

# ATHLETICS IRELAND



## Juvenile Competition Booklet

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**CELTIC CROSS COUNTRY**

**JANUARY 2016**

**Scotland**

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**CELTIC GAMES TRACK AND FIELD**

**6<sup>th</sup> August 2016**

**SWANSEA, WALES**

*SELECTION CRITERIA*

*Based on 2016 Track and Field results*

*Competing Countries*

*Scotland / Wales / Ireland*

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## *Chairpersons Address*

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As chairperson of the juvenile committee of Athletics Ireland I wish to thank everyone for their continued work for the promotion of juvenile athletics in Ireland.

I would also like to take this opportunity to thank most sincerely to all the parents/guardians, Club Coaches, County, Regional and National Officials for all their voluntary work and encouragement of our youth in our sport, which is very much appreciated.

This booklet is a wealth of information in regards to all aspects of juvenile athletics and much credit goes to Ciaran Doyle for his time and effort in putting this very comprehensive booklet together. It will be of great benefit to athletes, coaches and parents during 2016.

2016 is a very important year on the international front for juvenile athletics with the staging of the Celtic Games track & field in Wales in August, and I look forwards to many of our athletes performing in these events.

On the domestic scene there is a very large programme of events and it promises to be another very busy and enjoyable year for all involved in juvenile athletics.

I wish to thank most sincerely Moira Aston Competition Manager for her brilliant work in that strenuous and stressful position and also Conor Greally for all his assistance setting up for competition.

I wish to thank all members of the juvenile committee for their continued work and help in the promotion of athletics.

Finally I wish all the competitors the very best of luck in 2016

**Jim Ryan**

**Chairman**

**Juvenile Committee**

### ***Policy Statement for the Athletic Association of Ireland***

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

### ***Code of Ethics and Good Practice for Children in Athletics***

In Athletics Ireland our first priority is the welfare of children and 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 our Child Protection 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.

### ***Policy on Photographers***

For Indoor Competition, no photographers (except Sportsfile where required) are allowed at any time within the competition arena (track or field area).

For Outdoor Competition, a limited number of passes are available to press credentialed photographers. These are available on application from the Meet Director or Competition Manager prior to the start of the first event of that day's program. Please refer to AAI Photography and Film policy on the website.

### ***Jury of Appeal***

The Jury of Appeal will comprise of 5 members with three sitting during an appeal. The Jury of Appeal will be the four provisional representatives currently elected to the Juvenile Committee and one from the Dublin region who will also be a member of the Juvenile Committee. Advice will be obtained from a member of the Technical Committee when and if required.

### ***Attire***

Official club singlets must be worn in all national competitions. If club singlet is not available, a plain white vest or tee-shirt is acceptable.

National Apparel is to be worn only when representing Ireland at International Competition. No athlete should compete wearing Athletics Ireland shorts at a National Event.

In general shorts should be single colour, not patterned. While a Nike/Adidas etc. logo is acceptable, multi-coloured or patterned shorts are not.

Where possible shorts should complement the singlet, if in doubt black is always acceptable.

## *Competition Code of Conduct for Parents, Coaches and Mentors*

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Parents/Guardians should lead by example:

- Adopt a positive attitude to their children's participation
- Respect officials decisions and encourage children to do likewise
- Do not exert undue pressure on your child
- Never admonish your child or any other child for their performance
- Be realistic in their expectations
- Show approval for effort, not just results
- Never embarrass a child or use sarcastic remarks
- Applaud good performances from all children
- Do not criticise children's performances
- Do not seek to unfairly affect a result
- Do not enter the competition area unless specifically invited to by an official in charge
- Never use foul language or provocative gestures to officials
- Do not question publicly an official's decisions or integrity
- Encourage children to respect and accept the judgment of officials
- Promote fair play

Check the program for the Meet Director or Children's Officers name – these are the people to speak to if you have a complaint

Any Breach of this code may lead to your exclusion from future events

Athletics Ireland is fully committed to providing a positive, fair and safe environment for our children and officials. Athletics Ireland acknowledges that without the commitment of our officials who freely and generously give their time, it would not be possible to provide competitive opportunities for your children. Officials have a duty to be impartial, fair and fully informed of competition rules and regulations. If you have any Child Safeguarding queries please email [childwelfare@athleticsireland.ie](mailto:childwelfare@athleticsireland.ie)

## **CHANGES POST CONGRESS 2014**

**Motions carried at Congress pertaining to Juvenile Competition Rules will come into effect starting January 2015.**

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

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

58. THAT: In the existing outdoor Combined Events Championship for Youth Boys, the Octathlon be replaced with the Decathlon in line with IAAF rule 200.2.

59. THAT: the Boys under 15 Shot Put and Hammer weight be changed to 3kg for National Championship competitions.

65. THAT: the Juvenile Committee introduces an Indoor Pole Vault Competition for Girls and Boys U15, U16, U17, U18 & U19.

63. THAT: The name Development Competition/Championships be changed back to 'B' Championships or renamed another more suitable/acceptable name.

67. THAT: the Juvenile Committee amends their current Track and Field Pole Vault competition to include Girls under 15 and 16.

69. THAT: Athletes U13 may use starting blocks; athletes U14 upwards must use starting blocks.

73. THAT: the age for the Girls Triple Jump be reduced from U17 to U16 in Track & Field. *(NOTE: this applied to outdoor only as U17 is not an age category indoors for Triple Jump)*

74. THAT: the Turbo Javelin in the National Juvenile Team Competition be contested in the standard format i.e. one throw per athlete per round as against the current procedure of three consecutive throws.

76. THAT: the under 14 boys & girls Hurdles in both Track & Field and Combined Events (Outdoor) be standardised for Boys and Girls as either 75m or 80m in both competitions *(NOTE: the distance for U14 Hurdles will be 75m)*

76a - That: the boys' under 17 100 metres hurdles/60 metres hurdles be in line with IAAF youth rules.

## **CHANGES POST 2015 AGM**

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

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## 2016 Age Categories

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1. Age categories calculated from 31<sup>st</sup> 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 2008**

**Age 10                     Born 2007**

**Age 11                     Born 2006**

**Age 12                     Born 2005**

**Age 13                     Born 2004**

**Age 14                     Born 2003**

**Age 15                     Born 2002**

**Age 16                     Born 2001**

**Age 17                     Born 2000**

**Age 18                     Born 1999**

**Age 19                     Born 1998**

### **Indoor, Track & Field Entries**

*Competitions, Athletic Association of Ireland, Unit 19, Northwood Court Northwood Business Campus, Santry, Dublin 9*

### **Cross Country Entries**

*Competitions, Athletic Association of Ireland, Unit 19, Northwood Court Northwood Business Campus, Santry, Dublin 9 and a copy to Cross Country Secretary Evelyn O'Reilly Drumahurk, Butlersbridge, Co. Cavan*

## *Juvenile Programme 2016*

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### **Cross Country & Indoor Championships**

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<b>Date</b>	<b>Event</b>	<b>Venue</b>
January 9 <sup>th</sup>	“B” Cross Country	ALSAA, Dublin
January 9 <sup>th</sup>	Inter County Cross Country Relays	ALSAA, Dublin
January 9 <sup>th</sup>	Celtic Cross Country	Scotland
January 23 <sup>rd</sup>	Indoor Juvenile Combined Events	Athlone IT
February 27 <sup>th</sup>	Star Awards	Tullamore
March 12 <sup>th</sup> /13 <sup>th</sup>	Juvenile Indoor Championships	Athlone IT
March 19 <sup>th</sup>	Juvenile Indoor Championships	Athlone IT
November 27 <sup>th</sup>	Cross Country Even Ages	<b>TBC</b>
December 11 <sup>th</sup>	Cross Country Uneven Ages	<b>TBC</b>

### **Track & Field Championships**

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April 3 <sup>rd</sup>	Spring Throws	<b>TBC</b>
May 28 <sup>th</sup> /29 <sup>th</sup>	Combined Events Youth, Junior	<b>TBC</b>
July 2 <sup>nd</sup>	Team Competition 9, 10, 11	Tullamore
July 2 <sup>nd</sup>	Juvenile Inter-Club Relays 9-11	Tullamore
July 2 <sup>nd</sup>	Combined Events 14, 15, 16	Tullamore
July 9 <sup>th</sup>	“B” Juvenile Championships 12-19	Tullamore
July 9 <sup>th</sup>	Juvenile Inter-Club Relays 12-19	Tullamore
July 10 <sup>th</sup>	Juvenile Championships 12-19	Tullamore
July 23 <sup>th</sup> /24 <sup>th</sup>	Juvenile Championships 12-19	Tullamore
August 6 <sup>th</sup>	Celtic Games	Swansea

**NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIP.**

1. **IAAF Rules apply**
2. Individual Track & Field Championships for Boys and Girls ages 12-19.
3. Club Singlets must be worn.
4. The first three (3) from each region qualify for the National Championships.
5. An athlete may compete in three individual events plus the relay.
6. Athletes are confined to their own age group.
7. In the Indoor Relays an athlete may move up one age group.
8. At least 2 members of a competing relay team, participating in that event on that day must be of the correct age.
9. 17,18,19 age groups for relays, all athletes may move up one age group.
10. All entries must come through the Regional Secretary.
11. A copy of all Regional results plus a copy of all entries must go to Head office and to the Track & Field Secretary.
12. **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
  - All athletes must collect a competition number
  - All athletes must collect number 1 hour prior to their event minimum
  - All athletes, track and field CHECK IN at the check in area
  - Call room will be in operation for track events
  - Field events will be called 15 minutes prior to start time
13. **STRICT WARM UP AREA AND CALL ROOM RULES WILL APPLY.**
14. **ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP.**
15. Athletes **U14** upwards must use starting blocks. Only starting blocks provided by the organising committee may be used. **Starting blocks are optional for U12 and U13**
16. **IAAF False Start Rules apply. U16 upwards - first false start leads to disqualification.**
17. **U12, 13,14, 15. One false start and all are on warning of next false start leading to disqualification.**
18. **Combined Events all age categories, One false start and all are on warning of next false start leading to disqualification.**
19. **An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where;**
  - a) **A final confirmation was given that the athlete would start in an event but then failed to participate.**
  - b) **An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4)**
  - c) **An athlete fails to provide a bona fida effort to compete in an event**
20. **An athlete must inform the Chief Judge when leaving the competition area.**
21. Athlete must leave the arena when their event is complete.
22. Winning athletes must report for medal presentation 20 minutes after their event where possible **or when called from the Public Address System.**
23. Coaches and parents are not allowed on the track at any time.
24. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
25. **Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g.: earphones, notebooks, tablets, iPods, smart phones etc) in the competition area. NOTE: The competition area starts at the assembly/call room.**
26. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
27. Warm up marks for field events should be completed where possible before the time schedule.
28. Where a heat is listed if insufficient competitors check in a FINAL will be held at heat time.
29. **600, 800m and 1500m**  
**If 12 or less check in, at the discretion of the track referee, a FINAL will be held at heat time**  
**1500m heats and finals can be scheduled for the same day of competition**
30. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships, **entries through the Regional Secretaries by closing date to** Athletic Association of Ireland, Unit 19, Northwood Court, Northwood Business Campus, Santry, Dublin 9
31. **Regional Competition Secretaries must be available for queries on days of competition.**
32. Please have respect for the stadium and its environs and adhere to all rules of the arena.
33. Please do not leave your personal belongings unattended.

*Table of Hurdle and Shot Specifications*

**INDOOR**

<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 13</b>	60m	76.2cm	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	<b>13.72m</b>	<b>9.14m</b>	<b>9.72m</b>
<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

**SHOT WEIGHTS**

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

**Venue:** Athlone IT  
**Date:** Sunday 23<sup>rd</sup> January 2016  
**Time:** 10 a.m.  
**Entry Fee:** 10 Euro  
**Check in:** Opens 9.00 a.m.  
**Closing date:** 18<sup>th</sup> January 2016

**All athletes must be registered.**

**Athletes should be technically proficient and competent to compete in each event.**

### EVENTS Pentathlon

Girls 14	Hurdles,	High Jump,	Long Jump,	Shot Put,	800m
Boys 14	Hurdles,	High Jump,	Long Jump,	Shot Put,	800m
Girls 15	Hurdles	High Jump	Long Jump	Shot Put	800m
Boys 15	Hurdles	High Jump	Long Jump	Shot Put	800m
Girls 16	Hurdles,	High Jump,	Long Jump,	Shot Put,	800m
Boys 16	Hurdles,	High Jump,	Long Jump,	Shot Put,	800m
Youth Girls (17 & 18)	Hurdles	High Jump	Long Jump	Shot Put	800m
Youth Boys (17 & 18)	Hurdles	High Jump	Long Jump	Shot Put	<b>1000m</b>

					<b>Approach</b>	<b>Interval</b>	<b>Finish</b>
Girls	14 Hurdles	68.6cm	2'3" 5		11.50	7.50	18.50
Boys	14 Hurdles	76.2cm	2'6" 5		11.50	7.50	18.50
Girls	15 Hurdles	76.2cm	2'6" 5		12.00	8.00	16.00
Girls	16 Hurdles	76.2cm	2'6" 5		12.00	8.00	16.00
Youth Girls	Hurdles	76.2cm	2'6" 5		13.00	8.50	13.00
Boys	15 Hurdles	84.0cm	2'9" 5		12.00	8.00	16.00
Boys	16 Hurdles	84.0cm	2'9" 5		13.00	8.50	13.00
Youth Boys	Hurdles	91.4cm	3'0" 5		13.72	9.14	9.72

### Starting Heights High Jump

Girls	14	1.00m	Girls	15	1.05m	Girls	16	1.15m
Boys	14	1.15m	Boys	15	1.15m	Boys	16	1.15m

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

**Entries online or to**  
**Competition,**  
**Athletic Association of Ireland,**  
**Unit 19, Northwood Court**  
**Northwood Business Campus,**  
**Santry,**  
**Dublin 9**

**Order of Events may change throughout the day**  
**Check in commences at 9.00 am closes at 9.45 am**

**TIMETABLE**

- **Timetable subject to change, please be alert.**

**TRACK EVENTS**

10.00	Girls 14	60m H 2'3"
	Boys 14	60m H 2'6"
	Girls 15	60m H 2'6"
	Girls 16	60m H 2'6"
	Boys 15	60m H 2'9"
	Boys 16	60m H 2'9"
	Youth Girls 17-18	60m H 2'6"
	Youth Boys 17-18	60m H 3'0"

**FIELD EVENTS**

10.00	Girls 16	Long Jump Pit 1
10.00	Boys 16	Long Jump Pit 2
	Girls 15	Long Jump
	Boys 15	Long Jump
	Girls 14	Long Jump
	Boys 14	Long Jump
	Youth Girls 17-18	Long Jump
	Youth Boys 17-18	Long Jump
10.00	Girls 15	High Jump
	Boys 15	High Jump
	Girls 14	High Jump
	Boys 16	High Jump
	Girls 16	High Jump
	Boys 14	High Jump
	Youth Girls 17-18	High Jump
	Youth Boys 17-18	High Jump
10.15	Girls 14	Shot Put 2k
	Boys 14	Shot Put 2.72k
	Girls 15	Shot Put 2.72k
	Boys 15	Shot Put <b>3k</b>
	Girls 16	Shot Put 3k
	Boys 16	Shot Put 4k
	Youth Girls 17-18	Shot Put 3k
	Youth Boys 17-18	Shot Put 5k

Juvenile / Youth Girls 17-18, 800m 20 minutes  
 after the completion last event  
 Juvenile/Youth Boys 17-18 20 minutes after the  
 completion last event

**Venue:** Athlone IT  
**Dates:** 12<sup>th</sup> /13<sup>th</sup> March and 19<sup>th</sup> March 2016  
**Check In :** Commences 9.00am. Please check individual days for start  
**Entry Fee:** 5 Euro per event, 10 euro per relay team  
**Late Entry:** Championships are qualification events, no late entries  
**Closing Date:** 7<sup>th</sup> March 2016  
**Entries :** Online via Regional Competition Secretary

*All athletes must be registered.*

## EVENTS

### GIRLS 12

60m Sprint  
 600m  
 Relay 4 x 100m  
 High Jump  
 Long Jump  
 Shot Put

### GIRLS 15

60m Sprint  
 60m Hurdles  
 800m  
 1000m Walk  
 Relay 4 x 200m  
 High Jump  
 Long Jump  
 Shot Put  
**Pole Vault**

### GIRLS 18

60m Sprint  
 60m Hurdles  
 200m  
 400m  
 800m  
 1500m  
 1500m Walk  
 Relay 4 x 200m  
 High Jump  
 Long Jump  
 Shot Put  
 Triple Jump  
**Pole Vault**

### GIRLS 13

60m Sprint  
 60m Hurdles  
 600m  
 Relay 4 x 100m  
 High Jump  
 Long Jump  
 Shot Put

### GIRLS 16

60m Sprint  
 60m Hurdles  
 200m  
 800m  
 1500m  
 1500m Walk  
 Relay 4 x 200m  
 High Jump  
 Long Jump  
 Shot Put  
**Pole Vault**

### GIRLS 19

60m Sprint  
 60m Hurdles  
 200m  
 400m  
 800m  
 1500m  
 1500m Walk  
 Relay 4 x 200m  
 High Jump  
 Long Jump  
 Shot Put  
 Triple Jump  
**Pole Vault**

### GIRLS 14

60m Sprint  
 60m Hurdles  
 800m  
 1000m Walk  
 Relay 4 x 200m  
 High Jump  
 Long Jump  
 Shot Put

### GIRLS 17

60m Sprint  
 60m Hurdles  
 200m  
 800m  
 1500m  
 1500m Walk  
 Relay 4 x 200m  
 High Jump  
 Long Jump  
 Shot Put  
**Pole Vault**

**BOYS 12**

60m Sprint  
600m  
Relay 4 x 100m  
High Jump  
Long Jump  
Shot Put

**BOYS 13**

60m Sprint  
60m Hurdles  
600m  
Relay 4 x 100m  
High Jump  
Long Jump  
Shot Put

**BOYS 14**

60m Sprint  
60m Hurdles  
800m  
1000m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Put

**BOYS 15**

60m Sprint  
60m Hurdles  
800m  
1000m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Put  
**Pole Vault**

**BOYS 16**

60m Sprint  
60m Hurdles  
200m  
800m  
1500m  
1500m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Put  
**Pole Vault**

**BOYS 17**

60m Sprint  
60m Hurdles  
200m  
800m  
1500m  
1500m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Put  
**Pole Vault**

**BOYS 18**

60m Sprint  
60m Hurdles  
200m  
400m  
800m  
1500m  
1500m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Put  
Triple Jump  
**Pole Vault**

**BOYS 19**

60m Sprint  
60m Hurdles  
200m  
400m  
800m  
1500m  
1500m Walk  
Relay 4 x 200m  
High Jump  
Long Jump  
Shot Put  
Triple Jump  
**Pole Vault**

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

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

**Check in closes 9.30 a.m. (400m/1500m)**

**10.00 a.m**

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

**10.50 a.m**

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

**400m/1500m FINALS WILL BE HELD AT HEAT TIME IF HEATS ARE NOT REQUIRED**

**Check in closes 10.30 p.m. (Walks)**

**11.45 a.m**

Boys 16 1500m Walk  
Boys 17 1500m Walk  
Boys 18 1500m Walk  
Boys 19 1500m Walk

Boys 14 1000m Walk  
Boys 15 1000m Walk

**NOTE: THERE WILL BE A 20 MINUTE BREAK ON THE TRACK AFTER THE BOYS WALK**

Girls 14 1000m Walk  
Girls 15 1000m Walk

Girls 16 1500m Walk  
Girls 17 1500m Walk  
Girls 18 1500m Walk  
Girls 19 1500m Walk

**2.00 p.m. Finals 1500m, 400m**

**Check in closes 1.30 p.m. (60m)**

**2.30 p.m.**

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

**FINALS 60M SPRINTS**

**Check in Closes 9.30 a.m. first field events**

**Long Jump**

10.00 a.m. Girls (Pit 1) 12  
Boys (Pit 2) 12  
11.00 a.m. Girls (Pit 1) 19  
Boys (Pit 2) 19  
12.00 p.m. Girls (Pit 1) 18  
Boys (Pit 2) 18  
1.30 p.m. Girls (Pit 1) 13  
2.30 p.m. Boys (Pit 1) 13

**Pole Vault**

2:00 p.m. Girls 15-16  
3:30 p.m. Girls 17-19

**Shot Putt**

10.00 a.m. Boys 13 (2k)  
11.00 Girls 13 (2k)  
12.00 p.m. Boys 15 (3k)  
1.00 Girls 15 (2.72k)  
2.00 Girls 16 (3k)

**High Jump**

10.00 a.m. Girls (Mat 1) 13  
Boys (Mat 2) 13  
11.00 a.m. Girls (Mat 1) 14  
Boys (Mat 2) 14  
12.00 p.m. Girls (Mat 1) 12  
Boys (Mat 2) 12  
1.30 p.m. Boys (Mat 1) 19  
2.30 p.m. Boys (Mat 1) 15

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

**Check in closes 9.15 a.m (200m)**

**10.00 a.m**

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

**Check in closes 10.00 a.m (600m/800m)**

**11.15 p.m.**

Girls & Boys	12	600m
Girls & Boys	13	600m

Girls & Boys	14	800m
Girls & Boys	15	800m
Girls & Boys	16	800m
Girls & Boys	17	800m
Girls & Boys	18	800m
Girls & Boys	19	800m

**200m/600m/800m FINALS WILL BE HELD AT HEAT TIME IF HEATS ARE NOT REQUIRED**

**NOTE: THERE WILL BE A 20 MINUTE BREAK ON THE TRACK AFTER THE 800m HEATS**

**1.45 p.m.**

200m Finals

**2.00 p.m.**

800m Finals

**Check in closes 1.15 (Hurdles)**

**2.15 p.m.**

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

**FINALS HURDLES**

**Check in Closes 9.30 a.m. first field event**

**Long Jump**

10.00 a.m.	Girls	(Pit 1)	16
	Boys	(Pit 2)	16
11.00 a.m.	Girls	(Pit 1)	15
	Boys	(Pit 2)	15
12.00 p.m.	Girls	(Pit 1)	17
	Boys	(Pit 2)	17
1.30 p.m.	Girls	(Pit 1)	14
2.30 p.m.	Boys	(Pit 1)	14

**Pole Vault**

2:00 p.m.	Boys 15-16
3:30 p.m.	Boys 17-19

**Shot Putt**

10.00	Girls	12	(2k)
11.00	Boys	12	(2k)
12.00	Girls	14	(2k)
1.00	Boys	14	(2.72k)
2.00	Boys	16	(4k)

**High Jump**

10.00 a.m.	Girls	(Mat 1)	17
	Boys	(Mat 2)	17
11.00 a.m.	Girls	(Mat 1)	18
	Boys	(Mat 2)	18
12.00 p.m.	Girls	(Mat 1)	16
	Boys	(Mat 2)	16
1.30 p.m.	Girls	(Mat 1)	19
2.30 p.m.	Girls	(Mat 1)	15

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

**Check in opens 9.00 a.m.**

**Inter-Club Relays**

**10.30 a.m.**

Girls	13	4 x 100m	Heats
Boys	13	4 x 100m	Heats
Girls	15	4 x 200m	Heats
Boys	15	4 x 200m	Heats
Girls	17	4 x 200m	Heats
Boys	17	4 x 200m	Heats
Girls	19	4 x 200m	Heats
Boys	19	4 x 200m	Heats

**FINALS OF ABOVE**

**Check in closes 12.30 p.m.**

**1.30 p.m.**

Girls	12	4 x 100m	Heats
Boys	12	4 x 100m	Heats
Girls	14	4 x 200m	Heats
Boys	14	4 x 200m	Heats
Girls	16	4 x 200m	Heats
Boys	16	4 x 200m	Heats
Girls	18	4 x 200m	Heats
Boys	18	4 x 200m	Heats

**FINALS OF ABOVE**

**Field Events**

<b>10:00 AM</b>	Shot Putt	U19 Boys (6k)
<b>10:45 AM</b>	Shot Putt	U19 Girls (4k)
<b>11:30 PM</b>	Shot Putt	U18 Boys (5k)
<b>12:45 PM</b>	Shot Putt	U18 Girls (3k)
<b>1:30 PM</b>	Shot Putt	U17 Boys (5k)
<b>2:15 PM</b>	Shot Putt	U17 Girls (3k)

<b>10:00 AM</b>	Triple Jump	U18 Girls
<b>11:00 AM</b>	Triple Jump	U19 Girls
<b>12:30 PM</b>	Triple Jump	U18 Boys
<b>1:30 PM</b>	Triple Jump	U19 Boys

**PLEASE NOTE:**

- All relays will be held on the 1<sup>st</sup> day of competition.
- **No entry on the day of competition**
- Athletes may step up **ONE (1)** age group only and may compete in **TWO (2)** relays on the day
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age
- 17,18,19 age groups all athletes may move up one age group
- If a sub is present on the day and declared, medal will be presented
- For 4 x 100 relays – the third athlete breaks.
- **Relay teams qualify from region, 3 teams per region per age category**
- If 4 teams or less check in, a Final will be held at Heat time.
- **Team names, DOB, registration numbers must be submitted with entry**
- **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM**
- **Spot checks will be carried out on team declarations**

**Venue:** TBC  
**Dates:** 3<sup>rd</sup> April 2016  
**Time:** 10.00 a.m.  
**Entry Fee:** 5 Euro per event  
**Entries:** Online via club entry page  
**Closing Date** 28<sup>th</sup> March 2016

<b>Javelin</b>	U16 Boys (600g)	U16 Girls (500g)
	U17 Boys (700g)	U17 Girls (500g)
	U18 Boys (700g)	U18 Girls (500g)
	U19 Boys (800g)	U19 Girls (600g)

<b>Hammer</b>	U16 Boys (4k)	U16 Girls (3k)
	U17 Boys (5k)	U17 Girls (3k)
	U18 Boys (5k)	U18 Girls (3k)
	U19 Boys (6k)	U19 Girls (4k)

<b>Discus</b>	U16 Boys (1k)	U16 Girls (1k)
	U17 Boys (1.5k)	U17 Girls (1k)
	U18 Boys (1.5k)	U18 Girls (1k)
	U19 Boys (1.75k)	U19 Girls (1k)

**NOTE: THIS IS NOT A CHAMPIONSHIP EVENT AND DOES NOT COUNT FOR STAR AWRDS**

<b>Venue:</b>	<b>TBC</b>
<b>Dates:</b>	<b>28<sup>th</sup>/29<sup>th</sup> May 2016</b>
<b>Time:</b>	<b>10.00 a.m. (on both days)</b>
<b>Entry Fee:</b>	<b>10 Euro per event</b>
<b>Late Entry:</b>	<b>No Late Entry (Strictly no entry on the day)</b>
<b>Entries</b>	<b>Online via club entry page</b>
<b>Closing Date</b>	<b>23<sup>rd</sup> May 2016</b>

### **Youth Girls (U17+U18) + Junior Women (U19) Heptathlon**

**Day 1**      100m Hurdles  
                 High Jump  
                 Shot Putt  
                 200m

**Day 2**      Long Jump  
                 Javelin  
                 800m

### **Youth Boys (U17+U18) + Junior Men (U19) Decathlon**

**Day 1**      100m  
                 Long Jump  
                 Shot Putt  
                 High Jump  
                 400m

**Day 2**      110m Hurdles  
                 Discus  
                 Pole Vault  
                 Javelin  
                 1500m

#### **Rules:**

- 1. All athletes should be technically proficient and competent to compete in each event.**
2. In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
3. In the track events, **all age categories, one false start and all are on warning of next false start leading to disqualification.**
4. An athlete shall be disqualified in any event, in which he has made two false starts.
5. 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.
6. The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.

**Venue:** Tullamore, Co. Offaly  
**Date:** 2<sup>nd</sup> July 2016  
**Time:** 10.00 a.m.  
Check in open 8.45 a.m.  
**Entry Fee:** €10 per team  
**Closing Date:** 27<sup>th</sup> June 2016 (no late entries)  
**Entries :** Online via Regional Competition Secretary

U9 Girls & Boys Born 2008	U10 Girls & Boys Born 2007	U11 Girls & Boys Born 2006
60m	60m	60m
300m	500m	600m
Long Jump	Long Jump	Long Jump
Turbo Javelin (300gr)	Turbo Javelin (300 gr)	Turbo Javelin (300 gr)

1. Two (2) athletes per team.
2. Each athlete may compete in two events only, *with the same or two different partners*.
3. Athletes compete in their own age group (**U9 must be born 2008**)
4. Each teams combined distances or combined times are added for team scoring.
5. Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> team members in each event.
6. Three (3) teams per event per region, qualifying through Regional/Provincial Secretary.
7. U9, 10 Long Jump competition, athletes may jump anywhere from the sand. U11 Long Jump competition is from the board. 3 Jumps only per athlete.
8. Turbo Javelin throw as per javelin throw (tip must hit ground)  
**One throw per athlete per round** with the throw measured to where tip first touches ground.
9. 60m, 300m, 500m, 600m are on times - no finals.
10. Standing or crouch start is optional. The standing start command for all sprints are "on your marks" and "set"
11. Persistent false starts may lead to disqualification.
12. No entry or change of entry on the day of competition (**In the event of one team member being unable to attend they may be replaced by a reserve member**)
13. Club singlets must be worn – no tracksuits.
14. The Committee reserve the right to alter the timetable.
15. Relays are not part of the scoring for team competition.
16. All athletes **MUST** check in at the Check-in desk after collecting their numbers. **Collecting your number does not mean you are checked in.**
17. **A Call Area will be in operation. Athletes must report to the Call Area when announced over the PA.**
18. **Clubs with more than one team per age group MUST declare the members of each team at check-in. Failure to do this will mean the teams will be scored as entered.**

### U9-U11 Inter-Club Relays

- No entry on the day of competition. Entries come through Regional/Provincial Secretary
- Athletes may step up ONE (1) age group only and may compete in TWO (2) relays on the day **except U9 athletes must be born in year 2008**
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age **except U9 athletes must be born in year 2008**
- Relay teams qualify from region, 3 teams per region
- Team names, DOB, registration numbers must be submitted with entry
- **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM**
- Spot checks may take place.

**Venue:** Tullamore  
**Dates:** 2<sup>nd</sup> July 2016  
**Time:** 10.00 a.m. (on both days)  
**Entry Fee:** 10 Euro per event  
**Late Entry:** No Late Entry (Strictly no entry on the day)  
**Entries** **Online via club entry page**  
**Closing Date** 27<sup>th</sup> June 2016

**Pentathlon**

Girls & Boys 14	Girls & Boys 15	Girls 16	Boys 16
<b>75mH</b>	80mH	80mH	100mH
High Jump	High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump	Long Jump
Shot Putt	Shot Putt	Shot Putt	Shot Putt
800m	800m	800m	800m

**Starting Heights High Jump**

Girls	14	1.00m	Girls	15	1.05m	Girls 16	1.15m
Boys	14	1.15m	Boys	15	1.15m	Boys 16	1.15m

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

**Rules:**

1. All athletes should be technically proficient and competent to compete in each event.
2. In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
3. In the track events, all age categories, one false start and all are on warning of next false start leading to disqualification.
4. An athlete shall be disqualified in any event, in which he has made two false starts.
5. 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.
6. The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.

## Juvenile Track & Field

## Children's Games + Combined Events Timetable

### TRACK

<b>10:00</b>	U14 G 75 m Hurdles	2'3
	U14 B 75 m Hurdles	2'6
	U15 G 80 m Hurdles	2'6
	U16 G 80 m Hurdles	2'6
	U15 B 80 m Hurdles	2'9
	U16 B 100 m Hurdles	2'9
<b>11:00</b>	U9 Girls 60m	
	U9 Boys 60m	
	U10 Girls 60m	
	U10 Boys 60m	
	U11 Girls 60m	
	U11 Boys 60m	
<b>13:00</b>	U9 Girls 300m	
	U9 Boys 300m	
	U10 Girls 500m	
	U10 Boys 500m	
	U11 Girls 600m	
	U11 Boys 600m	
<b>14:30</b>	U9 Girls 4x100m	
	U9 Boys 4x100m	
	U10 Girls 4x100m	
	U10 Boys 4x100m	
	U11 Girls 4x100m	
	U11 Boys 4x100m	
	RELAY FINALS	
	CE 800m as available	

### FIELD

<b>10:00</b>	U9 Girls	Long Jump 2
	U9 Boys	Long Jump 3
<b>11:00</b>	U11 Girls	Long Jump 2
	U11 Boys	Long Jump 3
<b>12:00</b>	U10 Girls	Long Jump 2
	U10 Boys	Long Jump 3
<b>10:00</b>	U10 Girls	Turbo Javelin 1
	U10 Boys	Turbo Javelin 2
<b>11:15</b>	U9 Girls	Turbo Javelin 1
	U9 Boys	Turbo Javelin 2
<b>12:00</b>	U11 Girls	Turbo Javelin 1
	U11 Boys	Turbo Javelin 2
<b>10:15</b>	U14 Girls	High Jump
	U14 Boys	High Jump
	U15 Girls	High Jump
	U15 Boys	High Jump
	U16 Girls	High Jump
	U16 Boys	High Jump
<b>10:45</b>	U16 Girls	Long Jump 1
	U16 Boys	Long Jump 1
	U14 Girls	Long Jump 1
	U14 Boys	Long Jump 1
	U15 Girls	Long Jump 1
	U15 Boys	Long Jump 1
<b>10:30</b>	U15 Girls	Shot Putt
	U15 Boys	Shot Putt
	U16 Girls	Shot Putt
	U16 Boys	Shot Putt
	U14 Girls	Shot Putt
	U14 Boys	Shot Putt

**CHECK IN FOR RELAYS CLOSES AT 1.00 PM**

<b>Day 1</b>	<b>B Championships + Inter Club Relays</b>	<b>9<sup>th</sup> July 2016</b>
<b>Day 2</b>	<b>Track and Field U12 to U19</b>	<b>10<sup>th</sup> July 2016</b>
<b>Day 3</b>	<b>Track and Field U12 to U19</b>	<b>23<sup>rd</sup> July 2016</b>
<b>Day 4</b>	<b>Track and Field U12 to U19</b>	<b>24<sup>th</sup> July 2016</b>

**Time:** *Please check individual days for start times*

**Entry Fee:** €5 per event  
 €10 per relay

**“A” Championships are qualification events, no late entries accepted**

**Closing Date:** 4<sup>th</sup> July 2016      Relays/B Championships  
 4<sup>th</sup> July 2016      Day 1 T&F  
 18<sup>th</sup> July 2016      Day 2 & 3 T&F

**Entries:**      Entries for “A” championships through Regional Secretaries  
                   Entries for “B” Championships through Club Secretaries  
                   Entries for U12-U19 Relays through County Secretaries

**All entries can be made online**

Age Group	Distance	Height	No.	Approach	Interval	Finish
Girls 13	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
Girls 14	75m	68.6cm 2' 3"	8	11.50m	7.50m	11.00m
Girls 15	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls 15	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
Girls 16	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls 16	250m	68.6cm 2' 3"	6	35.00m	8.00m	40.00m
Girls 17	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls 17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Girls 18	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls 18	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Girls 19	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Girls 19	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Boys 13	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
Boys 14	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.00m
Boys 15	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
Boys 15	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00cm
Boys 16	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Boys 16	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
Boys 17	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
Boys 17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Boys 18	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
Boys 18	400m	84.0cm 2' 9"	10	45.00m	35.00m	40.00m
Boys 19	110m	99.0cm 3' 3"	10	13.72m	9.14m	14.02m
Boys 19	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m

*Table of Throwing Implements*

Boys	12	13	14	15	16	17	18	19
Shot	2k	2k	2.72k	3k	4k	5k	5k	6k
Discus			.75k	1k	1k	1.5k	1.5k	1.75k
Javelin		400g	400gr	500gr	600gr	700gr	700gr	800gr
Turbo Javelin	300g							
Hammer			2.5k	3k	4k	5k	5k	6k
Girls	12	13	14	15	16	17	18	19
Shot	2k	2k	2k	2.72k	3k	3k	3k	4k
Discus			.75k	.75k	1k	1k	1k	1k
Javelin		400g	400gr	400gr	500gr	500gr	500gr	600g
Turbo Javelin	300g							
Hammer			2.5k	2.5k	3k	3k	3k	4k

**NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIP.**

- 1 Individual Track & Field Championships for Boys and Girls ages 12-19.
- 2 The first four (4) from each region qualify for the National Championships.
- 3 **The first three (3) in the 600m due to safety regulations.**
- 4 Athletes are confined to their own age group.
- 5 Ages 12, 13, 14, 15 and 16 are limited to 3 events plus relay.
- 6 Ages 17, 18 and 19 are limited to 4 events plus relay
- 7 Club Singlets must be worn.
- 8 All entries must come through the Regional Secretary.
- 9 A copy of all Regional results plus a copy of all entries to go Head office and to the Track & Field Secretary.
- 10 **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
  - All athletes must collect a competition number
  - All athletes must collect number 1 hour prior to their event minimum
  - **All athletes Track & Field must check in at the REGISTRATION AREA and collect a number and report to call room or field event when called.**
- 11 **ONLY 5mm SPIKES MAY BE USED**
- 12 Only starting blocks provided by the organising committee may be used.
- 13 U12 all must do a crouched start. Below that age standing or crouch start is optional. The commands for all sprints are "on your marks" and "set"
- 14 **Athletes from U14 upwards must use Starting Blocks. Blocks are optional for U12 and U13s.**
- 15 **IAAF False Start Rules apply. U16 upwards First false start leads to disqualification.**
- 16 **U13,14, 15 - One false start and all are on warning of next false start leading to disqualification.**
- 17 **Combined Events all age categories. One false start and all are on warning of next false start leading to disqualification.**
- 18 Athlete must leave the arena when their event is complete.
- 19 Winning athletes must report for medal presentation 20 minutes after their event where possible.
- 20 Coaches and parents are *not allowed* on the track at any time.
- 21 Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
- 22 The guidelines for middle distance events are
  - A final will be held if there are 16 or less in the 600m, 800m
  - 20 or less in the 1500m
- 23 **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
- 24 In all field events except the High Jump and Pole Vault 3 attempts, 3 final throws/jumps for the 8 best athletes
- 25 Turbo Javelin rules and format are as javelin competition. 3 individual throws per athlete. Top 8 to final.
22. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships, *entries through the Regional Secretaries by closing date*
23. **Regional Competition Secretaries must be available for queries on the days of competition.**
24. Please have respect for the stadium and its environs.
- 25 Please do not leave your personal belongings unattended.
- 26 **Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g.: earphones, notebooks, tablets, iPods, smart phones etc) in the competition area. NOTE: The competition area starts at the assembly/call room.**
- 27 **An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where;**
  - **A final confirmation was given that the athlete would start in an event but then failed to participate.**
  - **An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4)**
  - **An athlete fails to provide a bona fida effort to compete in an event**

**GIRLS 12**

60m Sprint  
  
600m  
High Jump  
Long Jump  
Shot Put  
Turbo Javelin

**GIRLS 14**

80m Sprint  
75m Hurdles  
  
200m  
800m  
1500m  
2000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Shot Put

**GIRLS 17**

100m Sprint  
100m Hurdles  
300m Hurdles  
200m  
400m  
800m  
1500m  
  
2000m S/Chase (2'6")  
3000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump

**GIRLS 13**

80m Sprint  
60m Hurdles  
600m  
High Jump  
Long Jump  
Shot Put  
Javelin

**GIRLS 15**

100m Sprint  
80m Hurdles  
250m Hurdles  
200m  
800m  
1500m  
2000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Shot Put  
**Pole Vault**

**GIRLS 18**

100m Sprint  
100m Hurdles  
400m Hurdles  
200m  
400m  
800m  
1500m  
3000m  
2000m S/Chase (2'6")  
3000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump

**GIRLS 16**

100m Sprint  
80m Hurdles  
250m Hurdles  
200m  
800m  
1500m  
2000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Shot Put  
Pole Vault  
**Triple Jump**

**GIRLS 19**

100m Sprint  
100m Hurdles  
400m Hurdles  
200m  
400m  
800m  
1500m  
3000m  
3000m S/Chase (2'6")  
3000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump

**BOYS 12**

60m Sprint  
  
600m  
High Jump  
Long Jump  
Shot Put  
Turbo Javelin

**BOYS 13**

80m Sprint  
60m Hurdles  
600m  
High Jump  
Long Jump  
Javelin  
Shot Put

**BOYS 14**

80m Sprint  
75m Hurdles  
  
200m  
800m  
1500m

2000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
  
Shot Put

**BOYS 15**

100m Sprint  
80m Hurdles  
250m Hurdles  
200m  
800m  
1500m

2000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump

**BOYS 16**

100m Sprint  
100m Hurdles  
250m Hurdles  
200m  
800m  
1500m

3000m  
3000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump

**BOYS 17**

100m Sprint  
100m Hurdles  
300m Hurdles  
200m  
400m  
800m  
1500m  
2000m S/Chase (3'0")  
3000m  
3000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump

**BOYS 18**

100m Sprint  
110m Hurdles  
400m Hurdles  
200m  
400m  
800m  
1500m  
3000m S/Chase (3'0)  
3000m  
5000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump

**BOYS 19**

100m Sprint  
110m Hurdles  
400m Hurdles  
200m  
400m  
800m  
1500m  
3000m S/Chase (3'0")  
3000m  
5000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump

**Venue:** Tullamore Harriers Stadium  
**Date:** 9<sup>th</sup> July 2016  
**Time:** 10.00 a.m.  
**Entry Fee:** 10 Euro per team  
No late entries  
*Entries through County Secretary*  
**Closing Date:** 4<sup>th</sup> July 2016

**Check-in Opens 9.00 a.m.**

**Regulations: Normal rules for Track and Field apply plus the following**

- 1 Athletes born in **2001 (U16)** may not compete in **4 x 400m** relays
- 2 Minimum break of 45 minutes for 4x100m relays and 90 minutes for 4x400m relays
- 3 Athletes may move up one age group. At least 2 members of a competing relay team, participating in the event on that day must be of the correct age.
- 4 For 17, 18, 19 age groups for relays - all athletes may move up one age group.
- 5 All athletes can only compete **in a maximum of 3 relay teams** on the day
- 6 Subs must be present for medal presentation.
- 7 Three (3) teams per county per age group, **Teams qualify from the County.**
- 8 Entry Forms for 12-19's will be sent to County Secretaries **or entries can be made online.**
- 9 All team names, registration numbers and DOB must be on entry sheets at closing date.
- 10 Declaration sheets must be filled in on day of competition.
- 11 Spot checks may take place.

**Venue:** Tullamore  
**Date:** 9<sup>th</sup> July 2016  
**Time:** 10.00 a.m.  
**Entry Fee:** 5 Euro per event  
**Closing Date:** 4<sup>th</sup> July 2016 (Strictly no entries on the day)  
**Entries:** Online via Club Secretaries

**All athletes must be registered.**

**EVENTS:**

<b>Girls 12</b>	<b>Girls 13</b>	<b>Girls 14</b>	<b>Girls 15</b>	<b>Girls 16</b>
60m	80m	80m	100m	100m
600m	600m	800m	800m	800m
Long Jump				
High Jump				
Shot Put				
<b>Boys 12</b>	<b>Boys 13</b>	<b>Boys 14</b>	<b>Boys 15</b>	<b>Boys 16</b>
60m	80m	80m	100m	100m
600m	600m	800m	800m	800m
Long Jump				
High Jump				
Shot Put				

**Regulations: Normal regulations for Track and Field apply plus**

1. Any athlete who has competed in the Regional Championships and not qualified for the National Juvenile championships in any event is eligible to complete in this Event.
2. Entries through club secretaries to National Head Office by closing date.
3. Athletes may enter **2 events** and compete in their own age.
4. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**

**TRACK**

10:00 60m Heats U12 Girls  
 U12 Boys  
 80m Heats U13 Girls  
 U13 Boys  
 U14 Girls  
 U14 Boys  
 100m Heats U15 Girls  
 U15 Boys  
 U16 Girls  
 U16 Boys

**FINALS TO BE HELD IN SAME ORDER**

11:30 4x400m U18 Girls  
 4x400m U18 Boys  
 4x100m U13 Girls  
 4x100m U13 Boys  
 4x100m U15 Girls  
 4x100m U15 Boys  
 4x100m U17 Girls  
 4x100m U17 Boys  
 4x100m U19 Girls  
 4x100m U19 Boys

**FINALS TO BE HELD IN SAME ORDER**

13:30 600m Heats U12 Girls  
 U12 Boys  
 U13 Girls  
 U13 Boys  
 800m Heats U14 Girls  
 U14 Boys  
 U15 Girls  
 U15 Boys  
 U16 Girls  
 U16 Boys

14:30 4x400m U17 Girls  
 4x400m U17 Boys  
 4x400m U19 Girls  
 4x400m U19 Boys  
 4x100m U12 Girls  
 4x100m U12 Boys  
 4x100m U14 Girls  
 4x100m U14 Boys  
 4x100m U16 Girls  
 4x100m U16 Boys  
 4x100m U18 Girls  
 4x100m U18 Boys

**FINALS TO BE HELD IN SAME ORDER****FIELD**

10:00 Shot Putt U16 Girls  
 U16 Boys  
 U15 Girls  
 U15 Boys  
 U14 Girls  
 U14 Boys  
 U13 Girls  
 U13 Boys  
 U12 Girls  
 U12 Boys

10:15 Long Jump 1 U12 Girls  
 U13 Girls  
 U14 Girls  
 U15 Girls  
 U16 Girls

10:15 Long Jump 2 U12 Boys  
 U13 Boys  
 U14 Boys  
 U15 Boys  
 U16 Boys

10:00 High Jump U13 Girls  
 U13 Boys  
 U12 Girls  
 U12 Boys  
 U16 Girls  
 U16 Boys  
 U15 Girls  
 U15 Boys  
 U14 Girls  
 U14 Boys

**Check in Opens 8.30am**

**The Committee reserve the right to alter the timetable.**

**Check in closes 9.15 a.m. Hurdles**

**10.00 a.m.**

Girls	13	60m Hurdles	2'3"	68.6cm
Boys	13	60m Hurdles	2'3"	68.6cm
Girls	14	75m Hurdles	2'3"	68.6cm
Boys	14	75m Hurdles	2'6"	76.2cm
Girls	15	80m Hurdles	2'6"	76.2cm
Girls	16	80m Hurdles	2'6"	76.2cm
Boys	15	80m Hurdles	2'9"	84.0cm
Girls	17	100m Hurdles	2'6"	76.2cm
Girls	18	100m Hurdles	2'6"	76.2cm
Boys	16	100m Hurdles	2'9"	84.0cm
Girls	19	100m Hurdles	2'9"	84.0cm
Boys	17	100m Hurdles	3'0"	91.4cm
Boys	18	110m Hurdles	3'0"	91.4cm
Boys	19	110m Hurdles	3'3"	99.0cm

**HURDLE FINALS**

**Check in closes 12.00 p.m. 600m/800m**

**1.00 p.m.**

Girls & Boys	12	600m	Heats
Girls & Boys	13	600m	Heats
Girls & Boys	14	800m	Heats
Girls & Boys	15	800m	Heats
Girls & Boys	16	800m	Heats
Girls & Boys	17	800m	Heats
Girls & Boys	18	800m	Heats
Girls & Boys	19	800m	Heats

**Check in closes 1.30 p.m. Steeplechase**

**3.00 p.m.**

Girls	17	2000 S/C (2'6")	Final
Girls	18	2000 S/C	Final
Girls	19	3000 S/C	Final
Boys	17	2000 S/C (3'0")	Final
Boys	18/19	3000 S/C	Final

**600m/800m FINALS**

**10.00 a.m.**

Boys	16	Discus
Girls	15	Hammer (2.5k)
Girls	16	High Jump
Girls	18	Long Jump (Pit 1)
Boys	12	Long Jump (Pit 2)
Boys	17	Shot Putt
Girls	12	Turbo Javelin

**11.00 a.m.**

Girls	16	Discus
Boys	14	Hammer
Boys	16	High Jump
Boys	15	Javelin
Girls	19	Long Jump (Pit 1)
Boys	19	Long Jump (Pit 2)
Girls	17	Shot Putt

**12.00 p.m.**

Girls	14	Hammer
Girls	12	High Jump
Boys	13	Javelin
Girls	17	Long Jump (Pit 1)
Boys	18	Long Jump (Pit 2)
Girls	18	Shot Putt

**1.00 p.m.**

Girls	17	Discus
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**1.30 p.m.**

Boys	18	Javelin
Boys	15	Hammer
Girls	15	High Jump
Girls	16	Long Jump (Pit 1)
Boys	17	Long Jump (Pit 2)
Boys	12	Shot Putt

**2.00 p.m.**

Boys	17	Discus
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**2.30 p.m.**

Boys	13	High Jump
Girls	14	Javelin
Girls	12	Long Jump (Pit 1)
Boys	16	Long Jump (Pit 2)
Girls	13	Shot Putt

**3.30 p.m.**

Girls	14	High Jump
Boys	14	Javelin
Boys	19	Shot Putt

**Check in Opens 8.30am**

**The Committee reserve the right to alter the timetable.**

**Check in Closes 9.15 a.m. Girls Walks**

**10.00 a.m.**

Girls 14,15,16 2000m Walks Finals  
Girls 17,18,19 3000m Walks Finals

**Check in closes 10.30 a.m. 400m**

**11.15 a.m.**

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

**Check in closes 11.15 a.m. Boys Walks**

**12:00 p.m.**

Boys 14, 15 2000m Walks Finals  
Boys 16, 17 3000m Walks Finals  
Boys 18, 19 5000m Walks Finals

**Check in closes 12:15 p.m. Sprints**

**1.30 p.m.**

**400m FINALS**

**1.45 p.m.**

Girls & Boys 12 60m Heats  
Girls & Boys 13 80m Heats  
Girls & Boys 14 80m Heats  
Girls & Boys 15 100m Heats  
Girls & Boys 16 100m Heats  
Girls & Boys 17 100m Heats  
Girls & Boys 18 100m Heats  
Girls & Boys 19 100m Heats

**Check in closes 3.00 p.m. 3000m**

**3.45 p.m.**

Boys 16,17,18,19 3000m  
Girls 18, 19 3000m

**5.00 pm. SPRINT FINALS**

**10.00 a.m.**

Girls 15 Discus  
Girls 16 Hammer  
Boys 17 High Jump  
Boys 15 Long Jump (Pit 1)  
Boys 13 Long Jump (Pit 2)  
Boys 14 Shot Putt  
Boys 12 Turbo Javelin

**11.00 a.m.**

Girls 19 Discus  
Boys 16 Hammer  
Boys 19 High Jump  
Girls 13 Javelin  
Girls 14 Long Jump (Pit 1)  
Girls 15-16 Pole Vault  
Boys 18 Shot Putt  
Girls 16 Triple Jump

**12.00 p.m.**

Girls 18 Discus  
Girls 17 Hammer  
Girls 13 High Jump  
Boys 17 Javelin  
Boys 14 Long Jump (Pit 1)  
Girls 12 Shot Putt  
Boys 16 Triple Jump

**13.30 p.m.**

Girls 14 Discus  
Boys 18 Hammer  
Boys 12 High Jump  
Boys 19 Javelin  
Girls 15 Long Jump (Pit 1)  
Girls 17-19 Pole Vault  
Boys 13 Shot Putt  
Girls 17 Triple Jump

**14.30 p.m.**

Boys 14 High Jump  
Girls 16 Javelin  
Girls 13 Long Jump (Pit 1)  
Girls 15 Shot Putt  
Boys 17 Triple Jump

**Check in opens 8.30**

**The Committee reserve the right to alter the timetable.**

**Check in closes 9.15a.m Hurdles**

**10.00 a.m.**

Girls & Boys 14	200m	Heats
Girls & Boys 15	200m	Heats
Girls & Boys 16	200m	Heats
Girls & Boys 17	200m	Heats
Girls & Boys 18	200m	Heats
Girls & Boys 19	200m	Heats

**Check in closes 10.30 a.m. 1500m**

**11:30 a.m.**

Girls & Boys 14	1500m	Heats
Girls & Boys 15	1500m	Heats
Girls & Boys 16	1500m	Heats
Girls & Boys 17	1500m	Heats
Girls & Boys 18	1500m	Heats
Girls & Boys 19	1500m	Heats

**200m/600m/800m FINALS WILL BE HELD AT HEAT TIME IF HEATS ARE NOT REQUIRED**

**Check in closes 1.00 p.m. Hurdles**

**1.30 p.m.**

**200m FINALS**

**2.30 p.m.**

Girls	15	250m Hurdles	2'3" 68.6cm
Girls	16	250m Hurdles	2'3" 68.6cm
Boys	15	250m Hurdles	2'6" 76.2cm
Boys	16	250m Hurdles	2'6" 76.2cm
Girls	17	300m Hurdles	2'6" 76.2cm
Boys	17	300m Hurdles	2'6" 76.2cm
Girls	18	400m Hurdles	2'6" 76.2cm
Girls	19	400m Hurdles	2'6" 76.2cm
Boys	18	400m Hurdles	2'9" 84.0cm
Boys	19	400m Hurdles	3'0" 91.4cm

**HURDLE FINALS IN SAME ORDER**

**4.00 p.m.**

**1500m FINALS**

**10.00 a.m.**

Boys	18	Discus
Girls	19	Hammer
Boys	15	High Jump
Girls	18	Javelin
Girls	14	Shot Putt
Boys	19	Triple Jump

**11.00 a.m.**

Boys	15	Discus
Boys	19	Hammer
Girls	19	High Jump
Girls	17	Javelin
Boys	15-16	Pole Vault
Girls	16	Shot Putt
Boys	18	Triple Jump

**12.00 p.m.**

Boys	14	Discus
Boys	17	Hammer
Boys	18	High Jump
Girls	19	Javelin
Boys	16	Shot Putt
Girls	18	Triple Jump

**13.30 p.m.**

Boys	19	Discus
Girls	18	Hammer
Girls	19	High Jump
Boys	16	Javelin
Boys	15	Shot Putt
Girls	19	Triple Jump
Boys	17-19	Pole Vault

**14.30 p.m.**

Girls	18	High Jump
Girls	15	Javelin
Girls	19	Shot Putt
Boys	15	Triple Jump

## Juvenile Cross Country Championships

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- 9<sup>th</sup> January 2016 Juvenile 'B' Championships Cross Country,
- 24<sup>th</sup> January 2016 Juvenile Inter County Relays
- 27<sup>th</sup> November 2016 "A" Championships  
Even Ages
- 11<sup>th</sup> December 2016 "A" Championships  
Uneven Ages

Medals:	"A" Championships	First 12 individuals First 3 Regional, County, Club teams
	'B' Championships	First 12 individuals First 3 County and Club teams

Fees:	Club	€15
	County	€20
	Province/Region	€25
	<b>Individual</b>	<b>€5</b>
	Relay Teams	€10

### A Cross Country Distances

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

### 'B' Cross Country Distances

11	1000m	11	1000m
13	1500m	13	1500m
15	2500m	15	2500m
17	3000m	17	3000m

## Juvenile Cross Country Championships

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- Regions must forward a copy of the regional club results to Head Office
- Start time 11.30 a.m.
- IAAF Rules apply
- Athletes may move up one age group
- Spot Checks will be undertaken
- **First four (4) club teams** in the **11-18** age group all must have competed in the Provincial/Regional Cross Country Championships
- Three (3) teams from each Munster, Ulster, Connaught, 4 from Leinster and 1 Team from the Region of Dublin qualify for County Teams.
- In the **17-18** age groups open entry will apply provided the athlete has competed in the Provincial/Regional Cross Country Championships. Open entries must be with National at closing date for competition, entries through Provincial Secretary ONLY

All entries to through Regional Secretaries

- **Province:** 12 athletes to run with 6 to score  
**County:** 10 athletes to run with 6 to score  
**Club:** 6 athletes to run with 4 to score
- Athletes must be registered
- Pacing of athletes will mean disqualification. Please inform club officials and parents.
- Only athletes declared on the team sheets will score.
- **It is strongly recommended that all athletes wear the correct footwear. No earphones should be worn at any time in call area or competition.**
- Fees: 

Club	15 Euro
County	20 Euro
Province/Regional	25 Euro
<b>Individual</b>	<b>5 Euro</b>
- **Juvenile 'B' Championships are open to athletes who HAVE NOT WON an Individual, Regional, County or Club Cross Country medal at the National Championships.**
- Entries through club or county secretary for 'B' Championships
- Entries through county secretary for Inter County Relay, county singlets must be worn

- All athletes must be registered. (2015 Ages apply)
- Entries through county secretary for Relay Championships
- County singlet must be worn.
- No Entries on the day
- All teams must be pre-entered with team list, date of birth, registration number
- First 3 teams receive medals; A sub must be declared and present on the day to receive medal.
- **1 team per County per age group**

*Cross Country Inter County Relays*

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Girls 12	4 x 500m Relays
Boys 12	4 x 500m Relays
Girls 14	4 x 500m Relays
Boys 14	4 x 500m Relays

## Field Standard for National Championships

### HIGH JUMP

#### Girls

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Girls 12	start at 1.05m	to 1.35m
Girls 13	start at 1.10m	to 1.40m
Girls 14	start at 1.15m up by 5cm	to 1.45m after by 3cm
Girls 15	start at 1.20m up by 5cm	to 1.55m after by 3cm
Girls 16	start at 1.25m up by 5cm	to 1.55m after by 3cm
Girls 17	start at 1.30m up by 5cm	to 1.60m after by 3cm
Girls 18	start at 1.35m up by 5cm	to 1.60m after by 3cm
Girls 19	start at 1.35m up by 5cm	to 1.60m after by 3cm

#### Boys

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Boys 12	start at 1.15m	to 1.45m
Boys 13	start at 1.20m	to 1.50m
Boys 14	start at 1.30m up by 5cm	to 1.55m after by 3cm
Boys 15	start at 1.30m up by 5cm	to 1.60m after by 3cm
Boys 16	start at 1.40m up by 5cm	to 1.65m after by 3cm
Boys 17	start at 1.40m up by 5cm	to 1.75m after by 3cm
Boys 18	start at 1.50m up by 5cm	to 1.80m after by 3cm
Boys 19	start at 1.55m up by 5cm	to 1.80m after by 3cm

#### Starting Heights High Jump Combined Events

Girls 14	1.00m	Girls 15	1.05m	Girls 16	1.15m
Boys 14	1.15m	Boys 15	1.15m	Boys 16	1.15m

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

### POLE VAULT

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Boys 15	start at 2.15cm up by 15cm	to 2.30m after by 10cm
Boys 16	start at 2.30cm up by 15cm	to 2.45m after by 10cm
Boys 17	start at 2.30cm up by 15cm	to 2.45m after by 10cm
Boys 18	start at 2.30cm up by 15cm	to 2.45m after by 10cm
Boys 19	start at 2.30cm up by 15cm	to 2.50m after by 10cm

**Girls 15 start at 1.70 cm up by 20cm (first two heights)**

**Girls 16 start at 1.70 cm up by 20cm (first two heights)**

Girls 17 start at 1.80 cm up by 20cm

Girls 18 start at 1.80 cm up by 20cm

Girls 19 start at 1.80 cm up by 20cm

## Selection Criteria

First four (4) from under 16 Boys and Girls 2015 National Juvenile Cross Country Championships  
Notification via Juvenile Secretary

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## Celtic Games Track &amp; Field

6<sup>th</sup> August 2016 (Swansea, Wales)

## Selection Criteria

1. Based on Results of 2016 National Track & Field Championships
2. Athletes away on International duty representing Ireland are taken into consideration
3. Selection by Juvenile Athletic Committee
4. Notification via Juvenile Secretary
5. Acceptance of selection is subject to clean bill of health signed by coach

## Celtic Games - 2016 Events

Girls under 18	Boys under 18	Girls under 16	Boys under 16
100m H	110m H	80m H	100m H
400m H	400m H		
100m	100m	100m	
200m	200m		200m
400m	400m		
800m	800m	800m	
1500m	1500m		1500m
3000m	3000m		
2000m S/C	3000m S/C		
4 x 100m Relay	4 x 100m Relay	*4 x 100m Mixed Relay 2 Boys + 2 Girls	
4 x 400m Relay	4 x 400m Relay		
High Jump	High Jump		High Jump
Long Jump	Long Jump	Long Jump	
Triple Jump	Triple Jump		
Pole Vault	Pole Vault		
Shot	Shot	Shot	
Discus	Discus		Discus
Hammer	Hammer		
Javelin	Javelin	Javelin	

\*Athletes for Mixed Relay MUST compete in individual team events

## *Juvenile Star Awards 2015*

### *Tullamore Court Hotel*

#### *List of Award Winners*

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Antrim	Christy Conlon	Beechmount Harriers
Carlow	Molly Scott	St Laurence O Toole's
Cavan	Clodagh O'Reilly	Annalee
Clare	Tony Odubote	Ennis Track Club
Cork	Grace McKenzie	Belgooly
Derry	Naoimi Morgan	City Of Derry Spartans
Donegal	James Kelly	Finn Valley
Down	Oisín O'Callaghan	Newry AC
Dublin	Anne-Marie Torsney	Fingallians
Galway	Alanna Lally	Galway City Harriers
Kerry	Jason Foley	Listowel
Kildare	Sinead Burke	St Coca's
Kilkenny	Ciara Deely	Kilkenny City Harriers
Laois	Seodhna Hoey	Portlaoise
Leitrim	Dervla Beirne	Mohill
Limerick	Lauren Ryan	Emerald
Louth	Kate O'Connor	St Gerard's
Mayo	Michaela Walsh	Swinford
Meath	Elizabeth Morland	Cushinstown
Monaghan	Amy Hamill	Glaslough Harriers
Offaly	Dean Power	Tullamore Harriers
Roscommon	Shannon Quigley	Roscommon
Sligo	Christopher O'Donnell	North Sligo AC
Tipperary	Daniel Ryan	Moycarkey Coolcree
Tyrone	Toni Moore	Omagh Harriers
Waterford	James Murphy	Waterford
Westmeath	Shane Hughes	Mullingar Harriers
Wexford	David McDonald	Menapians
Wicklow	Alana Ryan	Greystones & District

## AWARDS

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Eamon Gilbert Award:	Donagh Mahon	Gowran
Bill Battersby Award:	Daniel Ryan	Moycarkey Coolcree
Keara O'Hart Award:	Roaseanna McGuickian	City of Lisburn
Matt Mc Grath Award:	Adam King	Iveragh
Robin Sykes Award:	Michaela Walsh	Swinford
Roisin O Callaghan Award:	Gearoid McMahon	Shannon
International:	Louise Shanahan	Leevale

### *Overall Athlete of the Year 2014*

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#### **Michaela Walsh (Swinford)**

#### *Selection Criteria*

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- Quality of Performance or Performances in AAI National Juvenile Championships
- Star Award Winner from each County
- Overall Star Award Winner announced on the night
- Athletes notified individually
- Selection Juvenile Athletic Committee
- Tickets available from Juvenile Secretary or Finance Officer address available at front of booklet

## Indoor Championship Records

### Girls under 12

60m	8.30	Niamh Foley	St. Mary's (Limerick)	2013
600m	1.45.53	Emma Moore	Galway City Harriers	2015
High Jump	1.35	Stephanie Power	Clonmel	2005
Long Jump	4.47	Sophie Meridith	St. Mary's (Limerick)	2012
Shot Putt (2k)	10.20	Megan Lenihan	North Cork	2014
4x100m	56.43	Dooneen		2013
300m	47.6H	Laura Milner	Celtic	2000

### Boys under 12

60m	8.24	Nkemjika Onwumereh	Metro St Brigids	2015
600m	1.42.24	Shane Fitzsimons	Mullingar Harriers	2006
High Jump	1.40	Jack Murphy	Leevale A.C.	2009
Long Jump	4.57	Stephen Black	Cranford	2013
	4.57	Joseph Dolan	Na Fianna	2000
Shot Putt (2k)	10.37	Thomas McGowan	Tir Chonaill	2010
4x100m	55.51	Nenagh Olympic		2015
300m	45.9H	Eoin Hannon	Ballyskenach	2000

### Girls under 13

60m	8.02	Niamh Foley	St. Mary's (Limerick)	2014
60m	8.02	Sabia Doyle	Menapians	2015
600m	1.38.23	Corrine Kenny	St Lawrence O'Tooles	2014
60m Hurdles	9.58	Niamh Foley	St. Mary's (Limerick)	2014
High Jump	1.51	Holly Meridith	St. Mary's (Limerick)	2014
Long Jump	5.18	Sophie Meridith	St. Mary's (Limerick)	2013
Shot Putt (2k)	12.79	Megan Lenihan	North Cork	2015
4x100m	53.81	Galway City Harriers		2015
4x200m	1.59.4	Inbhear Dee		2000
300m	46.42	Laura Scanlon	Metro St Brigids	2000

### Boys under 13

60m	8.01	Matthew Buckely	Ratoath	2014
600m	1.39.32	Shane Fitzsimons	Mullingar Harriers	2007
60m Hurdles	9.60	Tariq Adegoke	St Lawrence O'Tooles	2013
High Jump	1.51	Jason Harvey	Lagan Valley	2003
Long Jump	4.86	Reece Ademola	Leevale	2015
Shot Putt (2k)	14.51	James Kelly	Finn Valley	2012
4x100m	53.16	Galway City Hrs		2011
4x200m	1.59.3	KCK		2000
300m	43.00	Gary Dunphy	St Pauls	2000

### Girls under 14

60m Hurdles	9.00	Molly Scott	St Lawrence O'Tooles	2012
60m	7.93	Niamh Foley	St. Mary's (Limerick)	2015
800m	2.16.12	Corrine Kenny	St Lawrence O'Tooles	2015
Walk 1000m	4.58.56	Bridget Gahan	Hacketstown	2000
High Jump	1.63	Caitriona Farrell	Craughwell	2005
Long Jump	5.39	Sophie Meridith	St. Mary's (Limerick)	2014
Shot Putt (2k)	14.07	Ciara Sheehy	Liscarroll	2015
4x200m	1.49.45	St Lawrence O'Tooles		2014
60m	7.8 H	Susan Larkin	Dom Savio	1994

Walk 1000m	4.45.9 H	Ann O'Malley	Bilboa	1996
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#### Boys under 14

60m Hurdles	9.02	Cedric Kibabu	Dundrum South Dublin	2000
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60m	7.63	Matthew Buckely	Ratoath	2015
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800m	2.11.45	Liam Markham	St. Mary's (Clare)	2005
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Walk 1000m	4.46.8 H	Christopher Dalton	Hacketstown	2000
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High Jump	1.68	Mark Rogers	St. Peter's A.C.	2009
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Long Jump	5.64	Daniel Ryan	Moycarkey Coolcree	2012
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Shot Putt (2.72k)	15.38	James Kelly	Finn Valley A.C.	2013
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4x200m	1.47.07	Portmarnock		2015
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1000m	2.56.1 H	Patrick Holbrook	St. Josephs	1996
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Walk 1000m	4.45.9 H	Seamus O'Donnell	St. Fionas	1994
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#### Girls under 15

60m Hurdles	9.01	Miriam Daly	Carrick-on-Suir	2015
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60m	7.60	Ann O'Shea	Ferrybank A.C.	2009
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800m	2.16.48	Alex O'Neill	St Cronans	2014
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Walk 1000m	4.29.04	Kate Veale	West Waterford	2008
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High Jump	1.65	Sophie Meredith	St Mary's (Limerick)	2015
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Long Jump	5.49	Ciara Giles Doran	Ferrybank A.C.	2009
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Pole Vault	2.40	Aisling Cassidy	Bandon	2015
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Pole Vault	2.40	Olivia Savage	City of Lisburn	2015
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Shot Putt (2.72k)	12.49	Katie Murphy	St Peters	2015
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4x200	1.46.82	St Lawrence O'Toole's		2015
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1000m	2.59.9 H	Emer O'Shea	St. Michaels	1995
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High Jump	1.65	Carol Loscher	Roundwood	1997
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Long Jump	5.50	Ciara Kearns	Celbridge	1998
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#### Boys under 15

60m Hurdles	8.5H	Daniel Ryan	Moycarkey Coolcree	2013
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60m	7.31	Daniel Ryan	Moycarkey Coolcree	2013
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800m	2.03.85	Shane Fitzsimons	Mullingar hrs.	2009
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Walk 1000m	4.20.29	Gearoid McMahon	Shannon	2014
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High Jump	1.86	Jason Harvey	Lagan Valley	2005
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Long Jump	6.14	Daniel Ryan	Moycarkey Coolcree	2013
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Pole Vault	2.10	Patrick Fitzgerald	West Waterford	2015
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Shot Putt (3k)	15.38	Darragh Miniter	St Mary's (Clare)	2015
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4x200m	1.40.92	St Lawrence O'Tooles		2014
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1000m	2.43.8 H	Thomas McKeown	West Wicklow	1996
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60m	7.2 H	Darragh Graham	Inbhear Dee	1998
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Shot Putt (3.25k)	16.78	James Kelly	Finn Valley	2014
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#### Girls under 16

60m Hurdles	8.6H	Molly Scott	St Lawrence O'Tooles	2014
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60m	7.67	Gina Apke-Moses	Blackrock (Louth)	2014
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200m	25.22	Ciara Giles Doran	Ferrybank A.C.	2010
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800m	2.14.68	Laura Crowe	Clounalour	2002
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1500m	4.46.49	Amy Hamill	Glaslough Harriers	2013
Walk 1500m	6.46.60	Kate Veale	West Waterford A.C.	2009
High Jump	1.73	Aisling Croke	Doneen A.C.	2010
Long Jump	5.74	Sarah Mc Carthy	Fingallians	2010
<b>Pole Vault</b>	<b>2.80</b>	<b>Katie Ritchie</b>	<b>Ballymena &amp; Antrim</b>	<b>2015</b>
Shot Putt (3k)	13.60	Michaela Walsh	Swinford	2013
4x200m	1.43.93	Ferrybank		2009
Shot Putt (3.25k)	12.15	Kathleen Fitzgearld	Leevale	2002

#### Boys under 16

60m Hurdles	8.14	Daniel Ryan	Moycarkey Coolcree	2014
60m	7.09	Joseph Ojemumi	Tallaght	2012
<b>60m</b>	<b>7.09</b>	<b>David Murphy</b>	<b>Gowran</b>	<b>2015</b>
<b>200m</b>	<b>22.88</b>	<b>David Murphy</b>	<b>Gowran</b>	<b>2015</b>
<b>800m</b>	<b>1.58.03</b>	<b>Aaron McGlynn</b>	<b>Finn Valley</b>	<b>2015</b>
1500m	4.09.61	Cian McBride	North Sligo	2012
<b>Walk 1500m</b>	<b>6.33.39</b>	<b>Gearoid McMahon</b>	<b>Shannon</b>	<b>2015</b>
High Jump	1.93	Jason Harvey	Ballymena Antrim	2006
Long Jump	6.58	Daniel Ryan	Moycarkey Coolcree	2014
<b>Pole Vault</b>	<b>3.10</b>	<b>Dean Nolan</b>	<b>St Lawrence O'Tooles</b>	<b>2015</b>
<b>Shot Putt (4k)</b>	<b>17.60</b>	<b>James Kelly</b>	<b>Finn Valley</b>	<b>2015</b>
4x200m	1.35.51	Menapians		2014
1500m	4.07.8	James Nolan	Ferbane	1992
Shot Putt (4k)	16.99	Sean Breathnach	Carraroe	1994

#### Girls under 17

60m Hurdles	8.50	Megan Maars	City of Lisburn	2013
<b>60m</b>	<b>7.51</b>	<b>Ciara Neville</b>	<b>Emerald</b>	<b>2015</b>
<b>200m</b>	<b>24.01</b>	<b>Ciara Neville</b>	<b>Emerald</b>	<b>2015</b>
800m	2.12.50	Elizabeth McWilliams	Ballymena & Antrim	2003
1500m	4.40.14	Nadia Power	Templeogue	2014
Walk 1500m	6.18.54	Kate Veale	West Waterford	2010
High Jump	1.76	Elizabeth Morland	Cushinstown	2014
Long Jump	5.76	Ciara Kearns	Celbridge	2000
<b>Pole Vault</b>	<b>2.90</b>	<b>Ellen McCartney</b>	<b>City of Lisburn</b>	<b>2015</b>
Shot Putt (3k)	15.08	Micheala Walsh	Swinford	2014
4x200m		Dundrum South		2014
	1.43.10	Dublin		
Shot Putt	13.91	Claire Fitzgerald	Tralee Hrs	2007

#### Boys under 17

<b>60m Hurdles</b>	<b>8.14</b>	<b>Daniel Ryan</b>	<b>Moycarkey Coolcree</b>	<b>2015</b>
60m	7.07	Odhran Byrne-Gildea	North Sligo	2013
200m	22.30	Marcus Lawlor	St. L O'Toole	2011
800m	1.55.12	Karl Griffin	Tir Chonail	2011
1500m	4.03.24	Ruairi Finnegan	Letterkenny	2010
Walk 1500m	6.17.19	Evan Lynch	Clonmel	2011
<b>High Jump</b>	<b>1.98</b>	<b>Ryan Carthy Walshe</b>	<b>Adamstown</b>	<b>2015</b>
<b>Long Jump</b>	<b>6.78</b>	<b>Daniel Ryan</b>	<b>Moycarkey Coolcree</b>	<b>2015</b>
<b>Pole Vault</b>	<b>3.70</b>	<b>Shane Martin</b>	<b>Ballymena &amp; Antrim</b>	<b>2015</b>
Shot Putt (5k)	15.87	John Kelly	Finn Valley	2012
4x200m	1.33.16	Leevale		2014
60m Hurdles	8.1 H	Timothy Flannery	Nenagh Olympic	1998
60m	6.9 H	David Nolan	Bray Striders	1994

400m	51.04	David McCarthy	Celbridge	2000
1500m	4.00.73	Gareth Turnbull	St. Malachy's	1995
Long Jump	6.83	Richard Phelan	Carrick on Suir	1997

#### Girls under 18

60m Hurdles	8.58	Shannon Dawkins	St Joseph's AC	2013
60m	7.6 H	Clare Brady	Celbridge	2004
60m	7.68	Aisling Forkan	Swinford	2015
60m	7.68	Phoebe Murphy	Ferrybank	2015
200m	24.18	Aisling Forkan	Swinford	2015
400m	55.87	Alanna Lally	Galway City Hrs	2013
800m	2.13.83	Alanna Lally	Galway City Hrs	2013
1500m	4.38.65	Nadia Power	Templeogue	2015
Walk 1500m	6.07.67	Kate Veale	West Waterford	2011
High Jump	1.75	Grainne Moggan	Bros Pearse	2007
Long Jump	6.10	Kelly Proper	Ferrybank	2005
Triple Jump	11.86	Caoimhe King	Westport A.C.	2009
Pole Vault	2.80	Laura Cussen	Old Abbey	2015
Shot Putt (3k)	15.58	Micheala Walsh	Swinford	2015
4x200m	1.43.11	Ferrybank		2005
60m	7.5 H	Emily Maher	Kilkenny City Hrs	1996
200m	24.62	Sinead Hickey	Emerald	1996
300m	40.0H	Gemma Hynes	Galway City Hrs	2005
Shot Putt (3.25k)	13.17	Fionnuala Lombard	Leevale	2000

#### Boys under 18

60m Hurdles	8.04	Andrew Creamer	Annalee	2012
60m	6.93	Zak Irwin	Sligo	2013
200m	21.8H	Zak Irwin	Sligo	2013
400m	49.59	John Fitzsimons	Kildare	2015
800m	1.55.38	Garry Campbell	Dunleer	2014
1500m	3.53.37	Shane Fitzsimons	Mullingar Harriers	2012
1500m Walk	6.12.54	Aaron Egan	Clonmel	2014
High Jump	2.10	Donagh Mahon	Gowran	2014
Long Jump	6.83	Eoin O'Carroll	Tralee Harriers	2012
Triple Jump	13.96	Darren Prout	Carrick-on-Suir	2014
Pole Vault	3.70	Robert Ivers	Raheny Shamrocks	2015
Shot Putt (5k)	18.11	John Kelly	Finn Valley	2013
4x200m	1.30.57	Tallaght		2014
800m	1.50.15	James Nolan	Ferbane	1994
1500m Walk	5.59.9	Colin Griffin	Ballinamore	1999
Long Jump	7.70	Kevin Burke	Dooneen	1998

#### Girls under 19

60m Hurdles	8.71	Sandra Lawler	Celbridge	2008
60m	7.61	Clíodhna Manning	Kilkenny City Harriers	2013
60m	7.61	Eilish Fitzpartick	Gneeveguilla	2009
200m	24.61	Sophie Becker	St Josephs	2015
400m	55.28	Jenna Bromell	Emerald	2015
800m	2.09.74	Ciara Everard	Kilkenny City Harriers	2008
1500m	4.43.97	Louise Shanahan	Leevale	2015
Walk 1500m	6.12.49	Kate Veale	West Waterford	2012
High Jump	1.77	Catriona Farrell	Craughwell	2010
Long Jump	5.77	Sarah McCarthy	Mid-Sutton	2013
Triple Jump	12.29	Caoimhe King	Westport	2010
Pole Vault	2.40	Muireann McGinley	Celtic DCH	2015

Shot Putt (4k)	13.66	Laura Cogan (NJR)	Newbridge	2007
4x200m	1.43.92	Galway City Harriers		2014

60m	7.50	Ciara Sheehy	West Dublin	1998
1500m	4.45.8	Marie Skelton	D.S.D.	1998

**Boys under 19**

60m Hurdles	8.23	Sam Healy	Leevale	2014
60m	6.7 H	Marcus Lawlor	St Lawrence O'Tooles	2013
200m	21.29	Marcus Lawlor	St Lawrence O'Tooles	2013
400m	48.96	Paul Murphy	Ferrybank	2014
800m	1.53.88	David Campbell	Maynooth	2000
1500m	3.53.90	Shane Fitzsimons	Mullingar Harriers	2013
Walk	5.46.26	Colin Griffin	Ballinamore	2000
High Jump	2.10	Barry Pender	St. Abbans	2008
Long Jump	7.09	Eoin Hannon	Tullamore Hrs	2007
Triple Jump	13.93	Shane Joyce	Cushinstown	2015
Pole Vault	4.10	Jamie Fennell	West Waterford	2015
Shot Putt (6k)	17.80	John Kelly	Finn Valley	2014
4x200m	1.31.08	Tallaght		2015

60m Hurdles	7.9 H	Alan Delaney	Castlerea	1998
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## Outdoor Championship Records

### Girls under 12

60m	8.29	Niamh Foley	St Mary's AC (Limerick)	2013
600m	1.42.30	Emma Moore	Galway City Harriers	2015
Turbo Javelin	31.90	Amy Whelan	Liscarroll	2015
High Jump	1.42	Tara Fogarty	Carrick on Suir	2004
Long Jump	4.82	Sophie Meredith	St Mary's AC (Limerick)	2012
Shot	11.39	Megan Leinhan	North Cork	2014
4x100m	55.77		Blackrock AC (Dublin)	2014

### Pre-AAI - U12

#### Girls

60m Hurdles	11.18	E. Fry	Dunderrow	1991
80m	11.0 H	Paige Byrne	St. Coca's	2007
	11.0 H	Caoimbe Whitaker	St. Coca's	2007
	11.0 H	Amber Barrett	Cranford	2007
Ball Throw	43.25m	Aisling Johnston	Dublin Striders	2002
Javelin	24.54m	Emer Boyce	Cranford	2006

### Girls under 13

80m	10.17	Patience Jumbo-Gula	St Gerard's AC	2013
	10.15	Sabia Doyle	Menapians	2015
600m	1.35.15	Corrine Kenny	St Lawrence O'Toole's AC	2014
60m Hurdles	9.58	Miriam Daly	Carrick-on-Suir AC	2013
Javelin	29.65m	Ailish Sheehan	Dooneen	2005
Shot (2kg)	14.07	Aoibhinn McMahon	Blackrock (Louth)	2015
Long Jump	5.25	Sophie Meredith	St Mary's AC (Limerick)	2013
High Jump	1.53	Catriona Farrell	Craughwell	2004
4x100m	53.28		Blackrock AC (Dublin)	2014
Ball Throw	47.05	Ailish Sheehan	Dooneen	2005

### Girls under 14

80m	10.19	Patience Jumbo-Gula	St Gerard's AC	2014
	10.02	Niamh Foley	St Mary's (Limerick)	2015
80m	10.2 H	Sally Rose Maughan	Castlebar AC	2006
200m	24.97	Anne O'Shea	Ferrybank	2008
800m	2.15.84	Jenna Bromell	Emerald A.C.	2010
1500m	4.47.90	Ciara Cronin	Ferrybank	2004
2000m Walk	10.09.89	Alicia Boylan	Oriel A.C.	2009
75m Hurdles	11.25	Seren O'Toole	Galway City Harriers	2015
Hammer (2.5kg)	46.59	Jade Williams	Shercock	2014
Javelin	34.36	Orla O'Brien	Ferrybank	2012
Shot	14.10	Ciara Sheehy	Liscarroll	2015
Discus	32.81	Sally Smith	Bandon	2011
Long Jump	5.26	Joanna Mills	Ballymena & Antrim AC	2006
High Jump	1.62	Leona Byrne	St Lawrence O'Toole's AC	2000
4x100m Relay	51.41		St Lawrence O'Toole's AC	2014

### Pre-AAI - U14

#### Girls

80m	9.9 H	R. Phelan	Grange Fermoy	1985
1500m	4.43.6	A. Carolan	Clondalkin	1983
Discus	34.08m	Rachel Akers	East Clare	1998
4x100m Relay	51.2 H		Leevale	1998
4x100m Relay	51.2 H		D.S.D.	1992

### Girls under 15

100m	12.42	Bronwyn Keogh	Fingallians	2011
	12.10	Patience Jumbo-Gula	Dundalk St Gerards	2015
<b>200m</b>	<b>25.33</b>	<b>Patience Jumbo-Gula</b>	<b>Dundalk St Gerards</b>	<b>2015</b>
800m	2.16.34	Ciara Cronin	Ferrybank	2005
1500m	4.42.62	Nadia Power	Templeogue	2012
2000m Walk	9.37.0	Kate Veale	West Waterford A.C.	2008
80m Hurdles	11.54	Kate McGowan	Tir Chonail	2011
<b>250m Hurdles</b>	<b>34.90</b>	<b>Miriam Daly</b>	<b>Carrick-on-Suir</b>	<b>2015</b>
<b>Hammer (2.5kg)</b>	<b>53.21</b>	<b>Jade Williams</b>	<b>Shercock</b>	<b>2015</b>
Javelin	41.40	Jacqueline Burns	Cookstown HS	2011
Shot	13.87m	Michaela Walsh	Swinford A.C.	2012
Discus (0.75kg)	36.16	Kate Hickey	West Waterford A.C.	2009
High Jump	1.67	Cathriona Farrell	Craughwell	2006
Long Jump	5.54	Ciara Giles Doran	Ferrybank	2009
4x100m Relay	49.98		Ferrybank	2003

### Pre-AAI - U15

#### Girls

100m	12.2	D. Ward	Belfast	A.J.A.X.	1980
100m	12.2	Louise Dollard	Buttervant		1986
100m	12.2	E. Curtin			1981
400m	57.9	V. Bruce	Castlebar		1983
800m	2.14.12	H. Sullivan	Lucan		1984
1500m	4.38.7	Vera Duffy	Fr. McDonagh's		1975
Discus	38.36m	Rachel Akers	East Clare		1999

#### Girls under 16

100m	12.10	Gina Apke Moses	Blackrock AC (Louth)		2014
200m	24.93	Niamh Whelan	Ferrybank A.C.		2005
800m	2.14.72	Ciara Cronin	Ferrybank A.C.		2006
1500m	4.36.29	Siofra Cleirigh Buttner	Dundrum South Dublin		2010
2000m Walk	8.38.73	Kate Veale	West Waterford A.C.		2009
80m Hurdles	11.47	Elizabeth Morland	Cushinstown		2013
250m Hurdles	34.25	Ciara Giles Doran	Ferrybank A.C.		2010
Discus (1 kg)	39.71	Kayleigh Cronin	Spa Muckcross		2011
Javelin	41.56	Orlaith O'Brien	Ferrybank A.C.		2014
Shot Putt	13.48	Michaela Walsh	Swinford		2013
Hammer	56.34	Rachel Akers	East Clare		2000
<b>High Jump</b>	<b>1.72</b>	<b>Sommer Lecky</b>	<b>Finn Valley</b>		<b>2015</b>
Long Jump	5.86	Elizabeth Morland	Cushinstown		2013
Pole Vault	2.70m	Kayleigh Cronin	Spa Muckcross		2011
4x100m Relay	49.40		Galway City Hrs		2003

### Pre-AAI - U16

#### Girls

100m	11.8	Michele Walsh	Glen Abbey	Dunleer	1976
		Triona McDonagh			1976
200m	24.7	Patricia Amond	S.L.O.T.		1977
400m	56.8	Carol Meegan	D.S.D.		1978
800m	2.10.3	Carol Meegan	D.S.D.		1978
1500m	4.35.5	Martina Hickey	Millstreet		1997
80m Hurdles	11.2	Brid Hallisey	Ferrybank	Nenagh	1984
		Noelle Morrissey	Nenagh		1980

#### Girls under 17

100m	12.03	Johanna Mills	Ballymena & Antrim		2009
<b>200m</b>	<b>24.73</b>	<b>Lauren Ryan</b>	<b>Dooneen</b>		<b>2015</b>
400m	56.83	Alana Lally	Galway City Harriers		2012
800m	2.12.11	Amy Hamill	Glaslough Harriers		2014
1500m	4.37.48	Sharon Monaghan	Fr. Murphy's AC		2001

3000m Walk	13.16.19	Kate Veale	West Waterford A.C.	2010
2000m S/C	7.23.15	Alison Armstrong	Celtic DCH	2013
<b>100m Hurdles</b>	<b>14.06</b>	<b>Molly Scott</b>	<b>St Lawrence O'Toole's AC</b>	<b>2015</b>
300m Hurdles	41.84	Ciara Giles Doran	Ferrybank A.C.	2011
Discus	40.48	Kayleigh Cronin	Spa Muckcross	2012
Hammer	55.73	Rachel Akers	Unattached	2001
Shot Putt (3kg)	15.13	Michaela Walsh	Swinford	2014
<b>Javelin</b>	<b>44.23</b>	<b>Orlaith O'Brien</b>	<b>Ferrybank</b>	<b>2015</b>
Long Jump	5.99	Johanna Mills	Ballymena & Antrim	2009
Pole Vault	2.86	Laura Cussen	Old Abbey	2014
Triple Jump	11.79	Maria Carey	Newport	2014
High Jump	1.70m	Neasa Murphy	Ferrybank AC	2013
High Jump	1.70m	Claire McNamara	Athenry	2003
4x100m Relay	49.0H		Emerald A.C.	2010
4x100m Relay	49.82		Galway City Harriers	2012
4 x 400m Relay	4.19.79		Galway City Harriers	2012
300m	38.90	Ciara Giles Doran	Ferrybank AC	2011
1200m S/C	4.45.57	Sharon O'Mahoney	St Brendan's	2009
1500m S/C	4.19.26	Niamh Kearney	Greystones & Dist.	2008

### Pre-AAI - U17

#### Girls

100m	11.7	Ciara Whyte	Eagle	1988
200m	24.4	Paula Carthy	Clondalkin	1985
800m	2.10.7	Geraldine Nolan	Kilkenny City Hrs	1986
1500m	4.33.4	Teresa McKenna	Oriel	1984
100m Hurdles	14.1	Brid Hallissey	Ferrybank	1985
High Jump	1.72m	Olivia Scully	Emerald	1991
Javelin	39.44m	Alison Moffitt	North Down	1985
4x300m Relay	2.51.9		Metro St. Brigids	1993

#### Girls under 18

100m	12.09	Sarah Murray	Fingallians AC	2010
200m	24.81	Roseanna McGuickian	City of Lisburn	2014
400m	56.45	Jenna Bromell	Emerald	2014
800m	2.12.43	Laura Scriven	St Lawrence O'Toole's AC	2005
1500m	4.31.21	Suzanne Huet	Dundrum South Dublin	2007
3000m	9.32.04	C. Ffrench O'Carroll	DSD	2007
3000m Walk	12.18.86	Kate Veale	West Waterford	2011
2000m S/C	7.20.70	Ciara Cummins	Nenagh Olympic	2014
<b>100m Hurdles</b>	<b>13.76</b>	<b>Elizabeth Morland</b>	<b>Cushinstown</b>	<b>2015</b>
400m Hurdles	61.22	Kelly-Ann Doyle	Carrick-on-Suir	2014
Hammer	56.19	Aoife Vaughn-Witts	Borrisokane	2014
<b>Shot (3 kg)</b>	<b>16.43</b>	<b>Michaela Walsh</b>	<b>Swinford</b>	<b>2015</b>
Discus	38.35	Sophie Parkinson Brown	Gowran	2011
Javelin	39.56	Lisa Fryer	Lagan Valley	2001
Long Jump	6.00	Sarah McCarthy	Mid-Sutton AC	2012
Pole Vault	3.20m	Nikita Savage	Youghal A.C.	2009
Triple Jump	11.86	Caoimhe King	Westport	2009
High Jump	1.71	Phillipa Rogan	Greystones & District AC	2011
4x100m Relay	48.76		Ferrybank AC	2006
4 x 400m	4.16.3 H		Galway City Harriers	2013
300m	39.17	Joanne Cuddihy	Kilkenny City Harriers	2001
300m Hurdles	43.35	Clair Murphy	St. L.O'Toole	2011
1500m S/C	5.28.60	Kitty Walsh	Ferrybank	2008
4x300m Relay	2.47.41		Ferrybank AC	2006

**Pre-AAI - U18****Girls**

100m	11.8	Patricia Amond	S.L.O.T.	1981
200m	23.7	Michelle Walsh	Glen Abbey	1978
800m	2.09.1	Aishling Molloy	Rising Sun	1980
1500m	4.24.2	Carol Meegan	D.S.D.	1980
Discus	44.82m	Patricia Walsh	De La Salle	1977
High Jump	1.77m	Sharon Foley	Lifford	1989
Javelin	42.38m	J. Murray	Lurgan	1982
4x100m Relay	48.9 H		Nenagh	1981

**Girls under 19**

100m	12.19	Phil Healy	Bandon AC	2012
200m	24.60	Phil Healy	Bandon AC	2012
400m	55.28	Joanne Cuddihy	Kilkenny City Hrs	2002
800m	2.07.7 H	Aislinn Crossey	Newry AC	2013
1500m	4.32.54	Azmera Gebrezgi	Celtic	2004
3000m	9.50.00	Breffni Twohig	D.S.D.	2005
3000m Walk	14.05.42	Maeve Curley	Craughwel A.C.	2010
<b>3000m S/C</b>	<b>11.35.64</b>	<b>Alison Armstrong</b>	<b>Celtic DCH</b>	<b>2015</b>
100m Hurdles	14.42	Mairead Murphy	Ferrybank A.C.	2007
400m Hurdles	61.59	Jessie Barr	Ferrybank A.C.	2007
Shot	13.30	Claire Fitzgerald	Tralee Harriers	2009
Discus	44.03m	Sophie Parkinson	Gowran A.C.	2012
Hammer	55.33m	Rachel Akers	Marian	2003
Javelin	40.70m	Olivia Mc Donald	St. Peters	2008
Long Jump	6.14	Kelly Proper	Ferrybank	2006
Triple Jump	11.76	Saragh Buggy	St Abban's AC	2012
High Jump	1.73	Sorcha Murphy	Ferrybank	2012
High Jump	1.73	Sharon Heveran	Westport AC	2003
Pole Vault	3.40m	Nikita Savage	Youghal A.C.	2010
4x100m Relay	49.03		Tir Chonaill	2014
4x400m Relay	4.01.37		City of Derry AC	2013
1500m S/C	5.28.65	Ailbhie Carragher	Nenagh Olympic	2007
2000m S/C	7.40.63	Fiona Mc Kenna	DSD	2009

**Pre-AAI - U19****Girls**

100m	12	Karen Shinkins	Newbridge	1994
200m	24.4	Ciara Sheehy	West Dublin	1998
High Jump	1.75m	Elizabeth Comerford	Harold's Cross	1984
Triple Jump	11.74m	Kathy McDonnell	Redeemer	1993

**Boys under 12**

60m	8.35	Luke Morris	Newbridge A.C.	2010
	<b>8.06</b>	Denis Gilevskiy	Blackrock (Dublin)	2015
<b>600m</b>	<b>1.39.65</b>	<b>Denis Gilevskiy</b>	<b>Blackrock (Dublin)</b>	<b>2015</b>
Turbo Javelin	31.79	Jack McCullagh	St Ronan's AC	2013
Shot (2kg)	11.68	James Kelly	Finn Valley	2011
High Jump	1.48m	Conor Blake	St John's AC	2013
Long Jump	4.81	Conor Brennan	St. L. O'Toole's A.C.	2010
4x100m	55.17		Menapians A.C.	2010
80m	11.03	Eoin O'Carroll	Tralee Harriers	2006
Ball Throw	47.91	Mark Devlin	Strabane	2004

**Pre-AAI - U12****Boys**

80m	10.1	K. Neary	G/Shamrocks	1990
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600m	1.38.0	A. O'Sullivan	Iveragh	1993
60m Hurdles	10.4	S. Moroney	Courcies	1993
	10.4	S. Rafferty	St. Gerards	1993
<b>Boys under 13</b>				
80m	10.12	Paul Manning	St. Josephs	2009
600m	1.36.47	Cian McPhillips	Longford AC	2014
60m Hurdles	9.2 H	Garbhan McKenna	Glaslough Hrs	2008
60m Hurdles	9.41	David Mc Donald	Menapians	2011
		Tadgh		
Javelin (400g)	39.58	O'Muircheartaigh	Dunboyne	2015
Shot	14.73	Colin Kingston	Bandon	2008
	14.73	James Kelly	Finn Valley	2012
Long Jump	5.35	David Mc Donald	Menapians	2011
High Jump	1.55	Robert Dillon	Midelton	2014
4x100m	52.06		Galway City Harriers	2011
Ball Throw	57.52m	Kevin Fitzgearld Grace	DMP AC	2003
<b>Pre-AAI - U13</b>				
<b>Boys</b>				
High Jump	1.58m	P. Denver	Newbridge	1982
<b>Boys under 14</b>				
80m	9.4 H	Leighton Wilson	Ballymena/Antrim	2003
80m	9.87	Shay McIntosh	Ballymena/Antrim	2006
	9.49	Matthew Buckley	Rataoth	2015
200m	24.35	Shay McIntosh	Ballymena/Antrim	2006
800m	2.07.26	Shane Fitzsimons	Mullingar Harriers	2008
1500m	4.22.87	Mustafa Nasir	Tallaght AC	2011
75m Hurdles	11.46	Ryan Murray	Bree	2011
75m Hurdles	11.46	Cian O'Connell	Lake District	2015
2000m Walk	10.28.35	Dylan Mimna	Ballinamore AC	2010
Discus	49.02	Jack Hallahan	Midleton AC	2013
Hammer (2.5kg)	47.74	Robert Higgins	Na Fianna	2015
Javelin (400g)	43.49m	Jack McWey	Newbridge AC	2013
Shot	15.52m	James Kelly	Finn Valley	2013
Long Jump	5.79	Daniel Ryan	Moycarkey Coolcree	2012
High Jump	1.73	Jason Harvey	Campbell College	2004
4x100m Relay	50.18		Leevale	2014
<b>Pre-AAI - U14</b>				
<b>Boys</b>				
200m	24.11	D. Murphy	Kildare	1996
800m	2.05.95	A. Hennessy	Leevale	1994
1500m	4.19.9	E. O'Sullivan	Trim	1986
2000m Walk	9.55.0	H. O'Donnell	St. Finians	1995
75m Hurdles	11.4	P. Curtin	Blackrock	1993
High Jump	1.78m	Eoin O'Connell	Grange Wood	1986
Long Jump	6.09m	Jonathon Kron	D.S.D.	1986
<b>Boys under 15</b>				
100m	11.44 (+1.5)	Marcus Lawlor	St Lawrence O'Toole's AC	2009
200m	23.27 (-0.9)	Tony Odubote	Ennis Track Club	2014
800m	1.59.12	Aaron McGlynn	Finn Valley A.C.	2014
1500m	4.16.47	James Maguire	Dundrum South Dublin	2014
2000m Walk	9.30.56	Evan Lynch	Clonmel	2009
80m Hurdles	11.31 (+0.9)	Daniel Ryan	Moycarkey Coolcree	2013

250m Hurdles	33.81	Kolade Abiodun	Donore Harriers	2014
Hammer (3kg)	49.11	Brian Naughton	Nenagh Olympic	2015
Shot (3kg)	14.16	Patrick Gilceava	Crusaders	2015
Discus (1kg)	44.28	Jack Hallahan	Midleton	2014
Javelin (500g)	51.67	James Kelly	Finn Valley A.C.	2014
Long Jump	6.18	Timothy Harrington	Courcies	2005
Long Jump	6.18	David McDonald	Menapians	2013
High Jump	1.82	Joseph McEvoy	Nenagh Olympic	2015
Pole Vault	3.30m	Jason Harvey	Campbell College	2005
Triple Jump	12.12	Timothy Harrington	Courcies	2005
4x100m Relay	47.65		Menapians	2013
Hammer (3.25kg)	72.06	Adam King	Iveragh	2011
Shot (3.25kg)	17.88	James Kelly	Finn Valley A.C.	2014

### Pre-AAI - U15

#### Boys

100m	11.2	J. Malone	Tullamore Hrs	1980
1500m	4.01.1	Billy Mulcahy	Crokes	1983
250m Hurdles	33.28	Kieran Hennessy	Leevale	1997
Discus	52.36m	Frank O'Brien	Dungarvan	1979
High Jump	1.90m	Enda O'Connell	Grange Woodbine	1986
Long Jump	6.18m	Derek Fitzgerald	Harolds Cross	1998

#### Boys under 16

100m	11.31 (+1.8)	Joseph Dowling	Dundrum South Dublin	2008
200m	22.67 (-0.7)	David Murphy	Gowran	2015
800m	1.56.07	Karl Griffen	Tir Chonaill	2010
1500m	4.00.76	Shane Quinn	Ferrybank	2007
3000m	9.04.92	Christy Conlon	Beechmount Harriers	2014
3000m Walk	13.56.4 H	Evan Lynch	Clonmel A.C.	2010
100m Hurdles	13.30	Daniel Ryan	Moycarkey Coolcree	2014
250m Hurdles	32.16	David Ryan	Moycarkey Coolcree	2015
Hammer (4kg)	72.24	Adam King	Iveragh A.C.	2012
Javelin (600g)	52.85	Liam Connaughton	Dunleer	2015
Shot Putt (4kg)	16.94	John Kelly	Finn Valley	2011
Discus (1 kg)	51.13	Darragh Hanlon	Tullamore Harriers	2007
Pole Vault	4.00	Thomas Houlihan	West Waterford A.C.	2007
Long Jump	6.62	David Ryan	Moycarkey Coolcree	2015
High Jump	1.94	Robbie Maars	City of Lisburn	2014
Triple Jump	13.45	Eoin O'Carroll	Tralee Harriers	2010
4x100m Relay	44.92		Menapians	2014

### Pre-AAI - U16

#### Boys

100m	11.02	Darragh Graham	Inbhear Dee	Dunboyne	1999
		A. Mc Govern			1981
200m	22.1	Darragh Graham	Inbhear Dee		1999
1500m	4.00.4	Billy Mulcahy	Crokes		1984
3000m	8.54.6	Tony Ryan	Waterford		1971
100m Hurdles	13.2	Carlton Haddock	Togher		1988
250m Hurdles	31.67	Timothy Flannery	Nenagh Olympic		1997
Discus	59.34m	Frank O'Brien	Dungarvan		1980
High Jump	1.96m	P. Driver	Newbridge		1985
Javelin	56.40m	Adrian Gallagher	Ballymena/Antrim		1998
Shot	17.81m	Paul Quirke	Crusaders		1978

#### Boys under 17

100m	11.14 (-0.7)	Zak Irwin	Sligo	2012
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100m	11.0 H	John Laffey	Clonliffe Harriers	2001
<b>200m</b>	<b>22.37</b>	<b>Sholo Edodo</b>	<b>Templeogue</b>	<b>2015</b>
400m	49.66	Joseph Dowling	Dundrum South Dublin	2009
800m	1.52.73	Karl Griffin	Tir Chonail	2011
1500m	4.00.41	Shane Fitzsimons	Mullingar Hrs	2011
3000m	8.59.02	Kevin Mulcaire	Ennis TC	2013
3000m Walk	14.01.47	Paul Murphy	Dooneen AC	2004
2000m S/C	6.20.51	Dalton Mc Guigan	Finn Valley	2011
<b>110m Hurdles</b>	<b>14.13</b>	<b>Daniel Ryan</b>	<b>Moycarkey Coolcree</b>	<b>2015</b>
300m Hurdles	39.21	Ryan Murray	Bree	2014
Shot Putt (5 kg)	16.80	John Kelly	Finn Valley	2012
Hammer (5kg)	66.05	Fellan McGuigan	Finn Valley	2012
Discus (1.5kg)	47.47	Andrew Barkley	City of Lisburn	2013
Javelin (700g)	55.11	Mathew Martin	North Down AC	2010
Long Jump	6.62	David Cussan	Old Abbey	2012
<b>High Jump</b>	<b>2.08</b>	<b>Ryan Carthy Walshe</b>	<b>Adamstown</b>	<b>2015</b>
Triple Jump	13.73	Jordan Hoang	Tullamore Harriers	2014
Pole Vault	3.91m	Thomas Houlihan	West Waterford A.C.	2008
4x100m Relay	45.15		St. L.O'Toole	2011
4x400m Relay	3.37.8 H		Dundrum South Dublin	2010
1500m S/C	4.30.25	Cathal O'Connor	Dooneen AC	2008
100m Hurdles	13.65	Jack Murphy	Leevale	2014

#### Pre-AAI - U17

##### Boys

100m	10.6	Colm O'Flaherty	Pearse	1977
200m	21.9	Richard Ryan	Good Council	1984
1500m S/C	4.21.4	John Murphy	North Cork	1988
3000m	8.34.4	Brian O'Keeffe	Donore	1978
3000m Walk	13.36.6	David Kidd	S.L.O.T.	1996
100m Hurdles	13.26	Carlton Haddock	Togher	1989
300m Hurdles	38.43	Ian Monaghan	Celbridge	1997
Discus	54.86	B. Keogh	Kilbarrick	1987
Hammer	67.62	Gary Halpin	Rockwell	1982
Javelin	55.30m	A. Gunning	Crusaders	1976
Long Jump	6.79m	Fintan McCabe	Corbally	1977
Shot	16.90m	Colm Moran	Nenagh	1985
Triple Jump	14.32m	Niall McCarthy	Corbally	1977

##### Boys under 18

100m	10.89 (+0.9)	Christopher Russell	Ferrybank A.C.	2007
200m	22.08 (-1.5)	Patrick O'Connor	Clonliffe Harriers	2010
<b>400m</b>	<b>48.70</b>	<b>Christopher O'Donnell</b>	<b>North Sligo</b>	<b>2015</b>
800m	1.53.18	Harry Purcell	Trim AC	2013
1500m	4.00.65	Mark Christie	Mullingar Harriers	2002
<b>3000m</b>	<b>8.39.65</b>	<b>Shane Hughes</b>	<b>Mullingar Harriers</b>	<b>2015</b>
3000m S/C	9.47.6	Dalton McGuigan	Finn Valley A.C.	2012
5000m Walk	22.57.17	Peter Muldoon	Shercock AC	2004
110m Hurdles	14.36 (+0.9)	Garbhan McKenna	Shercock AC	2013
400m Hurdles	53.2 H	Ben Kiely	Ferrybank A.c.	2011
Shot Putt (5kg)	17.90	John Kelly	Finn Valley A.C.	2013
Discus (1.5kg)	57.68	Marco Pons	D.M.P. A.C.	2010
Javelin (700g)	59.25	Stephen Rice	Greystones & District AC	2013
Hammer (5kg)	71.90	Adam King	Iveragh	2014
<b>Triple Jump</b>	<b>14.11</b> <b>(+0.0)</b>	<b>Jordan Hoang</b>	<b>Tullamore Harriers</b>	<b>2015</b>
Pole Vault	4.41	Thomas Houlihan	West Waterford	2009

High Jump	2.10	David Cussan	Old Abbey AC	2010
Long Jump	6.93	Eoin Hannon	Tullamore Harriers	2006
4x100m Relay	44.03		Kilkenny City Harriers	2014

2000m S/C	6.06.68	Noel Collins	Omagh Harriers	2007
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### Pre-AAI - U18

#### Boys

200m	21.4	P. Fitzgerald	A.M.R.A.	1984
800m	1.53.01	John O'Reilly	Dunboyne	1992
1500m	3.51.01	Eddie Melia	Dunleer	1987
2000m S/C	5.51.01	Jim Sheehan	Nenagh	1979
3000m	8.29.17	Nigel Brunton	Bray Striders	1989
5000m Walk	21.47.4	Mark Lennon	K.C.K.	1995
100m Hurdles	13.8	L. McLaughlan	Naas	1994
High Jump	2.12m	Brendan Reilly	Corby	1989
Javelin	60.82m	Ben Houghton	Ballymena/Antrim	1997
Long Jump	7.55m	Ciaran McDonagh	Fr. Murphys	1993
Shot	17.94m	Sean Breathneach	Cornamona	1982
Triple Jump	14.30m	J. McColgan	Strabane	1976
4x100m Relay	43.7		Togher	1989
4x400m Relay	3.25.7		Togher	1988

#### Boys under 19

100m	10.83 (-2.3)	Paul Whelan	Dublin Striders	2010
200m	21.79 (+1.1)	Lorcan O'Cathain	Roscommon A.C.	2010
400m	48.02	Mark English	Letterkenny A.C.	2011
800m	1.52.88	Daniel Lawlor	St Lawrence O'Toole's AC	2013
1500m	3.58.12	Niall Tuohy	Ferrybank AC	2007
3000m	8.41.71	Jamie McCarthy	Riverstick Kinsale	2003
<b>3000m S/C</b>	<b>9.40.28</b>	<b>Brian Flanagan</b>	<b>Clonliffe Harriers</b>	<b>2015</b>
5000m Walk	21.36.03	Peter Muldoon	Shercock	2005
110m Hurdles	15.19 (+1.8)	Ian McDonald	Crusaders A.C.	2002
400m Hurdles	54.45	Evan Mcguire	Galway City Harriers	2013
Shot (6kg)	16.95	John Kelly	Finn Valley	2014
Discus (1.75kg)	55.00	Marco Pons	DMP	2011
<b>Hammer (6kg)</b>	<b>65.75</b>	<b>Owen Russell</b>	<b>St Andrew's AC</b>	<b>2015</b>
Javelin (800g)	58.63	Danny Mullen	Strabane TC	2007
High Jump	2.08	Jamie Murtagh	St Andrew's AC	2013
Long Jump	7.25 (+1.5)	Eoin Hannon	Tullamore Harriers	2007
Pole Vault	4.41	Peter O'Brien	Raheny Shamrocks	2013
Triple Jump	13.78	Niall Counihan	Dooneen AC	2007
4x100m Relay	44.31		St Lawrence O'Toole's AC	2013
4x100m Relay	44.31		Leevale AC	2004
4x400m Relay	3.26.15		Leevale AC	2004
2000m S/C	6.05.8	William Harty	K.C.K.	2001

### Pre-AAI - U19

#### Boys

100m	10.55	Jer O'Donoghue	Leevale	1989
800m	1.49.37	David Matthews	Leixlip	1992
1500m	3.49.37	Frank Conway	Nenagh	1985
3000m	8.25.6	Frank Conway	Nenagh	1985
110m Hurdles	14.5	Trevor McGlynn	Strabane	1996
Javelin	66.65m	Michael Allen	Ballymena/Antrim	1998
Long Jump	7.59	Ciaran McDonagh	Fr. Murphys	1994
Triple Jump	14.06	David Murphy	St. Pauls	1995
4x100m Relay	43.97	Fingallians		1996

## **CHANGES POST CONGRESS 2012 (Cavan)**

40. That a National Spring Throwing Competition be introduced by Athletics Ireland for the Discus, Javelin and Hammer at Juvenile, Junior, U23 and Senior level.

55. That Athletics Ireland rename Juvenile B Track & Field Championships to Development Events.

56. That Athletics Ireland Rename Juvenile B Cross Country Championships to Development Events.

58. That the National Juvenile B Championships Cross Country & Track & Field should commence at the same age as the A Championships.

That the National Development Track & Field Championships should commence at the same age as the A Championships. Athletes must compete in their own age category.

59. That Athletics Ireland present medals to the first 12 athletes in the All-Ireland Development Cross Country Championship and in the Inter Club Awards that six medals be presented to the winning club teams.

63. That teams qualifying for the Athletics Ireland Children's Games be permitted to replace a team member with a reserve for the purpose of competition.

64. That the Ball Throw in juvenile competition be replaced with the Turbo Javelin effective from 2013.

66. That the 300m under 17 and 18 girls Track & Field be increased to 400m with immediate effect to bring in line with IAAF distances for that age.

67. That the 300m under 18 girls Indoor be increased to 400m with immediate effect to bring in line with IAAF distances.

68. That the 300m hurdles under 18 Girls Track & Field events be increased to 400m hurdles with immediate effect to bring in line with IAAF distances

69. That the under 18 Boys & Girls and the under 19 Girls relay be increased to 4x 400m with immediate effect to bring in line with IAAF distances for that age.

70. That the existing combined events championships for boys and girls under 17, under 18 and under 19 be deleted and replaced as follows:

1. Youth & Junior Boys' combined events championships be held with immediate effect as follows: Octathlon (outdoors) and Pentathlon (indoors) as per IAAF Rules, 141, 200 and 222.

2. Youth & Junior Girls' combined events championships be held with immediate effect as follows: Heptathlon (outdoors) and Pentathlon (indoors) as per IAAF Rules, 141, 200 & 222

That the boys and girls under 19 be deleted and included in the Junior Category Decathlon (outdoors) and Heptathlon (indoors)

72. That girls under 16, 17 and 18 weights be realigned to reflect IAAF changes in youth weights with immediate effect.

Shot 3kg

Hammer 3kg

Javelin 500gr

73. That Girls Hammer under 14 and 15, Boys Hammer under 14 short wire to be discontinued with immediate effect.

75. That Cross Country distances for Girls under 17, 18 & 19 be reduced to 4000m to bring in line with Junior distances.

76. That Cross Country distance for Boys under 19 be reduced to 6000m to bring in line with Junior distances.

### **CHANGES POST CONGRESS 2010**

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

Girls & Boys under 17: 2000m

Girls & Boys under 20: 3000m

Height for Boys / Men: 0.914m (3'.0")

Height for Girls/Women: 0.762m (2' 6")

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

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

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

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

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

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

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

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

### **CHANGES POST CONGRESS 2008**

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

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

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

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

That the distances for Steeplechase for Girls be as follows:

- o Under 17 1 200m

- o Under 18 1500m -
- o Under 19 2000m

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

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

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

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

### **CHANGES POST CONGRESS 2006**

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

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

**JUVENILE STAR AWARDS 2015**

**TULLAMORE COURT HOTEL**

**FEBRUARY 27<sup>th</sup>**

**7.30 P.M.**

**STAR AWARD WINNER FROM EACH COUNTY**