



Athletics Leinster
2017 Indoor Championships

Athletics Leinster

2017

Indoor

Championships

Contact
Indoor Competition Secretary
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<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



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Athletics Leinster

2017 Indoor Championships

2017 Track & Field Policies

Athletics Leinster wishes to advise clubs of the following **Policies for Our 2017 Indoor T&F Championships**.

It is the intention of Athletics Leinster to **strictly** enforce these policies for the 2017 season.

Officials

IT IS THE RESPONSIBILITY OF ALL CLUBS, WITH NO EXCEPTIONS, TO PROVIDE OFFICIALS FOR COMPETITION.

These officials will be provided with a High-Viz vest which must be on display at all times. A minimum of one official per club must be made available and there will be no infield coaching allowed from this official. Failure of a club to provide officials will result in a club's athletes not being permitted to compete. All Clubs that enter athletes in a competition must provide officials on the day of competition. Officials must be for each club must be sent onto the Indoor Secretary ahead of the competition. Officials must sign in at the check-in desk on the day of competition and be available to officiate for the duration of the competition. Where nominated officials are not in attendance on the day of competition, alternate officials must be made available. It is the intention of Athletics Leinster to wholly prohibit participation of offending clubs in competition.

ALL clubs will be expected to provide one official for every ten athletes entered in ALL competitions which they have athletes competing in.

Entries

- **Entries are online at <https://events.athleticsireland.ie>**
- **An athlete cannot be entered on the system unless they have a current 2017 AAI registration number**
- **Any CLUB found not to be providing officials runs the risk of having their numbers confiscated until at least one official is provided no exceptions will be made.**

STRICTLY NO INDIVIDUAL ON THE DAY ENTRIES OR EVENT AMENDMENTS WILL BE ACCEPTED. There will be sufficient time for clubs to arrange and review entries in advance of each championship.

Relay amendments are accepted, WITHIN REASON where entries were previously processed. Relay amendments must be written out and presented on the supplied sheet. Such amendments **MUST** be processed **EARLY** on the day of competition.

Please Note that there will be a charge of €5 per non athlete entrance fee at the door of the arena for Days 1, 2, & 3.



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Car parking:

In AIT there is no car parking fee unless you use the underground, we (Leinster Athletics) do not receive any of this money.

In the NIA, Abbottstown parking is free however there is limited parking beside the arena, please follow direction for stewards on the day.

Athletic Proficiency

ATHLETIC PROFICIENCY FOR PARTICIPATION IS NOT OPTIONAL. In the interest of safety for all present, it is the responsibility of ALL coaches to ensure athletes exhibit proficiency in all events on the day of competition. In the event an athlete fails to exhibit the required or expected level of proficiency in a discipline, a coach or parent may be contacted and the athlete sympathetically requested to desist from competition.

In-Field Coaching

COACHES AND PARENTS ARE STRICTLY NOT ALLOWED ON THE TRACK OR INFIELD AT ANY TIME.

The infield is for Officials & Competing Athletes. Parents & Coaches are not allowed on the infield, those found to be in violation of this guideline risk disqualification of their athletes and possible their club. Please stay outside of the perimeter fencing at all venues.

Warm up Area.

In AIT this is an area upstairs overlooking the arena. This area is access by athletes ONLY and they will be allowed entry to this area 60 minutes prior to their event.

In NIA, Abbostown it is opposite the track. This area is accessed by athletes only and they will be allowed entry to this area 60 minutes prior to their event.

Photography

In line with the recommendation in Athletics Ireland's Code of Conduct Leinster Athletics requests that any person('s) wishing to engage in any video, zoom or close range photography should register their details with Andrew Lynam, Leinster Indoor Secretary prior to commencing. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent / guardian.



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Valid Competition

Pertaining to Masters Competitions, AN EVENT WHICH HAS LESS THAN 3 COMPETITORS WILL NOT BE HELD. An event must have a minimum of three competitors to constitute a valid competition as there is no competition without competitors, in this event the **STEP DOWN RULE WILL APPLY and will be strictly adhered too.**

THIS APPLIES TO ALL MASTERS CATEGORIES.

2017 Age Groups

1. Age categories calculated from 31st December in the year of competition.
2. No athlete may obtain a birthday in the year of competition and compete in that age.
3. Please note all ages in this booklet should be read as UNDER the stated age.

Under 12's – Born in 2006

Under 13's – Born in 2005

Under 14's – Born in 2004

Under 15's – Born in 2003

Under 16's – Born in 2002

Under 17's – Born in 2001

Under 18's – Born in 2000

Under 19's – Born in 1999

Junior – Born Between 1998 & 2001

Senior – Born Before 2002

Master OXX – Either XX or over on the day of competition

Policy Statement for the Athletic Association of Ireland

The Athletic Association of Ireland is fully committed to safeguarding the wellbeing of all of its members. Every individual in Athletics Ireland should at all times show respect and understanding for member's 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's Sport.

In Athletics Ireland our first priority is the welfare of the young people and we are committed to providing an environment which 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 website here:

<http://www.athleticsireland.ie/juvenile/child-welfare/safeguarding-statement-plan/>



Entry & Competition Rules

- IAAF Rules will apply unless otherwise stated ([rules can be found here](#))
- Athletes are allowed to compete in individual events as follows:

Age Category	# of Events
U12 – U19	3 Events + Relay
Junior, Senior & Master	5 Events + Relay

- All Athletes are **strictly** confined to their own age groups. A fine of €75 will be levied where this rule is broken.
 - Only in the Indoor Relays an athlete may move up one age group.
 - At least 2 members of a competing relay team, participating in that event on that day must be of the correct age, exception U17, 18, 19 age groups where no limitation applies
- All entries must be made online and come through the club secretary for Juveniles.
- For the 4x100m Relay's the third athlete will break
- There is no limit on the number of athletes a club may enter per individual event.
- **Check-In:**
 - All athletes must collect a competition number, minimum one hour prior to their event.
 - Track Athletes must check-in at where they collect their numbers. They then must report to the call room when their event is called and check-in with the call room official.
 - Field Athlete can check-in at event when it is called. It will be called at least 15 minutes before starting. No call room is in operation for field events.
 - Track and field Athletes check-in when collecting their numbers, COLLECTING YOU NUMBER DOES NOT MEAN YOU ARE CHECKED IN.
- Club singlet must be worn. If no singlet is available – a PLAIN white tee-shirt is permitted. No other form of dress (e.g. football shirts) is allowed.
- 5mm spikes **ONLY** will be allowed on track.
- False Start Rules apply.
 - U12 to U15; one false start allowed and a second leads to disqualification
 - U16 upwards; a false start leads to disqualification.
- Athletes must leave the arena when their event is complete.
- There will be three attempts allowed in all field events, with a further three attempts for the top eight competitors (with the exception of the High Jump & the Pole Vault).



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- U12 & U13 Athletes may use starting blocks, U14 athletes upwards MUST use starting blocks
- Where a heat is listed, if insufficient competitors check in a FINAL will be held at heat time.
- Athlete must leave the track / field when their event has completed.
- Wining athlete must report for medal presentation 20 minutes after their event where possible or when called from the Public Address System.
- Athletes are not permitted to carry / use electronic or transmission equipment (ie. Phones, iPods, Media Players etc.) in the competition area. Note: The competition area starts at the assembly/call room.
- Warm up marks for field events should be completed where possible before the time schedule, warm up marks **SHOULD NOT INVOLVE PINS OR CHALK**.
- Please have respect for the stadium and its environs.
- Please do not leave your personal belongings unattended. Athletics Leinster accepts no responsibility for items loss at it competitions.
- The **first four (4)** from each region qualify for the National Championships.
 - Except in the 600m where 3 qualify due to safety reasons,
 - U12 Hurdles u16, u17 triple jump are not a National Event and therefore there is no qualification.
 - This will automatically be done by Indoor Leinster Secretary. Therefore, any athlete unable to attend please notify your coach who in turn is responsible for notifying Indoor secretary via email on LeinsterAL@gmail.com
 - **U17 – U19 ATHLETES, ENTERED FOR LEINSTER CHAMPIONSHIP BUT DO NOT COMPETE IN THESE CHAMPIONSHIPS DUE TO INJURY OR OTHER SPECIAL CIRCUMSTANCES MUST APPLY IN WRITING TO THE LEINSTER INDOOR COMPETITION SECRETARY IF THEY WISH TO BE ENTERED FOR THE NATIONAL CHAMPIONSHIP. Deadline for application is Monday the 6th of March 2017 at 20:00.**
- A PROVISIONAL TIMETABLE WILL BE AVAILABLE ON LINE WEEK OF COMPETITIONS ALONG WITH LIST OF REGISTERED ATHLETES FOR EACH EVENT Athletics Leinster reserves the right to alter the timetables. Any alterations to the programme will be published on the Athletics Leinster website, www.athleticsleinster.org
- Please direct any queries to the Athletics Leinster Indoor Track & Field competition secretary, Andrew Lynam at LeinsterAL@gmail.com



Athletics Leinster

2017 Indoor Championships

2017 Athletics Leinster Indoor Programme

Date	Start Time	Age Category	Venue	Closing Date
Saturday 11 th February	10:00	Juvenile Indoors (Sprints)	AIT International Arena	22:00 Wednesday 1 st February
Sunday 12 th February	10.00	Juvenile Indoors (Hurdles)	AIT International Arena	22:00 Wednesday 1 st February
Saturday 25 th February	10:00	Juvenile Indoor Relays and some Juvenile Events (please check these to ensure your athlete doesn't miss their event)	NIA, Abbottstown	22:00 Wednesday 15 th February
Sunday 26 th February	10:00	Junior, Senior & Master Indoors	NIA, Abbottstown	22:00 Wednesday 15 th February

ONLINE REGISTRATION ONLY

CLUBS can enter Athletes & Teams here: <https://events.athleticsireland.ie> using their appropriate club logins.

Day 4 Athletes (Junior, Senior, & Master) can also enter here:

<https://events.athleticsireland.ie/ps/event/IndoorLeinster2017ChampionshipsDay4JunSenMas>

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2017 Indoor Championships

Indoor DAY 1
Sunday 11th February

Juvenile
Championships
Sprints



Athletics Leinster

2017 Indoor Championships

Indoor Championships Day 1 - Schedule of Events

Athlone I.T

Saturday 11th February 2017

Start Time: 10:00am

Track					
Gender	Age Category	Event	Gender	Age Category	Event
Girls	U12	600m	Boys	U12	600m
Girls	U13	600m	Boys	U13	600m
Girls	U14	800m	Boys	U14	800m
Girls	U15	800m	Boys	U15	800m
Girls	U16	800m	Boys	U16	800m
Girls	U17	800m	Boys	U17	800m
Girls	U18	800m	Boys	U18	800m
Girls	U19	800m	Boys	U19	800m
All 600m Final's			All 600m Final's		
Girls	U14	60m	Boys	U14	60m
Girls	U15	60m	Boys	U15	60m
All 800m Final's (U14/U15 Last)			All 800m Final's (U14/U15 Last)		
Girls	U13	60m	Boys	U13	60m
Girls	U12	60m	Boys	U12	60m
All 60m Semi's			All 60m Semi's		
Girls	U16	60m	Boys	U16	60m
Girls	U17	60m	Boys	U17	60m
Girls	U18	60m	Boys	U18	60m
Girls	U19	60m	Boys	U19	60m
All 60m Final's			All 60m Final's		

INDIVIDUAL ENTRY FEE: €3.50 per event

ONLINE REGISTRATION ONLY

CLUBS can enter Athletes & Teams here: <https://events.athleticsireland.ie>

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

ENTRIES ONLY TAKEN UP UNTIL 22:00hrs on Wednesday the 1st February 2017



Athletics Leinster

2017 Indoor Championships

Field					
Gender	Age Category	Event	Gender	Age Category	Event
			Boys	U12	High Jump
Girls	U16	High Jump	Boys	U16	High Jump
Girls	U14	High Jump	Boys	U14	High Jump
Girls	U13	Long Jump	Boys	U13	Long Jump
Girls	U15	Long Jump	Boys	U15	Long Jump
Girls	U17	Long Jump	Boys	U17	Long Jump
Girls	U19	Long Jump	Boys	U19	Long Jump
Girls	U16	Shot Putt	Boys	U16	Shot Putt
Girls	U14	Shot Putt	Boys	U14	Shot Putt
Girls	U12	Shot Putt			

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

ENTRIES ONLY TAKEN UP UNTIL 22:00hrs on Wednesday the 1st February 2017

CLUB RELAY TEAM ENTRIES MUST BE SUBMITTED BY COMPETITION CLOSING DATE, SOME AMMENDMENTS WILL BE ALLOW ON THE DAY OF COMPEITION PROVIDED THE TEAM WAS ENTERED BEFORE THE CLOSING DATE.

AVAILABLE & COMPETENT OFFICIALS FOR THE DAY OF COMPETITION MUST BE PROVIDED TO THE LEINSTER SECRETARY BEFORE THE COMPEITION

Please add contact number and email for same

CLUBS can enter Athletes & Teams here: <https://events.athleticsireland.ie>



Athletics Leinster
2017 Indoor Championships

Indoor DAY 2
Sunday 12th February

Juvenile
Championships
Hurdles



Athletics Leinster

2017 Indoor Championships

Indoor Championships Day 2 - Schedule of Events

Athlone I.T

Sunday 12th February 2017

Start Time: 10:00am

Track					
Gender	Age Category	Event	Gender	Age Category	Event
Girls	U14 / U15	1km Walk	Boys	U14 / U15	1km Walk
Girls	U16 – U19	1.5km Walk	Boys	U16 – U19	1.5km Walk
Girls	U18	400m	Boys	U18	400m
Girls	U19	400m	Boys	U19	400m
Girls	U12	60mH	Boys	U12	60mH
Girls	U13	60mH	Boys	U13	60mH
Girls	U14	60mH	Boys	U14	60mH
Girls	U15	60mH	Boys	U15	60mH
All 400m FINALS			All 400m FINALS		
Girls	U16	60mH	Boys	U16	60mH
Girls	U17	60mH	Boys	U17	60mH
Girls	U18	60mH	Boys	U18	60mH
Girls	U19	60mH	Boys	U19	60mH
Girls	U16	200m	Boys	U16	200m
Girls	U17	200m	Boys	U17	200m
Girls	U18	200m	Boys	U18	200m
Girls	U19	200m	Boys	U19	200m
ALL 60mH FINALS			ALL 60mH FINALS		
ALL 200m FINALS			ALL 200m FINALS		

ENTRY FEE:

€3.50 per event

ON LINE REGISTRATION ONLY

ENTRIES ONLY TAKEN UP UNTIL 22:00hrs on Wednesday the 1st February 2017

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

CLUBS can enter Athletes here: <https://events.athleticsireland.ie>



Athletics Leinster

2017 Indoor Championships

Field					
Gender	Age Category	Event	Gender	Age Category	Event
Girls	U15	High Jump	Boys	U15	High Jump
Girls	U13	High Jump	Boys	U13	High Jump
Girls	U12	High Jump			
Girls	U12	Long Jump	Boys	U12	Long Jump
Girls	U14	Long Jump	Boys	U14	Long Jump
Girls	U16	Long Jump	Boys	U16	Long Jump
Girls	U18	Long Jump	Boys	U18	Long Jump
Girls	U15	Shot Putt	Boys	U15	Shot Putt
Girls	U13	Shot Putt	Boys	U13	Shot Putt
			Boys	U12	Shot Putt

ENTRY FEE:

€3.50 per event

ENTRIES ONLY TAKEN UP UNTIL 22:00hrs on Wednesday the 1st February 2017

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

OFFICIALS NAMES MUST BE SENT ON TO THE LEINSTER SECRETARY BEFORE THE DAY OF COMPETITION.

CLUBS can enter Athletes here: <https://events.athleticsireland.ie>



Athletics Leinster

2017 Indoor Championships

Indoor DAY 3
Saturday 25th February

Juvenile Club Relay (U12 – U19)
And some Juvenile Events
Championships



Athletics Leinster

2017 Indoor Championships

Indoor Championships Day 3 - Schedule of Events

National Indoor Arena, Abbottstown

Saturday 25th February 2017

Start Time: 10:00am

Track					
Gender	Age Category	Event	Gender	Age Category	Event
Girls	U16	1500m	Boys	U16	1500m
Girls	U17	1500m	Boys	U17	1500m
Girls	U18	1500m	Boys	U18	1500m
Girls	U19	1500m	Boys	U19	1500m
Girls	U13	4x100m Relay	Boys	U13	4x100m Relay
Girls	U15	4x200m Relay	Boys	U15	4x200m Relay
Girls	U17	4x200m Relay	Boys	U17	4x200m Relay
Girls	U19	4x200m Relay	Boys	U19	4x200m Relay
Odd Relay Finals			Odd Relay Finals		
All 1500m Finals			All 1500m Finals		
Girls	U12	4x100m Relay	Boys	U12	4x100m Relay
Girls	U14	4x200m Relay	Boys	U14	4x200m Relay
Girls	U16	4x200m Relay	Boys	U16	4x200m Relay
Girls	U18	4x200m Relay	Boys	U18	4x200m Relay
Even Relay Finals			Even Relay Finals		

ENTRY FEE:

RELAYS: €12 per team

€3.50 per event

ON LINE REGISTRATION ONLY

ENTRIES ONLY TAKEN UP UNTIL 18:00hrs Wednesday the 15th February 2017

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

CLUBS can enter Athletes here: <https://events.athleticsireland.ie>



Athletics Leinster

2017 Indoor Championships

Field					
Gender	Age Category	Event	Gender	Age Category	Event
Girls	U17	High Jump	Boys	U17	High Jump
Girls	U18	High Jump	Boys	U18	High Jump
Girls	U19	High Jump	Boys	U19	High Jump
Girls	U17	Shot Putt	Boys	U17	Shot Putt
Girls	U18	Shot Putt	Boys	U18	Shot Putt
Girls	U19	Shot Putt	Boys	U19	Shot Putt
Girls	U15-U19	Pole Vault	Boys	U15-U19	Pole Vault
Girls	U16-U19	Triple Jump	Boys	U16-U19	Triple Jump

ENTRY FEE:

€3.50 per event

ON LINE REGISTRATION ONLY

ENTRIES ONLY TAKEN UP UNTIL 18:00hrs Wednesday the 15th February 2017

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

OFFICIALS NAMES MUST BE SENT ON TO THE LEINSTER SECRETARY BEFORE THE DAY OF COMPETITION.

CLUBS can enter Athletes & Teams here: <https://events.athleticsireland.ie>



Athletics Leinster

2017 Indoor Championships

Relay Team Amendment Form

Club:	
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Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			
Sex / Age Category:			
	Name	D.O.B	Reg. #
1			
2			
3			
4			
S1			
S2			



Athletics Leinster
2017 Indoor Championships

Indoor DAY 4

Sunday 26th February 2017

Junior,
Senior & Master

Championships



Athletics Leinster

2017 Indoor Championships

Indoor Championships Day 4 - Schedule of Events

National Indoor Arena, Abbottstown

Saturday 26th February 2017

Start Time: 10:00am

Track			
Gender	Event	Gender	Event
Women	60m	Men	60m
Women	1500m	Men	1500m
Women	60m Final	Men	60m Final
Women	Walks	Men	Walks
Women	60mH	Men	60mH
Women	200m	Men	200m
Women	800m	Men	800m
Women	200m Final	Men	200m Final
Women	3000m	Men	3000m
Women	400m	Men	400m
Women	4x200m	Men	4x200m
Women	4x400m	Men	4x400m

Track Events will occur in the following order:

- Junior Women, Senior Women,
- Master Women O35-O45, Master Women O50+,
- Junior Men, Senior Men,
- Master Men O35-O45, Master Men O50+
- Heats & Finals in the 60m / 200m are for Junior & Senior Athletes Only, everyone else is on time trials

Field			
Gender	Event	Gender	Event
Women	High Jump	Men	High Jump
Women	Long Jump	Men	Long Jump
Women	Triple Jump	Men	Triple Jump
Women	Pole Vault	Men	Pole Vault
Women	Shot Putt	Men	Shot Putt
Senior Women	28/35lb for Distance	Senior Men	56lb for Distance

EVENT ENTRY FEE:

€6 per event

€15 per Relay Team (Entry on the Day)

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2017 Indoor Championships

ONLINE REGISTRATION ONLY

ENTRIES ONLY TAKEN UP UNTIL 18:00hrs Wednesday the 15th February 2017

PB's needed for 3000m for seeding

Final Timetable will be released at the latest Wednesday the 22nd of February

CLUBS can enter Athletes here: <https://events.athleticsireland.ie>

Day 4 Athletes (Junior, Senior, & Master) can also enter here:

<https://events.athleticsireland.ie/ps/event/IndoorLeinster2017ChampionshipsDay4JunSenMas>

Guest Athletes for Master, Seniors and Juniors ONLY

Please Note:

All guests are very welcome to attend and compete, but as you will appreciate as this is the Leinster Championship's and Leinster athletes must therefore take precedent. All attending athletes will be accommodated but depending on the number of guests in an event we may have separate races.

Guest Athletes do not receive medals

Juniors, Seniors and Masters Athletes PLEASE NOTE:

- To compete as a Junior, the athlete must be over 16 and under 20 in the year of competition.
- To compete as a Master, the athlete must be over the age of the category on the day of competition.
- Competitors are limited to **FIVE** events plus a relay at Athletics Leinster Championships. No Exceptions will be accepted, athlete caught entering more than five events with forfeit their entry fees for the extra events.
- Master Hurdles & Masters PV will only have a competition on these age group O35 O40 O45 O50
- Entries for the 4x200m Relay and the 4x400m Relay will take place on the day of competition. Sheet will be available at check-in. They must be submitted before 14:00 on day of competition along with entry fee of 15€ to the Leinster Secretary or Check-in Officials.

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

CLUB RELAY TEAM ENTRIES CAN BE SUMITTED ON THE DAY OF COMPEITION BEFORE 14:00 TO EITHER CHECKIN OFFICALS OR INDOOR SECRETARY

YOU WILL BE UNABLE TO ENTER ONLINE WITHOUT CORRECT & VALID ATHLETE REGISTRATION NUMBERS

OFFICALS NAMES MUST BE SUBMITTED ON TO THE LEINSTER SECRETARY BEFORE THE DAY OF COMPEITIION.



Athletics Leinster
2017 Indoor Championships

Leinster **Championships**

Hurdles & Weights



Athletics Leinster

2017 Indoor Championships

Hurdles

Age / Distance	Heights	# Hurdles	Lead	Distance	Final
Girls 12 60m	68.6cm = 2' 3	5	11.00m	7.25m	20.00m
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	84.0cm = 2' 9	5	13.00m	8.50m	13.00m
Boys 12 60m	68.6cm = 2' 3	5	11.00m	7.25m	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	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	13.72m	9.14m	9.72m
Boys 18 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



Athletics Leinster
2017 Indoor Championships

Shot Putt

Boys	AGES	Girls
2 kg	12	2 kg
2 kg	13	2 kg
2.72 kg	14	2 kg
3kg	15	2.72 kg
4 kg	16	3 kg
5 kg	17	3 kg
5 kg	18	3 kg
6 kg	19	4 kg

Starting Blocks

Boys & Girls U12,13	Optional
Boys & Girls U14 +	* Compulsory

- Please see note relating to **Athletic Proficiency**.

Please read, the specific details of each competition carefully.

Please direct any errors, queries or concerns to the

Athletics Leinster Indoor Competition Secretary,

Andrew Lynam at LeinsterAL@gmail.com



Athletics Leinster

2017 Indoor Championships

2017 Leinster Executive

Chairperson	Jim Corcoran
Deputy Chairperson	Pat Hooper
Secretary & Registrar	Mary Dwyer
Treasurer	Philip Cogavin
Assistant Treasurer	Michael Tynan
Outdoor Secretary	Nicola Welsh
Road & Cross Country	Catriona Duffy
Indoor Secretary	Andrew Lynam
Development Officer	Fintan Reilly
National Committee Rep	Brian Dowling
Juvenile Committee Rep	Jim Corcoran
Competition Committee Rep	Ronnie Quigley

Athletics Leinster AGM – 20:00, Thursday the 16th
February 2017

Keadeen Hotel, Newbridge, Co. Kildare