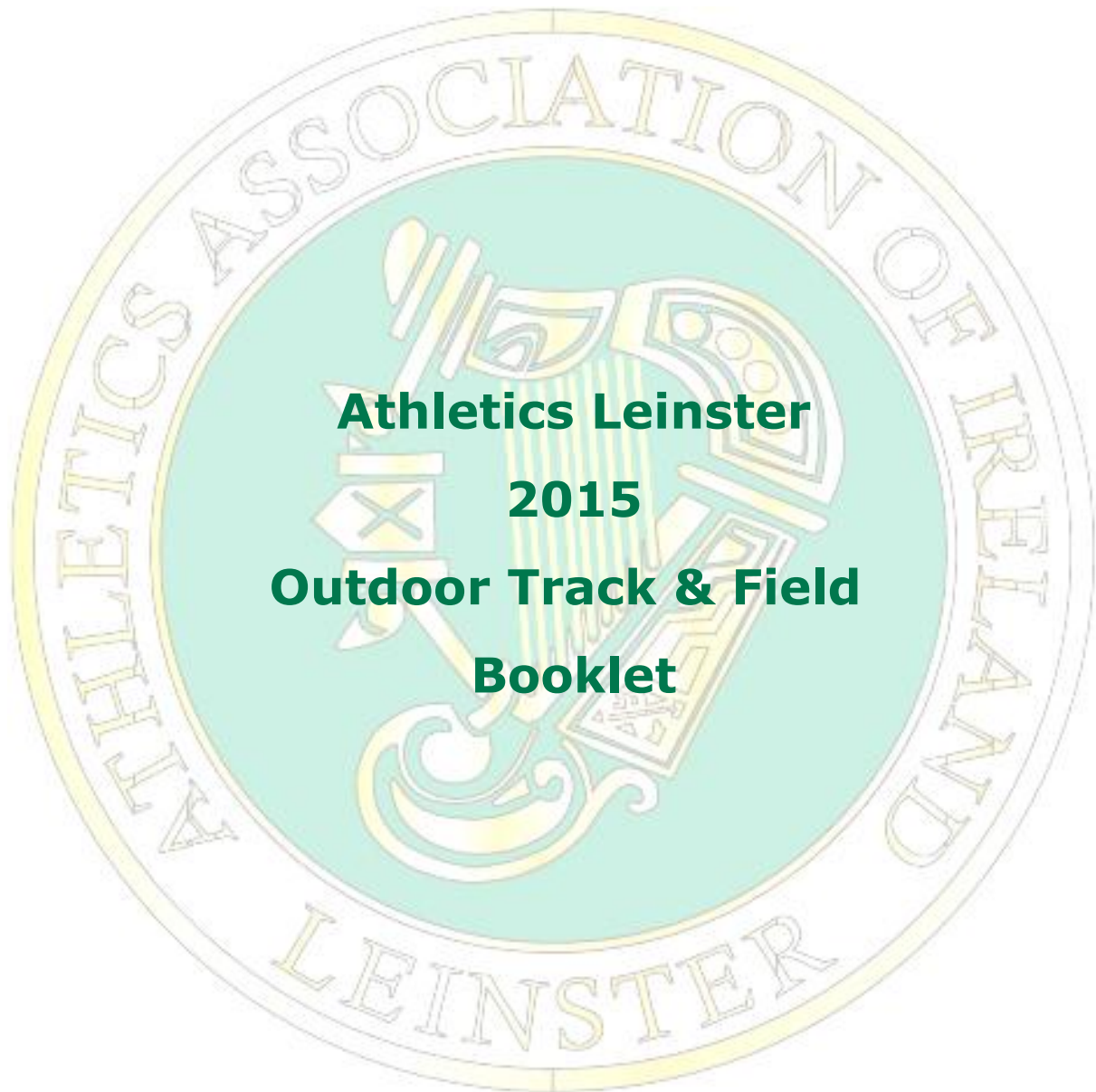




**Athletics Leinster**

**2015 Track & Field Booklet**



**Athletics Leinster**

**2015**

**Outdoor Track & Field**

**Booklet**



## Athletics Leinster

### 2015 Track & Field Booklet

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## Athletics Leinster

### 2015 Track & Field Booklet

## 2015 Track & Field Policies

Athletics Leinster wishes to advise clubs of the following 2015 Track & Field Policies. It is the intention of Athletics Leinster to **strictly** enforce these policies for the 2015 season.

### Results Processing Room

Access to the results processing room is restricted to official only.

COACHES AND PARENTS ARE STRICTLY NOT ALLOWED IN THE RESULTS ROOM AT ANY TIME. The results room is strictly reserved for processing officials or representatives of Leinster. COACHES & PARENTS are strictly **NOT** to enter, those found to be in violation of this guideline risk disqualification of their athletes. This rule will be enforced. Please stay out of the results room and use the correct mechanism for Appeals.

### Entries

STRICTLY NO INDIVIDUAL ON THE DAY ENTRIES OR EVENT AMENDMENTS WILL BE ACCEPTED.

#### Online Registration Only

Changes to **relay entries**, only, may be accepted on the day of competition provided the relay team has been entered prior to competition. All relay team amendments must be clearly written out and presented on the supplied amendment sheet. Such amendments **MUST** be processed **EARLY** on the day of competition.

### Officials

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

Failure of a club to provide officials **will** result in a club's athletes not being permitted to compete. 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. It is the intention of Athletics Leinster to wholly prohibit participation of offending clubs in competition.

### 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.





## Athletics Leinster

### 2015 Track & Field Booklet

#### 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. Please stay outside of the perimeter fencing at all venues.

#### 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. **THIS APPLIES TO ALL MASTERS CATEGORIES.**

#### 2015 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.

**Age 9 Born 2007**

**Age 10 Born 2006**

**Age 11 Born 2005**

**Age 12 Born 2004**

**Age 13 Born 2003**

**Age 14 Born 2002**

**Age 15 Born 2001**

**Age 16 Born 2000**

**Age 17 Born 1999**

**Age 18 Born 1998**

**Age 19 Born 1997**



#### 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'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.

<http://www.athleticsireland.ie/docs/CodeofConduct.pdf>

[www.iaaf.org/about-iaaf/documents/rules-regulations](http://www.iaaf.org/about-iaaf/documents/rules-regulations)

#### Entry & Competition Rules

- Athletes are allowed to compete in individual events as follows:

Age Category	# of Events
U9, U10, U11	2 Events
U12 – U16	3 Events
U17 – U19	4 events

- All Athletes are **strictly** confined to their own age groups. A fine of €75 will be levied where this rule is broken.
- There is no limit on the number of athletes a club may enter per individual event.
- **Check-In:**
  - Track Athletes check-in when collecting their numbers:
  - Field Athletes check-in when their event is called:
- 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.
- Following on from AAI correspondence National Apparel is to be worn only when representing Ireland at International Competition. **No athlete** should compete wearing Athletics Ireland shorts at a Leinster Event. **Failure to comply will result in disqualification.**
- 5mm spikes **ONLY** will be allowed on track.
- 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).
- Athletes may move up **ONE** age group only for a relay, with the following exception:

**U9 athletes must born in 2007**



## Athletics Leinster

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- **At least 2 athletes on a relay team must be of that age group.**
- For U12 up, 4 athletes qualify for the AAI National Championship from each event, **except where indicated. This will be automatically done by the Leinster Track & Field Secretary. Coaches please contact Nicola Welsh on [athleticsleinsteroutdoorsec@gmail.com](mailto:athleticsleinsteroutdoorsec@gmail.com) if your athlete is unable to compete.**
- **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 REGIONAL COMPETITION SECRETARY IF THEY WISH TO BE ENTERED FOR THE NATIONAL CHAMPIONSHIP.**
- **Athletics Leinster reserves the right to alter the timetables.** Any alterations to the programme will be published on the Athletics Leinster website and our facebook page.

#### Athletics Leinster Appeals Procedure

Any appeal in the first instance shall be presented in writing to either the competition manager, track or field referee as appropriate within 15 minutes of the finish of the event.

Appeals will only be accepted when presented by a competent club official citing basis for appeal and any backup evidence. If the initial appeal is unsatisfactory, the decision may then be appealed to a Jury of Appeal accompanied by a fee of €20.00 (refundable in the case of a successful appeal). This appeal must be presented on an official appeals form available upon request at 'Check-In', within 20 minutes of the outcome of the initial appeal.

The Jury of Appeal shall, in the first instance, be composed of the Leinster Chairperson, the relevant Leinster T&F Secretary and the Track or Field Referee on the day. 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.

In the event that any member/alternate of first instance is unavailable on the day of competition they may be substituted by the Leinster Vice-Chairman, the Leinster Treasurer or such other Leinster officers as are present on the day, as appropriate.

All appeals will be dealt with on the day. The ruling of the Jury of Appeal shall be final.



**Athletics Leinster**  
**2015 Track & Field Booklet**

**Appeals Form**

<b>Date:</b>	<b>Time:</b>
<b>Athlete Name:</b>	
<b>Club:</b>	
<b>Event:</b>	
<b>Detail:</b>	
<b>Club Official:</b>	<b>Role:</b>
<b>Appeal Fee €20 (refundable in the case of a successful appeal)</b>	

Please direct any queries to the Athletics Leinster Track & Field competition secretary,  
Nicola Welsh by email [athleticsleinsteroutdoorsec@gmail.com](mailto:athleticsleinsteroutdoorsec@gmail.com)





2015 Athletics Leinster Track & Field Programme

Date	Start Time	Age Category	Venue	Closing Date
Saturday 23 <sup>rd</sup> May	10:00	Juvenile Inter-Club Relays (U9 – U16) & Junior Championships	Greystones	Wednesday 13 <sup>th</sup> May
Sunday 31 <sup>st</sup> May	10:00	U23/Senior & Masters Championship	Tullamore Harriers	Wednesday 20 <sup>th</sup> May
Monday 1 <sup>st</sup> June	10:00	U9 – U15 Team Event	Tullamore Harriers	Wednesday 20 <sup>th</sup> May
Saturday 6 <sup>th</sup> June	09:00	U9,U10,U11 Pairs Competition & U12-U13 Championship	Tullamore Harriers	Wednesday 27 <sup>th</sup> May
Saturday 13 <sup>th</sup> June	10:30	Combined Pentathlon Championship (U14+)	Celbridge AC	Wednesday 3 <sup>rd</sup> June
Saturday 20 <sup>th</sup> June	10:00	Day 1 Juvenile Championships (U14-U19)	Tullamore Harriers	Wednesday 10 <sup>th</sup> June
Sunday 21 <sup>st</sup> June	10:00	Day 2 Juvenile Championships (U14-U19)	Tullamore Harriers	Wednesday 10 <sup>th</sup> June
<b>2015 Athletics Leinster Inter-County Relay</b>				
Date	Age Category		Venue	Closing Date
County Sec.'s Please enter teams by the closing dates. Some small changes <b>MAY</b> be allowed to entered teams on the day.				
Saturday 6 <sup>th</sup> June	U11,U13		Tullamore Harriers	Wednesday 27 <sup>th</sup> May
Saturday 20 <sup>th</sup> June	U15, U17, U19		Tullamore Harriers	Wednesday 10 <sup>th</sup> June
<b>2015 Athletics Leinster Inter-Club Relay</b>				
Date	Age Category		Venue	Closing Date
Club Sec.'s Please enter teams by closing dates. Some small changes <b>MAY</b> be allowed to entered teams on the day.				
Sunday 21 <sup>st</sup> June	U17, U18, U19		Tullamore Harriers	Wednesday 10 <sup>th</sup> June





**Athletics Leinster**  
**2015 Track & Field Booklet**

**Relay Amendment Form**

<b>Club:</b>	
--------------	--

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**

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**Athletics Leinster  
Inter-Club Relays**

**(U9 – U16)**

**& Junior Championships**

**Saturday 23rd May**

**Greystones**



**Inter-Club Relays (U9 – U16)  
& Junior Championships  
Greystones  
Saturday 23rd May  
Start-time: 10:00am**

TRACK			FIELD		
Age Category	Event		Age Category	Event	
<b>Junior Hurdles Heats</b>			<b>Junior Field Events</b>		
10:00	Junior Women	400m Hurdles	10:00	Junior Men	Hammer
	Junior Men	400m Hurdles		Junior Women	Discus
	Junior Women	100m Hurdles			
	Junior Men	110m Hurdles		Junior Women	Long Jump
				Junior Men	High Jump
<b>Hurdles Finals</b>					
<b>Junior Track Heats</b>					
	Junior Women	3000m		Junior Women	Hammer
	Junior Men	3000m		Junior Men	Discus
	Junior Women	400m			
	Junior Men	400m		Junior Men	Long Jump
<b>Uneven Relay Heats</b>				Junior Women	High Jump
11:30	U9 Girls	4 * 100m			
	U9 Boys	4 * 100m			
	U11 Girls	4 * 100m			
	U11 Boys	4 * 100m			
	U13 Girls	4 * 100m	13.00	Junior Women	Shot Putt
	U13 Boys	4 * 100m		Junior Men	Javelin
	U15 Girls	4 * 100m			
	U15 Boys	4 * 100m		Junior Women	Javelin
				Junior Men	Shot Putt
<b>Relay Finals Uneven Ages</b>					
<b>Junior Track Heats</b>					
14:00	Junior Men/ Women	3000m Walk			
	Junior Women	800m			
	Junior Men	800m			
	Junior Women	200m			
	Junior Men	200m			
	Junior Women	1500m			
	Junior Men	1500m			
	Junior Women	100m			
	Junior Men	100m			
<b>Track Finals</b>					



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Even Relay Heats					
15:00	U10 Girls	4 * 100m	15:00	Junior Women	Triple Jump
	U10 Boys	4 * 100m		Junior Men	Triple Jump
	U12 Girls	4 * 100m			
	U12 Boys	4 * 100m			
	U14 Girls	4 * 100m			
	U14 Boys	4 * 100m			
	U16 Girls	4 * 100m			
	U16 Boys	4 * 100m			
Relay Finals Even Ages					
Junior Relays					
17:30	Junior Women	4 * 100m			
	Junior Men	4 * 100m			
	Junior Women	4 * 400m			
	Junior Men	4 * 400m			

**\*Please Note:** Start times are only a guide. Please listen to PA as events may run ahead of schedules. Please ensure that athletes are present in sufficient time for events. Events can run up to an hour ahead of schedule. Athletics Leinster accepts no responsibility for athletes arriving late for event

#### PLEASE NOTE for Relays:

- Semi Final & Finals, where required, will follow the running order as above.
- Athletes may move up **ONE** age group only for a relay, with the following exceptions:
  - **Boys and Girls U9 must be born in 2007**
- For age groups at least two members of a relay team must be the correct age for that age group **with the exception of U9 where all athletes must be born in 2007.**
- For U9 - U11 first three teams qualify for nationals. **Entries to nationals will completed by the Leinster Track and Field secretary upon qualification. All other age groups entries to Nationals via county secretary. Only three teams per county per age group allowed.**

**Online Registration Only**  
**€12.00 entry fee per Relay Team**  
**Closing Date for Entries 13<sup>th</sup> May**  
**Strictly no on the day entries**  
**SORRY NO GUESTS**





## Athletics Leinster

### 2015 Track & Field Booklet

#### PLEASE NOTE: Juniors

- The order of events will be as listed.
- The list is a guide only; events may be run ahead of time. Please listen to the P.A. for announcements.
- All Walk races will be held as a single event.
- To compete as a Junior the athlete must be over 16 and under 20 in the year of competition.
- Relays will be held at the end of the Programme, and relay entries may be taken on the day.
- Guest athletes are welcome to compete, and will be awarded a non-Championship medal where they finish in the top-three of an event.
- Competitors are limited to **FIVE** events at Athletics Leinster Championships. No Exceptions.

**Online Registration Only**  
**€6.00 entry fee per event**  
**Closing Date for entries 13<sup>th</sup> May**  
**Strictly No On The Day Entries**  
**Guests Welcome**



**Athletics Leinster**

**2015 Track & Field Booklet**



**Athletics Leinster**  
**Senior & Master Championships**  
**Sunday 31<sup>st</sup> May**  
**Tullamore Harriers**



## Athletics Leinster

### 2015 Track & Field Booklet

#### Senior & Master Track & Field Championship

**Tullamore Harriers**

**Sunday 31<sup>st</sup> May**

**Start-time: 10:00am**

Time	Age Category	TRACK	FIELD
10:00	Junior/Senior & Masters		Pole Vault
	Senior & Masters	Steeplechase	
	Senior & Masters Men		Hammer
	Senior & Masters Women		Hammer
	Senior & Masters	3000m Walk	
	Senior Men	5000m Walk	
	Senior & Masters Women		High Jump
	Senior & Masters Men		Long Jump
	Senior & Masters Women <i>O/35 - O/45 Only</i>	100m Hurdles	
	Senior & Masters Men <i>O/35 - O/45 Only</i>	110m Hurdles	
	Senior & Masters Men		Discus
	Senior & Masters Women		Discus
	Masters & Senior Men	3000m Steeplechase	
	Masters & Senior Men <i>O/35 - O/45 Only</i>	400m Hurdles	
	Masters & Senior Women <i>O/35 - O/45 Only</i>	400m Hurdles	
	Senior & Masters Women		Long Jump
	Senior & Masters Men		High Jump
	Masters Men	800m	
	Senior Women A	800m	
	Senior Women B & Masters Women	800m	
	Senior Men B (PB over 2.05)	800m	
	Senior Men A	800m	
	Senior & Masters Men		Shot Put
	Senior & Masters Women		Shot Put
	Masters Women	200m	
	Masters Men	200m	
	Senior Women	200m	
	Senior Men	200m	
	Senior & Master Women	3000m	
	Master 65+	3000m	
	Senior Men A	5000m	
	Master Men	5000m	
	Senior & Masters		Triple Jump
13:20	Senior & Masters Men		Javelin
	Senior & Masters Women		Javelin
	U23 Women	100m	
	U23 Men	100m	
	Masters Women	100m	
	Masters Men	100m	
	Senior Women	100m	
	Senior Men	100m	
	Senior & Masters Women	400m	
	Senior & Masters	400m	Weight for Distance
	Masters Men	400m	
	Senior Men	400m	
	Senior & Masters Women	1500m	
	Masters Men	1500m	
	Senior Men	1500m	
	Senior Women	4 * 100m	
	Senior Men	4 * 100m	



## Athletics Leinster 2015 Track & Field Booklet

### PLEASE NOTE: SENIORS & MASTERS

**Due to the low number of athletes participating in the U23 championships Athletics Leinster have decided to host an U23 100m competition only. We have however introduced a Womens 800m B race to cater for athletes who feel they are not quite ready for the Senior 800m. All other athletes are welcome to compete as Seniors in the other events listed.**

- The times listed are a guide only; events may be run ahead of time. Please listen to the P.A. for announcements.
- All Walk races will be held as a single event.
- To compete in the U23 100m, the athlete must be over 20 and under 23 in the year of competition.
- A Junior athlete can only compete as a Senior during this competition.
- An athlete is eligible to compete as a Master on or after their 35<sup>th</sup> birthday.
- An athlete declaring as a Master **MUST** compete in the age category declared. There is no switching between age categories, i.e. Senior & Master.
- **No Master medals to be presented on the day of competition.**
- Relays will be held at the end of the programme, entries for relays maybe taken on the day.
- Guest athletes are welcome to compete.
- All competitors are limited to **FIVE** events at Athletics Leinster Championships. No Exceptions

**Online Registration Only**  
**€6.00 entry per event**  
**Closing Date for Entries 20<sup>th</sup> May**  
**Strictly no on the Day Entries**  
**Guest Athletes Welcome**





**Athletics Leinster**

**2015 Track & Field Booklet**



**Athletics Leinster**  
**U9 - U15 Team Event**  
**Monday 1<sup>st</sup> June**  
**Tullamore Harriers**



**Team Event U9 - U15**

**Tullamore Harriers, Monday 1st June**

**Start-time: 10:00am**

<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>U15</b>
60m	60m	60m	60mH	80mH	80mH
500m	600m	600m	600m	600m	800m
Long Jump	Long Jump	Long Jump	Long Jump	200m	Long Jump
		High Jump	High Jump	Long Jump	High Jump
Turbo Javelin	Turbo Javelin	Turbo Javelin	Shot Put	Shot Put	Shot Put
4 * 100m	4 * 100m	4 * 100m	4 * 100m	4 * 100m	4 * 100m

**Teams**

- Athletes can move up on **ONE** age, but **at least two** team members must be the correct age with the **exception of U15, where a team can be all U14. Athletes U13 cannot move up to U15.**
- Each team must have 4 athletes. Athletes can only compete on one team.
- Each athlete must compete in two events plus the relay. There must be two from each team per event and an athlete must complete the event for that event to score.
- U9 & U10 teams, must compete in all events listed (the 4 events available + relay)
- U11 + teams, can only compete in 4 of the 5 events listed (+ relay)
- A substitute may replace an athlete injured during competition.

**Events**

- All track results will be based on times (no heats/finals).
- For High Jump – any legal HJ method may be used.
- For U9, U10, U11 Long Jump, 1m take off area from sand. All other age categories from board.
- Shot Put, 2kg weight.

**Scoring**

- **All 4 Events + Relay to score for all age categories.**
- Points will be awarded on a combined placing basis. The team with the lowest combined score across events will be the winner
- The current points total will be available prior to the last event, the relay.
- **If two or more teams finish on the same points at the end of the competition the team that finishes in a higher position in the relay will be awarded the overall higher position.**

**Team Mangers Are Responsible For**

**All**

**Their Athletes No Exceptions**

**Online Registration Only**

**€12.00 per Team**

**Closing Date for Entries 20<sup>th</sup> May**



**Athletics Leinster**

**2015 Track & Field Booklet**



U9-U11 Pairs & U12-U13 Championships

**Athletics Leinster**  
**U9 - U11 Pairs &**  
**U12, U13 Championships**  
**Saturday 6<sup>th</sup> June**  
**Tullamore Harriers**



# Athletics Leinster

## 2015 Track & Field Booklet

**U9, U10 & U11 Pairs Competition**  
**&**  
**U12-U13 Junior Track & Field Championship**  
**Tullamore Harriers**  
**Saturday 6<sup>th</sup> June**  
**Start-time: 9:00am**

TRACK		FIELD	
Age Category	Event	Age Category	Event / Area
	<b>HURDLE HEATS</b>		<b>LONG JUMP PIT 1</b>
U12 Girls	60m Hurdles	U9 Girls	
U12 Boys	60m Hurdles	U10 Girls	
U13 Girls	60m Hurdles	U11 Girls	
U13 Boys	60m Hurdles	U12 Girls	
	<b>Hurdle FINALS</b>	U13 Girls	
	<b>TRACK HEATS</b>		<b>LONG JUMP PIT 1</b>
U12 Girls (H)	600m	U9 Boys	
U12 Boys (H)	600m	U10 Boys	
U13 Girls (H)	600m	U11 Boys	
U13 Boys (H)	600m	U12 Boys	
U11 Girls	600m	U13 Boys	
U11 Boys	600m		<b>JAVELIN</b>
U9 Girls	300m	U13 Girls	
U9 Boys	300m	U13 Boys	
U10 Girls	500m		<b>TURBO JAV AREA 1</b>
U10 Boys	500m	U12 Girls	
	<b>Finals 600m</b>	U11 Girls	
U9 Girls	60m	U10 Girls	
U9 Boys	60m	U9 Girls	
U10 Girls	60m		<b>TURBO JAV AREA 2</b>
U10 Boys	60m	U12 Boys	
U11 Girls	60m	U11 Boys	
U11 Boys	60m	U10 Boys	
	<b>Sprint HEATS</b>	U9 Boys	
U12 Girls (H)	60m		<b>SHOT PUTT</b>
U12 Boys (H)	60m	U12 Girls	
U13 Girls (H)	80m	U12 Boys	
U13 Boys (H)	80m	U13 Girls	
	<b>Sprint FINALS</b>	U13 Boys	
<b>Inter County Relay</b>			<b>HIGH JUMP</b>
U11 Girls	4x100	U13 Boys	
U11 Boys	4x100	U13 Girls	
U13 Girls	4x100	U12 Boys	
U13 Boys	4x100	U12 Girls	





## Athletics Leinster

### 2015 Track & Field Booklet

#### PLEASE NOTE: U9, U10 & U11 PAIRS COMPETITION

- The order of events is only a guide & is subject to change to ensure the smooth running of the programme. Please listen to the P.A. for announcements.
- U9 teams born in 2007, U10 teams born in 2006, U11 team born in 2005
- Two athletes per team.
- Each athlete may compete in two events **ONLY**. With the same or different partner per event.
- Top 3 teams per event qualify for the National Team Competition.
- Only 3 teams are allowed to progress to the national finals. In the event of a dead-heat resulting in more than 3 teams, a coin toss will decide third place qualifier.
- U9 & U10 Long Jump, take-off is from a sand marker. Each athlete is allowed three jumps.
- U11 Long Jump, take-off is from the board. Each athlete is allowed three jumps.
- For Long Jump, athletes will be taken in groups of 8-10, to prevent excessive queuing.
- For Turbo Javelin, the Javelin technique **MUST** be used, with the longest throw of three consecutive attempts being measured.
- All track results will be based on times (no heats/finals)
- For Pairs Event – both athletes must be the same age category i.e. an U9 CANNOT compete as an U10, both must be born in 2006.
- For Relay – at least two athletes must be the correct age category for the event.



## Athletics Leinster

### 2015 Track & Field Booklet

#### PLEASE NOTE: U12 & U13 CHAMPIONSHIP

- The order of events is only a guide & is subject to change to ensure the smooth running of the programme. Please listen to the P.A. for announcements.
- Standard Championship rules apply
- Athletes U12 & U13 are limited to three individual events in total.
- First 4 qualify for National Championship in all events with the exception of the 600m where the first three qualify.

**Online Registration Only**

**€6.00 Entry per Pair per Event**

**€3.50 Entry per event for U12/U13**

**Closing Date for Entries 27<sup>th</sup> May**

**Strictly no on the Day Entries**

**Sorry No Guests**



**Athletics Leinster**

**2015 Track & Field Booklet**



**Athletics Leinster  
Combined Events  
Saturday 13<sup>th</sup> June  
Celbridge AC**



## Athletics Leinster

### 2015 Track & Field Booklet

#### Combined Event Championship

**Celbridge AC**

**Date 13<sup>th</sup> June 2014**

**Start-time: 10.00am**

<b>Age Category</b>	<b>Event</b>	<b>Disciplines</b>
U13 Girls	Tri Event	200m, Shot, Long Jump
U13 Boys	Tri Event	200m, Shot, Long Jump
U14 Girls	Pentathlon	75mH, High Jump, Long Jump, Shot, 800m
U14 Boys	Pentathlon	75mH, High Jump, Long Jump, Shot, 800m
U15 Girls	Pentathlon	80mH, High Jump, Long Jump, Shot, 800m
U15 Boys	Pentathlon	80mH, High Jump, Long Jump, Shot, 800m
U16 Girls	Pentathlon	80mH, Shot, Long Jump, High Jump, 800m
U16 Boys	Pentathlon	100mH, Shot, Long Jump, High Jump, 800m
U17 Girls	Pentathlon	Long Jump, Shot, 100mH, High Jump, 800m
U17 Boys	Pentathlon	Long Jump, Shot, 110mH, High Jump, 1000m
U18 Girls	Pentathlon	Long Jump, Shot, 100mH, High Jump, 800m
U18 Boys	Pentathlon	Long Jump, Shot, 110mH, High Jump, 1000m
U19 Girls	Pentathlon	Long Jump, Shot, 100mH, High Jump, 800m
U19 Boys	Pentathlon	Long Jump, Shot, 110mH High Jump, 1000m
Senior Women	Pentathlon	Long Jump, Shot, 100mH, Javelin, 1500m
Senior Men	Pentathlon	Long Jump, Shot, 110mH Javelin, 1500m
Master Women	Pentathlon	Long Jump, Shot, 100m, High Jump, 800m
Master Men (M1-M3)	Pentathlon	Long Jump, Shot, 100m, High Jump, 1500m
Master Men M4+	Quadrathlon	100m, Shot, Long Jump, 1500m







## Athletics Leinster

### 2015 Track & Field Booklet

#### PLEASE NOTE:

- The event order will be decided on the day based on the number of athletes competing per Age Category.
- Girls 17, 18, 19 and Boys 17, 18 and 19 are separate competitions.
- All athletes should be technically proficient and competent to compete in each event.
- In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
- In the track events, an athlete shall be disqualified in any event, in which he has made two false starts.
- An athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition. He shall not, therefore, figure in the final classification.
- The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.
- Combined Scoring tables to be used will be published in advance of the Championship on the Leinster Website.

**Online Registration Only**

**€6.00 Entry per athlete**

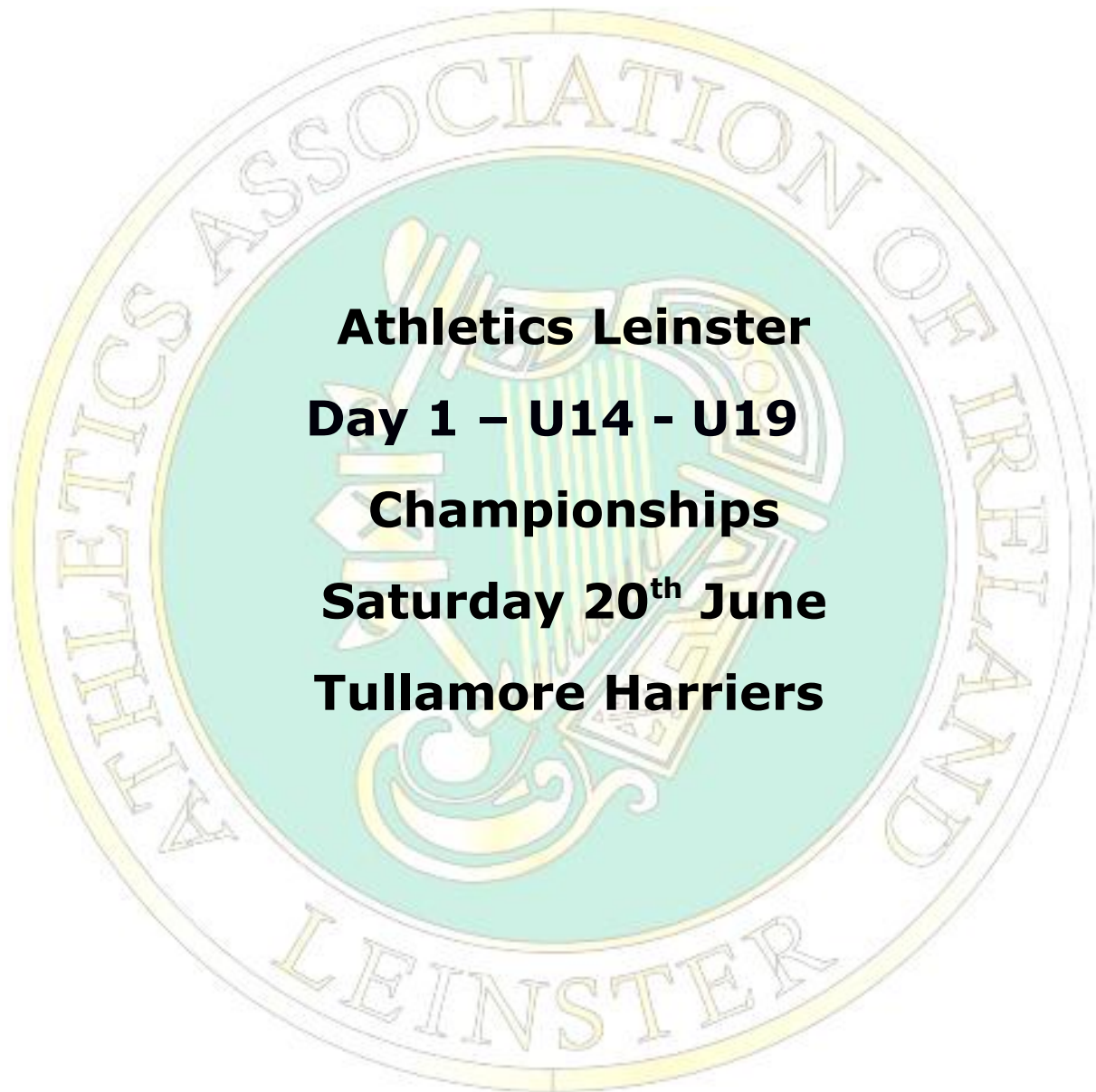
**Closing Date for Entries 3<sup>rd</sup> June**

**Guests Welcome**



**Athletics Leinster**

**2015 Track & Field Booklet**



**Athletics Leinster  
Day 1 – U14 - U19  
Championships  
Saturday 20<sup>th</sup> June  
Tullamore Harriers**



## Athletics Leinster

### 2015 Track & Field Booklet

#### Juvenile U14-U19 Track & Field Championship

Tullamore Harriers

DAY – 1 Saturday 20<sup>th</sup> June

Start-time: 10:00am

Time	Age Category	TRACK
		<b>WALKS</b>
10:00	U14 Girls, U15 Girls, U16 Girls,	2000m
	U14 Boys, U15 Boys	2000m
	U17 Girls, U18 Girls, U19 Girls	3000m
	U16 Boys, U17 Boys	3000m
	U18 Boys, U19 Boys	5000m
		<b>HURDLE HEATS</b>
11.00	U14 Girls	75mH (2' 3)
	U14 Boys	75mH (2' 6)
	U15 Girls	80mH (2' 6)
	U16 Girls	80mH (2' 6)
	U15 Boys	80mH (2' 6)
	U17 Girls	100mH (2' 6)
	U18 Girls	100mH (2' 6)
	U16 Boys	100mH (2' 9)
	U19 Girls	100mH (2' 9)
	U17 Boys	100mH (3' 0)
	U18 Boys	110mH (3' 0)
	U19 Boys	110mH (3' 3)
		<b>HURDLE FINALS</b>
	U17 Boys, U18 Boys, U19 Boys	3000m
	U18 Girls, U19 Girls	3000m
		<b>TRACK HEATS</b>
	U17 Girls, U17 Boys, (H)	400m
	U18 Girls, U18 Boys (H)	400m
	U19 Girls, U19 Boys (H)	400m
	U18 Girls, U18 Boys, (H)	100m
	U19 Girls U19 Boys (H)	100m
	U17 Girls U17 Boys (H)	800m
	U18 Girls, U18 Boys (H)	800m
	U19 Girls, U19 Boys (H)	800m
	U14 Girls ,U14 Boys (H)	200m
	U15 Girls, U15 Boys (H)	200m
	U16 Girls, U16 Boys (H)	200m
	U17 Girls, U17 Boys (H)	200m
	U14 Girls ,U14 Boys	1500m
	U15 Girls, U15 Boys	1500m
	U16 Girls, U16 Boys	1500m
		<b>400m FINALS</b>
		<b>100m FINALS</b>
		<b>200m FINALS</b>
		<b>INTER COUNTY RELAYS</b>
	U15 Girls, U15 Boys, U17 Girls	4 * 100M
	U17 Boys, U19 Girls,U19 Boys	4 * 100M



## Athletics Leinster

### 2015 Track & Field Booklet

<b>JUMPS</b>				
	<b>HIGH JUMP</b>	<b>TRIPLE JUMP</b>	<b>LONG JUMP</b>	<b>POLE VAULT</b>
10:00	U14 Girls		U19 Girls	Boys U15 - U19
	U19 Boys		U15 Girls	Girls U16 - U19
	U16 Girls		U14 Boys	
	U18 Girls		U18 Boys	
	U17 Boys		U17 Girls	
	U15 Boys	U16 Girls	U16 Boys	
		U18 Boys		
		U19 Girls		
		U17 Girls		
		U17 Boys		
<b>THROWS</b>				
	<b>SHOT</b>	<b>DISCUS</b>	<b>JAVELIN</b>	<b>HAMMER</b>
10:00	U19 Girls (4kg)		U16 Girls (500g)	U15 Girls (2.5kg)
	U18 Girls (3kg)		U14 Girls (400g)	U17 Girls (3kg)
	U14 Girls (2kg)		U17 Boys (700g)	U19 Girls (4kg)
	U17 Girls (3kg)		U19 Boys (800g)	U16 Boys (4kg)
	U16 Girls (3kg)		U15 Boys (500g)	U18 Boys (5kg)
	U17 Boys (5kg)		U18 Boys (700g)	U14 Boys (2.5kg)
		U18 Girls (1kg)		
		U14 Boys (.75kg)		
		U15 Boys (1kg)		
		U16 Boys (1kg)		
		U19 Boys (1.75kg)		
		U15 Girls (.75kg)		







## Athletics Leinster

### 2015 Track & Field Booklet

#### PLEASE NOTE:

- Athletes **CANNOT** step up an age group to complete in an event not held in their age group.
- All events are final unless otherwise indicated by (H) Heats.
- If for any event there are insufficient athletes to hold heats, the final will be held at **heat-time**.
- Athletes U14, U15, U16 are limited to **THREE** individual events in total over the two days.
- Athletes U17, U18, U19 are limited to **FOUR** individual events in total over the two days.
- There is no limit on the number of athletes a club may enter per individual event.
- Only 3 teams are allowed to progress to the national finals. In the event of a dead-heat resulting in more than 3 teams, a coin toss will decide third place qualifier.
- **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 REGIONAL COMPETITION SECRETARY IF THEY WISH TO BE ENTERED FOR THE NATIONAL CHAMPIONSHIP.**

**Online Registration Only**  
**€3.50 Entry per event**  
**Closing Date for Entries 10<sup>th</sup> June**  
**Strictly no on the Day Entries**  
**Sorry No Guests**



**Athletics Leinster**

**2015 Track & Field Booklet**



**Athletics Leinster  
Day 2 - U14 - U19  
Championships  
Sunday 21st June  
Tullamore Harriers**



Juvenile U14 - U19 Track & Field Championship

Tullamore Harriers

DAY 2 - Sunday 21st June

Start-time: 10:00am

Time	Age Category	TRACK
		<b>HURDLE HEATS</b>
10:00	U15 Girls	250mH (2' 3)
	U16 Girls	250mH (2' 3)
	U15 Boys	250mH (2' 6)
	U16 Boys	250mH (2' 6)
	U17 Girls	300mH (2' 6)
	U17 Boys	300mH (2' 6)
	U18 Girls	400mH (2' 6)
	U19 Girls	400mH (2' 6)
	U18 Boys	400mH (2' 9)
	U19 Boys	400mH (3' 0)
		<b>HURDLE FINALS</b>
		<b>TRACK HEATS</b>
	U14 Girls, U14 Boys (H)	800m
	U15 Girls, U15 Boys	800m
	U16 Girls, U16 Boys	800m
	U17 Girls, U17 Boys	1500m
	U18 Girls, U18 Boys, U19 Boys	1500m
	U19 Girls, U19 Boys	1500m
	U14 Girls (H), U14 Boys (H)	80m
	U15 Girls, U15 Boys (H)	80m
	U16 Girls, U16 Boys (H)	100m
	U17 Girls, U17 Boys (H)	100m
	U18 Girls, U18 Boys, (H)	200m
	U19 Girls, U19 Boys (H)	200m
	U16 Boys	3000m
		<b>80m / 100m SEMI-FINALS</b>
	U17 Girls, U17 Boys	2000m Steeplechase
	U18 Girls, U18 Boys	2000m Steeplechase
	U19 Girls, U19 Boys, Junior Women, Junior Men	3000m Steeplechase
		<b>200m FINALS</b>
		<b>80m / 100m FINALS</b>
		<b>800m FINALS</b>
		<b>INTER CLUB RELAYS</b>
	U17 Girls, U17 Boys	4 * 100M
	U18 Girls, U18 Boys	4 * 100M
	U19 Girls, U19 Boys	4 * 100M



## Athletics Leinster

### 2015 Track & Field Booklet

<b>JUMPS</b>				
	<b>HIGH JUMP</b>	<b>LONG JUMP</b>	<b>TRIPLE JUMP</b>	
10:00	U14 Boys	U16 Girls		
	U17 Girls & U19 Girls	U19 Boys		
	U16 Boys & U18 Boys	U17 Boys		
	U15 Girls	U15 Boys		
		U18 Girls		
		U14 Girls	U15 Boys	
			U18 Girls	
			U16 Boys	
			U19 Boys	
<b>THROWS</b>				
	<b>SHOT</b>	<b>DISCUS</b>	<b>JAVELIN</b>	<b>HAMMER</b>
10:00	U18 Boys (5kg)		U16 Boys (600g)	U14 Girls (2.5kg)
	U14 Boys (2.72kg)		U17 Girls (500g)	U15 Boys (3kg)
	U15 Boys (3kg)		U15 Girls (400g)	U18 Girls (3kg)
	U16 Boys (4kg)		U18 Girls (500g)	U16 Girls (3kg)
	U19 Boys (6kg)		U19 Girls (600g)	U17 Boys (5kg)
	U15 Girls (2.72kg)		U14 Boys (400g)	U19 Boys (6kg)
		U17 Girls (1kg)		
		U18 Boys (1.5kg)		
		U14 Girls (.75kg)		
		U17 Boys (1.5kg)		
		U16 Girls (1kg)		
		U19 Girls (1kg)		







## Athletics Leinster

### 2015 Track & Field Booklet

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- Athletes U17, U18, U19 are limited to **FOUR** individual events in total over the two days.
- There is no limit on the number of athletes a club may enter per individual event.
- Competing clubs must supply at least one official for each day of competition.
- **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 REGIONAL COMPETITION SECRETARY IF THEY WISH TO BE ENTERED FOR THE NATIONAL CHAMPIONSHIP**

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**Athletics Leinster**

**2015 Track & Field Booklet**

## **Enquiries**

**Please read, the specific details of each competition carefully.**

**Please direct any errors, queries or concerns to the**

**Athletics Leinster Track & Field Competition Secretary,**

**Nicola Welsh at 0872144058**

**or**

**[athleticsleinsteroutdoorsec@gmail.com](mailto:athleticsleinsteroutdoorsec@gmail.com)**