	4 x 200m	FINALS (Heat Declared Winners)
	Girls	14	4 x 200m	Heats
	Boys	14	4 x 200m	Heats
	Girls	16	4 x 200m	Heats
	Boys	16	4 x 200m	Heats
	Girls	18	4 x 200m	Heats
	Boys	18	4 x 200m	Heats

FINALS OF ABOVE

Field Events

Check in Closes 1 hour prior to the start of each event

Shot Put

10.00 am	Boys	17	(5kg)
10.45 am	Girls	19	(4kg)
11.30 am	Boys	18	(5kg)
12.50 pm	Girls	18	(3kg)
2.10 pm	Boys	19	(6kg)
2.45 pm	Girls	17	(3kg)

Triple Jump

10:00 am	Girls	17
11.00 am	Boys	17
12 noon	Girls	15
1.45 pm	Boys	15
2.30 pm	Girls	18
3.30 pm	Boys	18

High Jump

coach access by ticket only

10.00 am	Boys	12	Mat 2 (Middle)
11.30 am	Girls	12	Mat 2
1.30 pm	Boys	13	Mat 2
3.00 pm	Girls	13	Mat 2
10.30 am	Girls	18	Mat 1
12 noon	Boys	18	Mat 1
2.00 pm	Girls	19	Mat 1
3.00 pm	Boys	19	Mat 1

Section 4: Juvenile Indoor Championship Records:

JUVENILE INDOOR CHAMPIONSHIP RECORDS

Girls Under 12

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

Boys under 12

60m	8.24	Nkemjika Onwumereh	Metro St Brigids	2015
600m	1.40.03	Philip Griffith	Claremorris	2024
High Jump	1.43	Andrew Fitzpatrick	Longford	2024
Long Jump	4.75	Ryan Onoh	Leevale A.C.	2019
Shot Put (2k)	10.61	Andrew Nolan	Lough Ree	2023
4x200m	1:54.79		Leevale A.C.	2019
4x100m	54.78		Dooneen	2017
300m	45.9H	Eoin Hannon	Ballyskenach	2000

Girls under 13

60m	8.02	Niamh Foley	St. Mary's (Limerick)	2014
60m	8.02	Sabia Doyle	Menapians	2015
600m	1.38.23	Corrine Kenny	St Lawrence O'Toole	2014
60m Hurdles	9.58	Niamh Foley	St. Mary's (Limerick)	2014
High Jump	1.51	Holly Meridith	St. Mary's (Limerick)	2014
High Jump	1.51	Siún Quinn	Brothers Pearse	2019
Long Jump	5.18	Sophie Meridith	St. Mary's (Limerick)	2013
Shot Put (2k)	12.79	Megan Lenihan	North Cork	2015
4x100m	53.81		Galway City Harriers	2015
4x200m	1:53.07		Dooneen	2019
300m	46.42	Laura Scanlon	Metro St Brigids	2000

Boys under 13

60m	7.84	Shane Gevero	Cabinteely	2016
600m	1:35.61	Killian Coman	Limerick	2024
60m Hurdles	9.26	John Cashman	Leevale	2018
High Jump	1.65	Kyle Ettoh	Leevale	2017
Long Jump	5.11	Kyle Ettoh	Leevale	2017
Shot Put (2k)	14.51	James Kelly	Finn Valley	2012
4x200m	1:53.58		South Galway	2023
4x100m	53.16		Galway City Hrs	2011
300m	43.00	Gary Dunphy	St Pauls	2000

Girls under 14

60m Hurdles	9.00	Molly Scott	St Lawrence O'Toole	2012
60m	7.85	Katie Monteith	City of Lisburn	2016
800m	2:15.97	Freya Renton	Westport	2023
Walk 1000m	4:47.97	Sarah Mulvanney-Kelly	North Leitrim	2022
High Jump	1.63	Caitriona Farrell	Craughwell	2005
High Jump	1.63	Cara Ryan	Clonmel	2023
Long Jump	5.39	Sophie Meridith	St. Mary's (Limerick)	2014
Shot Put (2k)	14.64	Aoibhin McMahon	Blackrick (Louth)	2016

4x200m	1:48.57		Dooneen	2022
Combined Events	3201	Sophie Meridith	St. Mary's (Limerick)	2014
60m	7.8 H	Susan Larkin	Dom Savio	1994
Walk 1000m	4.45.9 H	Ann O'Malley	Bilboa	1996

Boys under 14

60m Hurdles	8.82	John Cashman	Leevale	2019
60m	7.47	Shane Gevero	Cabinteely	2017
800m	2:09.92	Robert Gleeson	Newbridge	2023
Walk 1000m	4.46.8 H	Christopher Dalton	Hacketstown	2000
High Jump	1.68	Mark Rogers	St. Peter's A.C.	2009
Long Jump	5.83	Danny Kelly	Belgooly	2017
Shot Putt (2.72k)	15.38	James Kelly	Finn Valley A.C.	2013
4x200m	1.47.07		Portmarnock	2015
Combined Events	2892	Harry Nevin	Leevale	2017
1000m	2.56.1 H	Patrick Holbrook	St. Josephs	1996
Walk 1000m	4.45.9 H	Seamus O'Donnell	St. Fionas	1994

Girls under 15

60m Hurdles	8.78	Ella Scott	Leevale	2018
60m	7.60	Ann O'Shea	Ferrybank A.C.	2009
800m	2.12.12	Freya Renton	Westport	2024
Walk 1000m	4.29.04	Kate Veale	West Waterford	2008
High Jump	1.66	Ciara Kennelly	Kilarney Valley	2016
Long Jump	5.49	Ciara Giles Doran	Ferrybank A.C.	2009
Triple Jump	9.69	Rebecca Trimble	Dundalk St Gerards	2024
Pole Vault	2.60	Ava Rochford	Ennis TC	2019
Shot Putt (2.72k)	14.18	Casey Mulvey	Inny Vale	2017
4x200m	1.46.51		Kilkenny City Harrier	2024
Combined Events	3204	Hannah Falvey	Belgooly	2020
1000m	2.59.9 H	Emer O'Shea	St. Michaels	1995
Long Jump	5.50	Ciara Kearns	Celbridge	1998

Boys under 15

60m Hurdles	8.60 (ET)	Harry Nevin	Leevale	2018
60m Hurdles	8.5H	Daniel Ryan	Moycarkey Coolcree	2013
60m	7.26	Michael Farrelly	Portmanock	2016
800m	2.03.85	Shane Fitzsimons	Mullingar hrs.	2009
Walk 1000m	4:05.43	Mathew Newell	Clare River Harriers	2022
High Jump	1.86	Jason Harvey	Lagan Valley	2005
Long Jump	6.14	Daniel Ryan	Moycarkey Coolcree	2013
Triple Jump	11.05	Kevin Sangodele	Galway City Harriers	2024
Pole Vault	3.00	Fionn Naughton	Leevale	2024
Shot Putt (3k)	16.32	Karlis Kaugars	Dunleer	2019
4x200m	1.40.92		St Lawrence O'Tooles	2014
Combined Events	3349	Harry Nevin	Leevale	2018
1000m	2.43.8 H	Thomas McKeown	West Wicklow	1996
60m	7.2 H	Darragh Graham	Inbhear Dee	1998
Shot Putt (3.25k)	16.78	James Kelly	Finn Valley	2014

Girls under 16

60m Hurdles	8.6H	Molly Scott	St Lawrence O'Toole	2014
60m	7.61	Destiny Lawal	Dooneen	2024
200m	24.46	Rhasidat Adeleke	Tallaght	2017

800m	2:12.08	Faye Mannion	Ennis Track	2024
1500m	4.28.76	Aimee Hayde	Newport	2018
Walk 1500m	6.46.54	Emily McHugh	Naas	2017
High Jump	1.73	Aisling Croke	Doneen A.C.	2010
Long Jump	5.74	Sarah Mc Carthy	Fingallians	2010
Triple Jump	10.71	Georgia Myerscough	Crookstown Millview	2024
Pole Vault	3.00	Una Brice	Leevale	2019
Shot Putt (3k)	14.67	Casey Mulvey	Inny Vale	2018
4x200m	1.43.93	Ferrybank		2009
Combined Events	3551	Elizabeth Morland	Cushinstown	2013
Shot Putt (3.25k)	12.15	Kathleen Fitzgearld	Leevale	2002

Boys under 16

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

Girls under 17

60m Hurdles	8.50	Megan Maars	City of Lisburn	2013
60m	7.43	Rhasidat Adeleke	Tallaght	2018
200m	23.98	Rhasidat Adeleke	Tallaght	2018
400m	56.78	Saoirse Fitzgerald	Lucan Harriers	2023
800m	2.12.50	Elizabeth McWilliams	Ballymena & Antrim	2003
1500m	4:36.70	Clodagh Gill	Moy Valley	2023
Walk 1500m	6.18.54	Kate Veale	West Waterford	2010
High Jump	1.76	Elizabeth Morland	Cushinstown	2014
Long Jump	5.76	Ciara Kearns	Celbridge	2000
Triple Jump	10.95	Siun Quinn	Brothers Pearse	2023
Pole Vault	3.26	Maeve Corkery	Midleton	2024
Shot Put (3k)	15.08	Micheala Walsh	Swinford	2014
4x200m	1:42.12		Ratoath	2022
Combined Events	3877	Kate O'Connor	Dundalk St Gerards	2016
Shot Putt	13.91	Claire Fitzgerald	Tralee Hrs	2007

Boys under 17

60m Hurdles	8.14	Daniel Ryan	Moycarkey Coolcuro	2015
60m	6.98	Israel Olutunde	Dundealghan	2018
200m	21.97	Aaron Sexton	North Down	2016
400m	50.68	Leigh O'Brien	Celbridge	2023
800m	1.52.67	Cian McPhillips	Longford	2018
1500m	3.57.28	Cian McPhillips	Longford	2018
Walk 1500m	5:59.97	Matthew Newell	Tuam	2024
High Jump	2.04	Conor Penney	Craughwell	2024

Long Jump	6.78	Daniel Ryan	Moycarkey Coolcree	2015
Triple Jump	13.26	Daniel Sangodele	Galway City Harriers	2024
Pole Vault	4.21	Jamie Hyland	St Lawrence O'Toole	2024
Shot Putt (5k)	16.09	James Kelly	Finn Valley	2016
4x200m	1.33.16		Leevale	2014
Combined Events	4601	Michael Kent	DMP	2023
60m Hurdles	8.1 H	Timothy Flannery	Nenagh Olympic	1998
60m	6.9 H	David Nolan	Bray Striders	1994
400m	51.04 H	David McCarthy	Celbridge	2000
1500m	4.00.73H	Gareth Turnbull	St. Malachy's	1995
Long Jump	6.83	Richard Phelan	Carrick on Suir	1997

U17 Mixed 4x200m **1:40.56** **Celbridge** **2024**

Girls under 18

60m Hurdles	8.33	Molly Scott	St Lawrence O'Toole	2016
60m	7.42	Molly Scott	St Lawrence O'Toole	2016
200m	24.09	Rhasidat Adeleke	Tallaght	2019
400m	55.54	Davica Patterson	Beechmount Har	2017
800m	2:10.67	Zoie Richie	Rathfarnham WSAF	2023
1500m	4:31.02	Nicole Dinan	Leevale	2023
Walk 1500m	6.07.67	Kate Veale	West Waterford	2011
High Jump	1.79	Tara O'Connor	Dundalk St Gerards	2024
Long Jump	6.10	Kelly Proper	Ferrybank	2005
Triple Jump	11.86	Caoimhe King	Westport A.C.	2009
Pole Vault	3.45	Ava Rochford	Nenagh Olympic	2022
Shot Put (3k)	15.58	Micheala Walsh	Swinford	2015
4x200m	1.41.75		Ratoath	2023
Combined Events	3841	Anna McAuley (Youth)	City of Lisburn	2018
60m	7.5 H	Emily Maher	Kilkenny City Hrs	1996
300m	40.0H	Gemma Hynes	Galway City Hrs	2005
Shot Putt (3.25k)	13.17	Fionnuala Lombard	Leevale	2000

Boys under 18

60m Hurdles	8.04	Andrew Creamer	Annalee	2012
60m	6.86	Jamie Moffatt	North Down	2023
200m	21.77	David McDonald	Menapians	2016
400m	49.59	John Fitzsimons	Kildare	2015
800m	1:52.38	Jack Kelly	Tallaght	2022
1500m	3:53.37	Shane Fitzsimons	Mullingar Harriers	2012
1500m Walk	6:11.90	Gearoid McMahon	Shannon	2017
High Jump	2.10	Donagh Mahon	Gowran	2014
Long Jump	6.83	Eoin O'Carroll	Tralee Harriers	2012
Triple Jump	13.96	Darren Prout	Carrick-on-Suir	2014
Pole Vault	4.01	Alex Neff	Leevale	2024
Shot Putt (5k)	18.11	John Kelly	Finn Valley	2013
4x200m	1.30.57	Tallaght		2014
Combined Events	3499	Brian Lynch (Youth)	Old Abbey	2018
800m	1:50.15H	James Nolan	Ferbane	1994
1500m Walk	5:59.9 H	Colin Griffin	Ballinamore	1999
Long Jump	7.70	Kevin Burke	Dooneen	1998

Girls under 19

60m Hurdles	8.44	Elizabeth Morland	Cushinstown	2016
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60m	7.43	Lucy May Sleeman	Leevale	2022
200m	24.24	Lucy-May Sleeman	Leevale	2022
400m	55.28	Jenna Bromell	Emerald	2015
800m	2:08.80	Maeve O'Neill	Doheny	2022
1500m	4.40.24	Shona O'Brien	Gneeveguilla	2018
Walk 1500m	6.12.49	Kate Veale	West Waterford	2012
High Jump	1.77	Catriona Farrell	Craughwell	2010
Long Jump	5.85	Elizabeth Morland	Cushinstown	2016
Triple Jump	12.29	Caoimhe King	Westport	2010
Pole Vault	3.50	Una Brice	Leevale	2022
Shot Putt (4k)	14.78	Michaela Walsh	Swinford	2016
4x200m	1:41.35		Kilcoole	2024
Combined Events	4108	Kate O'Connor	Dundalk St Gerards	2018
60m	7.5 H	Ciara Sheehy	West Dublin	1998

Boys under 19

60m Hurdles	8.08	Adam Nolan	St Lawrence O'Toole	2022
60m	6.7H	Marcus Lawlor	St Lawrence O'Toole	2013
200m	21.29	Marcus Lawlor	St Lawrence O'Toole	2013
400m	48.24	David Mannion	South Galway	2023
800m	1.52.54	Neil Culhane	Ace	2023
1500m	3.53.90	Shane Fitzsimons	Mullingar Harriers	2013
Walk	5.46.26	Colin Griffin	Ballinamore	2000
High Jump	2.10	Barry Pender	St. Abbans	2008
High Jump	2.10	Ryan Carthy Walshe	Adamstown	2017
Long Jump	7.09	Eoin Hannon	Tullamore Hrs	2007
Triple Jump	14.27	Jordan Hoang	Tullamore Hrs	2016
Pole Vault	4.36	Joshua Fitzgerald	Leevale	2023
Shot Putt (6k)	17.80	John Kelly	Finn Valley	2014
4x200m	1.31.02		Ratoath	2023
Combined Events	3362	Simon Doyle	St Lawrence O'Toole	2011
60m Hurdles	7.9 H	Alan Delaney	Castlerea	1998
U19 Mixed 4x200m	1:36.76		Kilcoole	2024

Section 5: Motions:

CHANGES POST CONGRESS 2023 (Tullamore)

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

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

34. That: U17's and U18's be allowed compete as Junior for the National Combined Events both Indoors and Outdoors.

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

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

Recommendation:

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

CHANGES POST CONGRESS 2021 (Virtual)

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

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

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

Recommendation:

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

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

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

CHANGES POST CONGRESS 2018 (Carrick on Shannon)

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

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

CHANGES POST CONGRESS 2016 (Tullamore)

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

5. THAT: the decision of the AGM 2015 to discontinue the U19 Cross Country Championships be rescinded and that the championships be reinstated into the juvenile competition program with immediate effect.
7. THAT: the Inter County Cross Country Relays be amended to the Inter Club Cross Country Relays for a trial period of 2 years. Current distances to remain as is, i.e.: 4x500m
8. THAT: a 3k event for girls U16 and U17 be added to the track and field program, bringing it in line with the same event for boys and with the Schools Athletics program and this be added to the 2017 program.
10. THAT: The first four (4) individuals from each region qualify for the National Juvenile Championships except for the 600m where the first three (3) will qualify.
15. THAT: The Boys U17 Hurdles outdoor race be changed to the following specification: Distance – 100m, Approach – 13m, Spacing – 8.5m, Number of Hurdles – 10, Height – 3’0.
17. THAT: The Boys U15 and U17 Indoor Hurdles have the same approach and spacing between hurdles as outdoors.
24. THAT: In the Hammer, athletes are allowed to use their own implements and if they so wish, are allowed exclusive use of such implements. Such implements must comply and conform to the applicable specifications and must be presented to the event organizers for approval.
25. THAT: In the Discus, athletes are allowed to use their own implements and if they so wish, are allowed exclusive use of such implements. Such implements must comply and conform to the applicable specifications and must be presented to the event organizers for approval.
32. THAT: In the case of Combined Age Categories in Inter-Club Cross Country where U18 and Junior athletes compete in the one race, that the U18 category athletes can score on both teams if declared.

Recommendations:

9. THAT: In order to provide greater competitive opportunities in longer distance events, the juvenile committee review the current programme, indoors and outdoors, for all ages’ boys and girls.
11. THAT: The opening height for u12 boy’s high jump be reduced from 1.15m to 1.05m in both indoor and outdoor track and field competition.
12. THAT: The opening height for u13 boy’s high jump be reduced from 1.20m to 1.15m in both indoor and outdoor track and field competition.
60. THAT: Where a designated warm-up area with controlled access is in operation, the Competition organizers have a Coach check-in and accreditation and that registered coaches can have access to warm-up areas.

CONGRESS CHANGES POST 2015 AGM (Dublin)

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

CHANGES POST CONGRESS 2014 (Cork)

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

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

58. THAT: In the existing outdoor Combined Events Championship for Youth Boys, the Octathlon be replaced with the Decathlon in line with IAAF rule 200.2.
59. THAT: the Boys under 15 Shot Put and Hammer weight be changed to 3kg for National Championship competitions.
65. THAT: the Juvenile Committee introduces an Indoor Pole Vault Competition for Girls and Boys U15, U16, U17, U18 & U19.
63. THAT: The name Development Competition/Championships be changed back to 'B' Championships or renamed another more suitable/acceptable name.
67. THAT: the Juvenile Committee amends their current Track and Field Pole Vault competition to include Girls under 15 and 16.
69. THAT: Athletes U13 may use starting blocks; athletes U14 upwards must use starting blocks.
73. THAT: the age for the Girls Triple Jump be reduced from U17 to U16 in Track & Field. *(NOTE: this applied to outdoor only as U17 is not an age category indoors for Triple Jump)*
74. THAT: the Turbo Javelin in the National Juvenile Team Competition be contested in the standard format i.e. one throw per athlete per round as against the current procedure of three consecutive throws.
76. THAT: the under 14 boys & girls Hurdles in both Track & Field and Combined Events (Outdoor) be standardised for Boys and Girls as either 75m or 80m in both competitions *(NOTE: the distance for U14 Hurdles will be 75m)*
- 76a - That: the boys' under 17 100 metres hurdles/60 metres hurdles be in line with IAAF youth rules.

CHANGES POST CONGRESS 2012 (Cavan)

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

63. That teams qualifying for the Athletics Ireland Children's Games be permitted to replace a team member with a reserve for the purpose of competition.
64. That the Ball Throw in juvenile competition be replaced with the Turbo Javelin effective from 2013.
66. That the 300m under 17 and 18 girls Track & Field be increased to 400m with immediate effect to bring in line with IAAF distances for that age.
67. That the 300m under 18 girls Indoor be increased to 400m with immediate effect to bring in line with IAAF distances.
68. That the 300m hurdles under 18 Girls Track & Field events be increased to 400m hurdles with immediate effect to bring in line with IAAF distances
69. That the under 18 Boys & Girls and the under 19 Girls relay be increased to 4x 400m with immediate effect to bring in line with IAAF distances for that age.
70. That the existing combined events championships for boys and girls under 17, under 18 and under 19 be deleted and replaced as follows:
1. Youth & Junior Boys' combined events championships be held with immediate effect as follows:
Octathlon (outdoors) and Pentathlon (indoors) as per IAAF Rules, 141, 200 and 222.
 2. Youth & Junior Girls' combined events championships be held with immediate effect as follows:
Heptathlon (outdoors) and Pentathlon (indoors) as per IAAF Rules, 141, 200 & 222
- That the boys and girls under 19 be deleted and included in the Junior Category Decathlon (outdoors) and Heptathlon (indoors)
72. That girls under 16, 17 and 18 weights be realigned to reflect IAAF changes in youth weights with immediate effect.
- Shot 3kg
Hammer 3kg
Javelin 500gr
73. That Girls Hammer under 14 and 15, Boys Hammer under 14 short wire to be discontinued with immediate effect.
75. That Cross Country distances for Girls under 17, 18 & 19 be reduced to 4000m to bring in line with Junior distances.
76. That Cross Country distance for Boys under 19 be reduced to 6000m to bring in line with Junior distances.

CHANGES POST CONGRESS 2010 (Sligo)

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

Girls & Boys under 17: 2000m
Girls & Boys under 20: 3000m
Height for Boys / Men: 0.914m (3'.0")
Height for Girls/Women: 0.762m (2' 6")

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

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

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

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

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

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

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

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

CHANGES POST CONGRESS 2008 (Dublin)

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

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

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

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

That the distances for Steeplechase for Girls be as follows:

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

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

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

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

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

CHANGES POST CONGRESS 2006

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

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

ATHLETICS IRELAND JUVENILE STAR AWARDS

STAR AWARD WINNERS FROM EACH COUNTY

+

Breda Synott Awards (International Youth, U17)

Marian Feehan Award for Combined Events

Aine Pobjoy U16 Athlete Award

Eamon Gilbert Award for Vertical Jumps

Bill Battersby Award for Horizontal Jumps

Keara O'Hart Award for Sprints

Matt McGrath Award for Throws

Robin Sykes Award (Outstanding Achievement)

Roisin O Callaghan Award for Walks

International Award

Juvenile Committee Special Recognition Award

Ann Peppard Award for Middle Distance

Overall Athlete of the Year

Star Award Selection Criteria

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