



**Athletics Leinster**  
**2015 Indoor Championships**

**Athletics Leinster**

**2015**

**Indoor**

**Championships**

Contact  
Indoor Sec.  
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## Athletics Leinster

### 2015 Indoor Championships

#### **2015 Track & Field Policies**

Athletics Leinster wishes to advise clubs of the following **Policies for our 2015 Indoor T&F Championships.**

It is the intention of Athletics Leinster to **strictly** enforce these policies for the 2015 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 clearly named on submitted club entry forms. 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 officials for **ALL** competitions which they have athletes competing in.

#### **Entries**

- **Entries are on line this year**
- **An athlete will not be able to be entered on the system unless they have a current AAI registration number**
- **Any CLUB found not providing an official to help at the events their athletes will not be able to compete**

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

Relay amendments may be 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. AIT have their own charge for the car park we (Leinster Athletics) do not receive any of this money.



## Athletics Leinster

### 2015 Indoor Championships

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

#### **Warm up Area.**

In AIT this is an area upstairs overlooking the arena. Unfortunately due to problems last year this area will only be allowed to be entered by athletes ONLY and they will only be allowed access to this area 30 minutes prior to event.

#### **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 this will be strictly adhered to.**

THIS APPLIES TO ALL MASTERS CATEGORIES.



## Athletics Leinster

### 2015 Indoor Championships

#### **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>

<http://www.iaaf.org/about-iaaf/documents/rules-regulations#rules>



## Athletics Leinster

### 2015 Indoor Championships

#### **Entry & Competition Rules**

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

| <b>Age Category</b> | <b># of Events</b>  |
|---------------------|---------------------|
| U12 – U19           | 3 Events<br>+ Relay |

- 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 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 **and field** Athletes check-in when collecting their numbers, COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.
  - All athletes must collect a competition number, minimum one hour prior to their event.
- 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).
- Athletes u13 may use starting blocks, athletes u14 upwards MUST use starting blocks
- Where a heat is listed, if insufficient competitors check in a FINAL will be held at heat time.
- 200m, 400m and relays.
  - If there are 2 heats the first 2 of each heat plus the 2 fastest will go forward to the Final.
  - 3 Heats: Winner in each heat plus the 3 fastest to go forward to the Final.
  - 4 Heats: Winner in each heat plus the 2 fastest to go forward to the Final.
  - 5 Heats or more the 6 fastest to go forward to the Final.
- 600, 800m and 1500m
  - If there are 2 Heats the first 3 in each heat plus the 2 fastest losers will go forward to the final.
  - If there is 3 Heats the first 2 plus the 2 fastest losers will go forward to the final.



## Athletics Leinster

### 2015 Indoor Championships

- If 8 or less check in (at the discretion of the committee) a FINAL will be held at heat time.

Please have respect for the stadium and its environs.

- Please do not leave your personal belongings unattended.
- Athletes may move up **ONE** age group only for a relay, with the following exceptions:
  - Girls U16 CANNOT compete in the Girls U17 4 \* 300m
  - Boys U16 CANNOT compete in the Boys U17 4 \* 400m
- 
- The first three (3) from each region qualify for the National Championships. (U12 Hurdles is not a National Event and therefore there is no qualification) **This will automatically be done by indoor leinster secretary so any athlete unable to attend please notify your coach who in turn is responsible for notifying Indoor secretary via email on [me\\_dwyer@hotmail.com](mailto:me_dwyer@hotmail.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 REGIONAL COMPETITION SECRETARY IF THEY WISH TO BE ENTERED FOR THE NATIONAL CHAMPIONSHIP.**
- **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.ie](http://www.athleticsleinster.ie).
- Please direct any queries to the Athletics Leinster Indoor Track & Field competition secretary, Mary Dwyer to [me\\_dwyer@hotmail.com](mailto:me_dwyer@hotmail.com)



## Athletics Leinster

### 2015 Indoor Championships

| <b>2015 Athletics Leinster Indoor Programme</b>                                  |                |  |             |                         |
|--|----------------|--|-------------|-------------------------|
| Date   | Start Time     | Age Category   | Venue       | Closing Date            |
| PLEASE NOTE: ' <b>RED TEXT</b> ' ON THE 'SCHEDULE OF EVENTS' INDICATE AMENDMENTS |                |  |             |                         |
| Saturday 14th<br>February  | 10:00<br>10:00 | Juvenile Indoor Relays and <b>some Juvenile Events</b><br>( please Check these to ensure your athlete doesn't miss<br>their event) | Athlone I.T | Wed 4th<br>February     |
| Sunday 15 <sup>th</sup> February   | 10.00          | Junior, Senior & Master <b>Field</b> Events<br>Junior, Senior & Master <b>Track</b> Events   | Athlone I.T | Wed 4th<br>February     |
| Saturday 7th<br>March  | 10:00          | Juvenile Indoors   | Athlone I.T | Friday 25th<br>February |
| Sunday 8th<br>March  | 10:00          | Juvenile Indoors   | Athlone I.T | Friday 25th<br>February |

**ON LINE REGISTRATION ONLY**



**Athletics Leinster**  
**2015 Indoor Championships**

**Indoor DAY 1**

**Saturday 14<sup>th</sup>**  
**February**

**Juvenile Club Relay (U12 – U19)**

**And some Juvenile Events**

**Championships**





## Athletics Leinster

### 2015 Indoor Championships

#### Indoor Championships Day 1 - Schedule of Events

#### Athlone I.T

**Saturday 14th  
February**

| TRACK |              |              |       |              |              |
|-------|--------------|--------------|-------|--------------|--------------|
| Order | Age Category | Relay        | Order | Age Category | Relay        |
| Girls | U13          | 4 x 100m     | Boys  | U13          | 4 x 100m     |
| Girls | U15          | 4 x 200m     | Boys  | U15          | 4 x 200m     |
| Girls | U17          | 4 x 200m     | Boys  | U17          | 4 x 200m     |
| Girls | U19          | 4 x 200m     | Boys  | U19          | 4 x 200m     |
| Girls | U13/15/17/19 | Relay Finals | Boys  | U13/15/17/19 | Relay Finals |
| Girls | U12          | 4 x 100m     | Boys  | U12          | 4 x 100m     |
| Girls | U14          | 4 x 200m     | Boys  | U14          | 4 x 200m     |
| Girls | U16          | 4 x 200m     | Boys  | U16          | 4 x 200m     |
| Girls | U18          | 4 x 200m     | Boys  | U18          | 4 x 200m     |
| Girls | U12/14/16/18 | Relay Finals | Boys  | U12/14/16/18 | Relay Finals |

**RELAYS: €12 per team**

| Track |              |              |       |              |              |
|-------|--------------|--------------|-------|--------------|--------------|
| Order | Age Category | Event        | Order | Age Category | Event        |
| Girls | U14 / 15     | 1000m Walks  | Boys  | U14 / 15     | 1000m Walks  |
| Girls | U16/17/18/19 | 1500m Walks  | Boys  | U16/17/18/19 | 1500m Walks  |
| Girls | U14          | 800m Heats   | Boys  | U14          | 800m Heats   |
| Girls | U15          | 800m Heats   | Boys  | U15          | 800m Heats   |
| Girls | U16          | 1500m Heats  | Boys  | U16          | 1500m Heats  |
| Girls | U17          | 1500m Heats  | Boys  | U17          | 1500m Heats  |
| Girls | U18          | 1500m Heats  | Boys  | U18          | 1500m Heats  |
| Girls | U19          | 1500m Heats  | Boys  | U19          | 1500m Heats  |
| Girls | All          | 800m Finals  | Boys  | All          | 800m Finals  |
| Girls | All          | 1500m Finals | Boys  | All          | 1500m Finals |

**ENTRY FEE:**

**€3.50 per event**

**ON LINE REGISTRATION ONLY**

**This is only a list of event and not an order this will be put up a week before competition**



**Athletics Leinster**  
**2015 Indoor Championships**

| FIELD          |                     |             |       |                     |             |
|----------------|---------------------|-------------|-------|---------------------|-------------|
| Order          | Age Category        | Event       | Order | Age Category        | Event       |
| <b>10.00am</b> |                     |             |       |                     |             |
| Girls          | u15/u16/u17/u18/u19 | Pole Vault  | Boys  | u15/u16/u17/u18/u19 | Pole Vault  |
|                | 11.30am             |             |       | 12.30pm             |             |
| Girls          | u16/u17/u18/19      | Triple Jump | Boys  | u16/u17/u18/19      | Triple Jump |
|                |                     |             |       |                     |             |

**ENTRY FEE:**

**€3.50 per event**

**ON LINE REGISTRATION ONLY**

**STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS**

**ENTRIES ONLY TAKEN UP UNTIL 15.00hrs 4<sup>th</sup> February**

**CLUB RELAY TEAM ENTRIES MUST BE SUBMITTED BY COMPETITION CLOSING DATE**

**DO NOT SUBMIT ENTRY WITHOUT CORRECT & VALID ATHLETE REGISTRATION NUMBERS**

**DO NOT SUBMIT ENTRY WITHOUT NAMING AVAILABLE & COMPETENT OFFICIALS FOR THE DAY OF COMPETITION please add contact number and email for same**



# Athletics Leinster

## 2015 Indoor Championships

### Relay Team 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 2015 Indoor Championships

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



**Athletics Leinster**  
**2015 Indoor Championships**

**Indoor DAY 2**

**Sunday 15<sup>th</sup>**  
**February**

**Junior**  
**Senior & Master**  
**Championships**



**Athletics Leinster**

**2015 Indoor Championships**

**Indoor Championships Day 2 - Schedule of Events**

**Athlone I.T**

**SUNDAY 15TH  
February**

| TRACK |              |       |       |              |       |
|-------|--------------|-------|-------|--------------|-------|
| Order | Age Category | Event | Order | Age Category | Event |

|       |              |            |     |              |            |
|-------|--------------|------------|-----|--------------|------------|
| Women | Jun/Sen/Mast | 400m Heats | Men | Jun/Sen/Mast | 400m Heats |
| Women | Jun/Sen/Mast | 3K Walk    | Men | Jun/Sen/Mast | 3K Walk    |
| Women | Jun/Sen/Mast | 3000m      | Men | Jun/Sen/Mast | 3000m      |
| Women | Jun/Sen/Mast | 400m Final | Men | Jun/Sen/Mast | 400m Final |
| Women | Jun/Sen/Mast | 60m Heats  | Men | Jun/Sen/Mast | 60m Heats  |
| Women | Jun/Sen/Mast | 60m Final  | Men | Jun/Sen/Mast | 60m Final  |
| Women | Jun/Sen/Mast | 800m       | Men | Jun/Sen/Mast | 800m       |
| Women | Jun/Sen/Mast | 200m Heats | Men | Jun/Sen/Mast | 200m Heats |
| Women | Jun/Sen/Mast | 60mH Heats | Men | Jun/Sen/Mast | 60mH Heats |
| Women | Jun/Sen/Mast | 60mH Final | Men | Jun/Sen/Mast | 60mH Final |
| Women | Jun/Sen/Mast | 1500m      | Men | Jun/Sen/Mast | 1500m      |
| Women | Jun/Sen/Mast | 200m Final | Men | Jun/Sen/Mast | 200m Final |
| Women | Jun/Sen/Mast | Relays     | Men | Jun/Sen/Mast | Relays     |

**JUNIOR ENTRY FEE:**

**€6 per event**

**SENIOR/MASTERS**

**€6 per event**

**ON LINE REGISTRATION ONLY**

**ENTRIES ONLY TAKEN UP UNTIL 15.00hrs 4<sup>th</sup> February**

**Need PB for 3000m for seeding**



## Athletics Leinster 2015 Indoor Championships

|                      |              | FIELD                 |               |              |              |                      |               |
|----------------------|--------------|-----------------------|---------------|--------------|--------------|----------------------|---------------|
| Order                | Age Category | Event                 |               | Order        | Age Category | Event                |               |
| <b>MORNING 10:30</b> |              |                       |               |              |              |                      |               |
| <b>12.00</b>         | <b>Women</b> | Junior/senior/masters | Triple Jump   | <b>13.00</b> | <b>Men</b>   | Junior/senior/master | Triple Jump   |
| <b>12.00</b>         | <b>Women</b> | Junior/senior/masters | Pole Vaulting | <b>10.00</b> | <b>Men</b>   | Junior/senior/master | Pole Vaulting |
| <b>11.00</b>         | <b>Women</b> | Junior/senior/masters | High Jump     | <b>12.00</b> | <b>Men</b>   | Junior/senior/master | High Jump     |
| <b>10.00</b>         | <b>Women</b> | Junior/senior/masters | Long Jump     | <b>11.00</b> | <b>Men</b>   | Junior/senior/master | Long Jump     |
| <b>11.00</b>         | <b>Women</b> | Junior/senior/masters | Shot Putt     | <b>10.00</b> | <b>Men</b>   | Junior/senior/master | Shot Putt     |

**Closing Date for Entries. 4<sup>th</sup> February 2015.**

**ON LINE REGISTRATION ONLY**

**JUNIOR ENTRY FEE:**

**€6 per event**

**SENIOR/Masters**

**€6 per event**

**Times are only guides please listen to the announcer**



**Athletics Leinster**

## **2015 Indoor Championships**

### **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

### **Master, Seniors and Juniors PLEASE NOTE:**

- To compete as a Junior the athlete must be over 16 and under 20 in the year of competition.
- Competitors are limited to **FIVE** events at Athletics Leinster Championships. No Exceptions.

**STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS**

**CLUB RELAY TEAM ENTRIES MUST BE SUBMITTED BY COMPETITION CLOSING DATE**

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

**DO NOT SUBMIT ENTRY WITHOUT NAMING AVAILABLE & COMPETENT OFFICIALS FOR THE DAY OF COMPETITION**





**Athletics Leinster**  
**2015 Indoor Championships**

**Indoor DAY 3**

**Saturday 7<sup>th</sup> March**

**Juvenile**  
**Championships**



**Athletics Leinster**  
**2015 Indoor Championships**

**Indoor Championships Day 3 - Schedule of Events**

**Athlone I.T**

**Saturday 7<sup>th</sup> March 2015**

| TRACK |              |             |       |              |             |
|-------|--------------|-------------|-------|--------------|-------------|
| Order | Age Category | Event       | Order | Age Category | Event       |
| Girls | U12          | 600m Heats  | Boys  | U12          | 600m Heats  |
| Girls | U13          | 600m Heats  | Boys  | U13          | 600m Heats  |
| Girls | U16          | 200m Heats  | Boys  | U16          | 200m Heats  |
| Girls | U17          | 200m Heats  | Boys  | U17          | 200m Heats  |
| Girls | U18          | 400m Heats  | Boys  | U18          | 400m Heats  |
| Girls | U19          | 400m Heats  | Boys  | U19          | 400m Heats  |
| Girls | U12          | 60mH Heats  | Boys  | U12          | 60mH Heats  |
| Girls | U13          | 60mH Heats  | Boys  | U13          | 60mH Heats  |
| Girls | U14          | 60mH Heats  | Boys  | U14          | 60mH Heats  |
| Girls | U15          | 60mH Heats  | Boys  | U15          | 60mH Heats  |
| Girls | U16          | 60mH Heats  | Boys  | U16          | 60mH Heats  |
| Girls | U17          | 60mH Heats  | Boys  | U17          | 60mH Heats  |
| Girls | U18          | 60mH Heats  | Boys  | U18          | 60mH Heats  |
| Girls | U19          | 60mH Heats  | Boys  | U19          | 60mH Heats  |
| Girls | All          | 60mH Finals | Boys  | All          | 60mH Finals |
| Girls | All          | 600m Finals | Boys  | All          | 600m Finals |
| Girls | All          | 200m Finals | Boys  | All          | 200m Finals |
| Girls | All          | 400m Finals | Boys  | All          | 600m Finals |

**Closing Date for Entries. Friday 25th February, 2015.**

**ENTRY FEE:**

**€3.50 per event**

**ON LINE REGISTRATION ONLY**

**ENTRIES ONLY TAKEN UP UNTIL 15.00hrs 25<sup>th</sup> February**

**STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS**

**Finals of 200m, 400m, and 600m will be held approx 1 ½ hrs after heats on track between hurdles  
please listen for announcements**



## Athletics Leinster 2015 Indoor Championships

| FIELD |              |           |       |              |           |
|-------|--------------|-----------|-------|--------------|-----------|
| Order | Age Category | Event     | Order | Age Category | Event     |
| Girls | U14          | Long Jump | Boys  | U14          | Long Jump |
| Girls | U12          | Long Jump | Boys  | U12          | Long Jump |
| Girls | U16          | Long Jump | Boys  | U16          | Long Jump |
| Girls | U18          | Long Jump | Boys  | U18          | Long Jump |
|       |              |           |       |              |           |
| Girls | U15          | High Jump | Boys  | U15          | High Jump |
| Girls | U13          | High Jump | Boys  | U13          | High Jump |
| Girls | U17          | High Jump | Boys  | U17          | High Jump |
| Girls | U19          | High Jump | Boys  | U19          | High Jump |
|       |              |           |       |              |           |
| Girls | U19          | Shot Putt | Boys  | U19          | Shot Putt |
| Girls | U17          | Shot Putt | Boys  | U17          | Shot Putt |
| Girls | U15          | Shot Putt | Boys  | U15          | Shot Putt |
| Girls | U13          | Shot Putt | Boys  | U13          | Shot Putt |

**Closing Date for Entries. Friday 25th February, 2015.**

**ENTRY FEE:**

**€3.50 per event**

**ON LINE REGISTRATION ONLY**

**ENTRIES ONLY TAKEN UP UNTIL 15.00hrs 25<sup>th</sup> February**

**STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS**



**Athletics Leinster**  
**2015 Indoor Championships**

## **Indoor DAY 4**

**Sunday 8<sup>th</sup> March**

# **Juvenile Championships**



**Athletics Leinster**

**2015 Indoor Championships**

**Indoor Championships Day 4 - Schedule of Events**

**Athlone I.T**

**Sunday 8<sup>th</sup> March 2015**

| TRACK                |              |            |             |              |            |
|----------------------|--------------|------------|-------------|--------------|------------|
| Order                | Age Category | Relay      | Order       | Age Category | Relay      |
| <b>MORNING 10:30</b> |              |            |             |              |            |
| Girls                | U12          | 60m Heats  | Boys        | U12          | 60m Heats  |
| Girls                | U13          | 60m Heats  | Boys        | U13          | 60m Heats  |
| Girls                | U14          | 60m Heats  | Boys        | U14          | 60m Heats  |
| Girls                | U15          | 60m Heats  | Boys        | U15          | 60m Heats  |
| Girls                | U16          | 60m Heats  | Boys        | U16          | 60m Heats  |
| Girls                | U17          | 60m Heats  | Boys        | U17          | 60m Heats  |
| Girls                | U18          | 60m Heats  | Boys        | U18          | 60m Heats  |
| Girls                | U19          | 60m Heats  | Boys        | U19          | 60m Heats  |
| Girls                | U18          | 200m Heats | Boys        | U18          | 200m Heats |
| Girls                | U19          | 200m Heats | Boys        | U19          | 200m Heats |
| Girls                | U16          | 800m Heats | Boys        | U16          | 800m Heats |
| Girls                | U17          | 800m Heats | Boys        | U17          | 800m Heats |
| Girls                | U18          | 800m Heats | Boys        | U18          | 800m Heats |
| Girls                | U19          | 800m Heats | Boys        | U19          | 800m Heats |
| 200m Finals          |              |            | 200m Finals |              |            |
| 800m Finals          |              |            | 800m Finals |              |            |
| Girls                | U12          | 60m finals | Boys        | U12          | 60m finals |
| Girls                | U13          | 60m finals | Boys        | U13          | 60m finals |
| Girls                | U14          | 60m finals | Boys        | U14          | 60m finals |
| Girls                | U15          | 60m finals | Boys        | U15          | 60m finals |
| Girls                | U16          | 60m finals | Boys        | U16          | 60m finals |
| Girls                | U17          | 60m finals | Boys        | U17          | 60m finals |
| Girls                | U18          | 60m finals | Boys        | U18          | 60m finals |
| Girls                | U19          | 60m finals | Boys        | U19          | 60m finals |

**ENTRY FEE:**

**€3.50 per event**

**ON LINE REGISTRATION ONLY**

**ENTRIES ONLY TAKEN UP UNTIL 15.00hrs 25<sup>th</sup> February**

**STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS**



## Athletics Leinster 2015 Indoor Championships

| FIELD         |              |           |       |              |           |
|---------------|--------------|-----------|-------|--------------|-----------|
| Order         | Age Category | Relay     | Order | Age Category | Relay     |
| MORNING 10:30 |              |           |       |              |           |
| 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         | U14          | High Jump | Boys  | U14          | High Jump |
| Girls         | U12          | High Jump | Boys  | U12          | High Jump |
| Girls         | U16          | High Jump | Boys  | U16          | High Jump |
| Girls         | U18          | High Jump | Boys  | U18          | High Jump |
|               |              |           |       |              |           |
| Girls         | U18          | Shot Putt | Boys  | U18          | Shot Putt |
| Girls         | U16          | Shot Putt | Boys  | U16          | Shot Putt |
| Girls         | U14          | Shot Putt | Boys  | U14          | Shot Putt |
| Girls         | U12          | Shot Putt | Boys  | U12          | Shot Putt |

**Closing Date for Entries. Friday 25th February, 2015.**

**ENTRY FEE:**

**€3.50 per event**

**STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS**

**DO NOT SUBMIT ENTRY WITHOUT CORRECT & VALID ATHLETE REGISTRATION NUMBERS**

**DO NOT SUBMIT ENTRY WITHOUT NAMING AVAILABLE & COMPETENT OFFICIALS FOR THE DAY OF COMPETITION**



**Athletics Leinster**  
**2015 Indoor Championships**

# **Juvenile Championships**

## **Hurdles & Weights**



## Athletics Leinster

### 2015 Indoor Championships

#### Hurdles

| Age / Distance      | Heights       | # Hurdles | Lead   | Distance | Final  |
|---------------------|---------------|-----------|--------|----------|--------|
| <b>Girls 12</b> 60m | 68.6cm = 2' 3 | 5         | 11.00m | 7.25m    | 20.00m |
| <b>Girls 13</b> 60m | 68.6cm = 2' 3 | 5         | 11.00m | 7.25m    | 20.00m |
| <b>Girls 14</b> 60m | 68.6cm = 2' 3 | 5         | 11.50m | 7.50m    | 18.50m |
| <b>Girls 15</b> 60m | 76.2cm = 2' 6 | 5         | 12.00m | 8.00m    | 16.00m |
| <b>Girls 16</b> 60m | 76.2cm = 2' 6 | 5         | 12.00m | 8.00m    | 16.00m |
| <b>Girls 17</b> 60m | 76.2cm = 2' 6 | 5         | 13.00m | 8.50m    | 13.00m |
| <b>Girls 18</b> 60m | 76.2cm = 2' 6 | 5         | 13.00m | 8.50m    | 13.00m |
| <b>Girls 19</b> 60m | 84.0cm = 2' 9 | 5         | 13.00m | 8.50m    | 13.00m |
|                     |               |           |        |          |        |
| <b>Boys 12</b> 60m  | 68.6cm = 2' 3 | 5         | 11.00m | 7.25m    | 20.00m |
| <b>Boys 13</b> 60m  | 68.6cm = 2' 3 | 5         | 11.00m | 7.25m    | 20.00m |
| <b>Boys 14</b> 60m  | 76.2cm = 2' 6 | 5         | 11.50m | 7.50m    | 18.50m |
| <b>Boys 15</b> 60m  | 84.0cm = 2' 9 | 5         | 12.00m | 8.00m    | 16.00m |
| <b>Boys 16</b> 60m  | 84.0cm = 2' 9 | 5         | 13.00m | 8.50m    | 13.00m |
| <b>Boys 17</b> 60m  | 91.4cm = 3' 0 | 5         | 13.72m | 9.14m    | 9.72m  |
| <b>Boys 18</b> 60m  | 91.4cm = 3' 0 | 5         | 13.72m | 9.14m    | 9.72m  |
| <b>Boys 19</b> 60m  | 99.0cm = 3' 3 | 5         | 13.72m | 9.14m    | 9.72m  |





## Athletics Leinster 2015 Indoor Championships

### Please Note:

Follow 2014 AAI Congress a number of changes were made to weights, (RED)

### Shot Putt

| Boys       | AGES      | Girls   |
|------------|-----------|---------|
| 2 kg       | <b>12</b> | 2 kg    |
| 2 kg       | <b>13</b> | 2 kg    |
| 2.72 kg    | <b>14</b> | 2 kg    |
| <b>3kg</b> | <b>15</b> | 2.72 kg |
| 4 kg       | <b>16</b> | 3 kg    |
| 5 kg       | <b>17</b> | 3 kg    |
| 5 kg       | <b>18</b> | 3 kg    |
| 6 kg       | <b>19</b> | 4 kg    |

### Starting Blocks

| Boys & Girls U12,13 | Optional            |
|---------------------|---------------------|
| Boys & Girls U14 +  | <b>* Compulsory</b> |

- 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,**

**Mary Dwyer at [me\\_dwyer@hotmail.com](mailto:me_dwyer@hotmail.com)**