

Juvenile Competition Booklet 2020



Athletics
Ireland

CELTIC CROSS COUNTRY

11th January 2020

Sterling, Scotland

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On behalf of the Juvenile Committee of Athletics Ireland, I would like to thank parents, club officials and young Athletes for their continuous support of our great sport. To all the volunteers at club, County, Regional and National Level, we owe a sincere word of gratitude for all your work promoting our sport.

This booklet contains information in regards to all aspects of juvenile athletes and thanks to Ciarán Doyle for all his time in putting this booklet together.

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

I would like to thank our sponsors Irish Life Health for their financial support, which we greatly appreciate.

While it is always a busy calendar on the domestic scene, 2020 is again very busy year on the international scene with the European Athletics U18 Championships in Italy and international teams will be selected for the Celtic Cross County in January.

I wish to thank the AAI Competitions Department for all the work done in the office to coordinate the logistics for all events.

Thanks to all the members of the Juvenile Committee for their help and most importantly their contribution to the efficient running of the programme during the year.

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

Best of luck in all events in 2020

Yours in sport
John McGrath
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 the young people and we are committed to providing an environment that will allow participants to perform to the best of their ability, free from bullying and intimidation.

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

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.

Jury of Appeal

The Jury of Appeal will comprise of five 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.

Parents/Guardians should lead by example:

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

Check the program for the Referee of Children Officers name – these are the people to speak to if you have a complaint

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

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

CHANGES POST CONGRESS 2018 (Carrick on Shannon)

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

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

Chairperson:-

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2020 Age Categories

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

Age 9	Born 2012
Age 10	Born 2011
Age 11	Born 2010
Age 12	Born 2009
Age 13	Born 2008
Age 14	Born 2007
Age 15	Born 2006
Age 16	Born 2005
Age 17	Born 2004
Age 18	Born 2003
Age 19	Born 2002

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 2020

Date	Cross Country & Indoor Championships Event	Venue
11 th January 2020	Celtic Cross Country	Sterling, Scotland
18 th January 2020	Indoor Juvenile Combined Events	AIT Arena
8 th February 2020	Inter-Club Relay Cross Country	Rathdrum, Wicklow
8 th February 2020	All-Ireland B Cross Country	Rathdrum, Wicklow
29 th February 2020	Star Awards	Bridge House Hotel, Tullamore
28 th March 2020	Juvenile Indoor Championships	AIT Arena
29 th March 2020	Juvenile Indoor Championships	AIT Arena
4 th April 2020	Juvenile Indoor Championships	AIT Arena
22 nd November 2020	Cross Country Even Ages	TBC
6 th December 2020	Cross Country Uneven Ages	TBC

Track & Field Championships

5 th April 2020	Spring Throws (non-championship)	TBC
5 th July 2020	Children's Games 9,10,11 & Champ's 12/13	Tullamore
5 th July 2020	Juvenile Inter-Club Relays 9-11 & 12	Tullamore
11 th July 2020	Juvenile A Championships 13-19 Day 1	Tullamore
19 th July 2020	Juvenile Inter-Club Relays 13-19	Tullamore
19 th July 2020	Juvenile B Championships 12-16	Tullamore
25 th July 2020	Juvenile A Championships 13-19 Day 2	Tullamore
26 th July 2020	Juvenile A Championships 13-19 Day 3	Tullamore
22 nd August 2020	Combined Events (Youth/Junior Day 1)	TBC
23 rd August 2020	Combined Events (all ages)	TBC

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 and shorts must be worn.
4. **The first four (4) from each region qualify for the National Championships except in the 600m where 3 qualify.**
5. An athlete may compete in three individual events plus the relay.
6. Athletes 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 and checkin for each event on that day
 - All athletes must collect number one (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 and 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*

Girls 13	60m	68.6cm	2' 3"	5	11.00m	7.25m	20.00m
Girls 14	60m	68.6cm	2' 3"	5	11.50m	7.50m	18.50m
Girls 15	60m	76.2cm	2' 6"	5	12.00m	8.00m	16.00m
Girls 16	60m	76.2cm	2' 6"	5	12.00m	8.00m	16.00m
Girls 17	60m	76.2cm	2' 6"	5	13.00m	8.50m	13.00m
Girls 18	60m	76.2cm	2' 6"	5	13.00m	8.50m	13.00m
Girls 19	60m	84.0cm	2' 9"	5	13.00m	8.50m	13.00m
Boys 13	60m	68.6cm	2' 3"	5	11.00m	7.25m	20.00m
Boys 14	60m	76.2cm	2' 6"	5	11.50m	7.50m	18.50m
Boys 15	60m	84.0cm	2' 9"	5	12.00m	8.00m	16.00m
Boys 16	60m	84.0cm	2' 9"	5	13.00m	8.50m	13.00m
Boys 17	60m	91.4cm	3' 0"	5	13.00m	8.50m	13.00m
Boys 18	60m	91.4cm	3' 0"	5	13.72m	9.14m	9.72m
Boys 19	60m	99.0cm	3' 3"	5	13.72m	9.14m	9.72m

SHOT WEIGHTS

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

Venue: Athlone IT
 Date: 18th January 2020
 Time: 10.00 a.m.
 Entry Fee: 10 Euro
 Check in: Opens 9.00 a.m.
 Closing date: 11th January 2020

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	1000m

					Approach	Interval	Finish
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	1.15m	Girls	15	1.20m	Girls	16	1.25m
Boys	14	1.30m	Boys	15	1.30m	Boys	16	1.40m

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 five heights will increase in 5cm increment and then in 3cm increments.

Rules:

- All athletes should be technically proficient and competent to compete in each event.**
- In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
- In the track events, **all age categories, one false start and all are on warning of next false start leading to disqualification.**
- An athlete shall be disqualified in any event, in which he has made two false starts.
- An athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition. He shall not, therefore, figure in the final classification.
- The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.

Entries to be made online at <http://athleticsireland.entry4sports.com>

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 during the day, 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 3k
			Girls 16	Shot Put 3k
			Boys 16	Shot Put 4k
			Youth Girls 17-18	Shot Put 3k
			Youth Boys 17-18	Shot Put 5k
10.00	Girls 14			
	Boys 14			
	Girls 15			
	Girls 16			
	Boys 15			
	Boys 16			
	Youth Girls 17-18			
	Youth Boys 17-18			
	Juvenile/Youth Girls 17-18,			
	800m 20mins after last			
	Field event			
	Juvenile/Youth Boys 17-18,			
	800m/1000m 20mins after			
	Last Field event			

*Juvenile Indoor Championships**28th, 29st March, 4th April 2020*

Venue: Athlone IT
Dates: 28th, 29st March, 4th April 2020
Check In: Commences 9.00am. Please check individual days for start
Entry Fee: 5 Euro per event, 10 euro per relay team
Closing Date: 22nd March 2020
Championships are qualification events, no late entries
Entries: Via Regional Competition Secretary ONLY

All athletes must be registered.**EVENTS****GIRLS 12**

60m Sprint

600m

Relay 4 x 200m

High Jump

Long Jump

Shot Put

GIRLS 13

60m Sprint

60m Hurdles

600m

Relay 4 x 200m

High Jump

Long Jump

Shot Put

GIRLS 14

60m Sprint

60m Hurdles

800m

1000m Walk

Relay 4 x 200m

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 16

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

GIRLS 17

60m Sprint
60m Hurdles
200m
800m
1500m
1500m 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 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

BOYS 12

60m Sprint

600m

Relay 4 x 200m

High Jump

Long Jump

Shot Put

BOYS 13

60m Sprint

60m Hurdles

600m

Relay 4 x 200m

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

BOYS 19

60m Sprint

60m Hurdles

200m

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400m	400m
800m	800m
1500m	1500m
1500m Walk	1500m Walk
Relay 4 x 200m	Relay 4 x 200m
High Jump	High Jump
Long Jump	Long Jump
Shot Put	Shot Put
Triple Jump	Triple Jump
Pole Vault	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.

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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 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 1500m, 60M SPRINTS

Check in Closes 9.30 a.m. first field events

Long Jump

10.00 a.m.	Girls	(Pit 1)	12
11.30 a.m.	Boys	(Pit 1)	13
1.00 p.m.	Girls	(Pit 1)	14
2.15 p.m.	Girls	(Pit 1)	19
3:00 p.m.	Girls	(Pit 1)	18
4:00 p.m.	Girls	(Pit 1)	17

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

11.00 a.m.	Boys 15-16
1:30 p.m.	Boys 17-19

Shot Putt

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

High Jump

10.00 a.m.	Girls	13	(Mat 1)
	Girls	18+19	(Mat 2)
11.30 a.m.	Girls	14	(Mat 1)
	Girls	16	(Mat 2)
1.00 p.m.	Girls	17	(Mat 1)
	Boys	14	(Mat 2)
3.00 p.m.	Girls	12	(Mat 1)
4.30 p.m.	Girls	15	(Mat 1)

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

Check in 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

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 600m, 800m, HURDLES

Check in Closes 9.30 a.m. first field event

Long Jump

10.00 a.m.	Boys	(Pit 1)	12
11.30 p.m.	Girls	(Pit 1)	13
1.00 p.m.	Boys	(Pit 1)	14
3.00 p.m.	Boys	(Pit 1)	18
4:00 p.m.	Boys	(Pit 1)	19

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

11.00 a.m.	Girls 15-16
1:30 p.m.	Girls 17-19

Shot Putt

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

High Jump

10.00 a.m.	Boys	16	(Mat 1)
	Boys	15	(Mat 2)
11.30 a.m.	Boys	12	(Mat 1)
	Boys	13	(Mat 2)
1.00 p.m.	Boys	17	(Mat 1)
	Boys	18 + 19	(Mat 2)

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

Check in opens 9.00 a.m.

Inter-Club Relays

10.30 a.m.

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

FINALS OF ABOVE

Check in closes 12.30 p.m.

1.30 p.m.

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

FINALS OF ABOVE

Field Events

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

10:00 AM	Triple Jump	U18 Girls
11:00 AM	Triple Jump	U18 Boys
12:00 AM	Triple Jump	U19 Girls
13:00 PM	Triple Jump	U19 Boys

10:00 AM	Long Jump	U16 Girls (Pit 1)
11:15 AM	Long Jump	U16 Boys (Pit 1)
12:30 PM	Long Jump	U15 Girls (Pit 1)
2:30 PM	Long Jump	U17 Boys (Pit 1)
2:30 PM	Long Jump	U15 Boys (Pit 2)

PLEASE NOTE:

- All relays will be held on the 3rd 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
- **Relay teams qualify from region, 3 teams per region per age category**
- If 6 teams or less check in, a Final will be held at Heat time.
- **Team names, DOB, registration numbers must be submitted with entry**
- **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM**
- **Spot checks will be carried out on team declarations**

Venue: TBC
Dates: 5th April 2020
Time: 10.00 a.m.
Entry Fee: 5 Euro per event
Entries: Online via club entry page
Closing Date 29th March 2020

Javelin	U16 Boys (600g)	U16 Girls (500g)
	U17 Boys (700g)	U17 Girls (500g)
	U18 Boys (700g)	U18 Girls (500g)
	U19 Boys (800g)	U19 Girls (600g)

Hammer	U16 Boys (4k)	U16 Girls (3k)
	U17 Boys (5k)	U17 Girls (3k)
	U18 Boys (5k)	U18 Girls (3k)
	U19 Boys (6k)	U19 Girls (4k)

Discus	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 AWARDS

Children's Games + U12/U13 Championship	Sunday 5 th July 2020
Track and Field A U13 to U19 Day 1	Saturday 11 th July 2020
Inter-Club Relays U13 to U19	Sunday 19 th July 2020
Track and Field B Championships	Sunday 19 th July 2020
Track and Field A U13 to U19 Day 2	Saturday 25 th July 2020
Track and Field A U13 to U19 Day 3	Sunday 26 th July 2020
Combined Events Youth/Junior	22 nd /23 rd August 2020
Combined Events U14-U16	Sunday 23 rd August 2020

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

Initial/Late Entry Closing Date:

28 th June 2020	Children's Games + U12/U13 Championships
5th July 2020	A Championships
8th/12 th July 2020	Inter-Club Relays U13 to U19
8th/12 th July 2020	B Championships
12th /16 th August 2020	Combined Events

Entries: Entries for A Championships, Children's Games and U9-U11 Relays through Regional Secretaries
Entries for B Championships through Club Secretaries
Entries for U12-U19 Relays through County Secretaries

Entries to be made online at <http://athleticsireland.entry4sports.com>

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 (*)	100m	91.4cm 3' 0"	10	13.00m	8.50m	10.50m
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

(*) From 2017, The Boys U17 Hurdles outdoor race be changed to the following specification:
Distance – 100m, Approach – 13.00m, Spacing – 8.50m, Number of Hurdles – 10, Height – 3'0 (91.4cm)

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 and Check in for each event on that day
 - 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 U12 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 13**

80m Sprint

60m Hurdles

600m

High Jump
Long Jump
Shot Put
Javelin**GIRLS 14**

80m Sprint

75m Hurdles

200m

800m

1500m

2000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Shot Put

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 16

100m Sprint

80m Hurdles

250m Hurdles

200m

800m

1500m

3000m

2000m Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Shot Put

Pole Vault

Triple Jump

GIRLS 17

100m Sprint

100m Hurdles

300m Hurdles

200m

400m

800m

1500m

3000m

GIRLS 18

100m Sprint

100m Hurdles

400m Hurdles

200m

400m

800m

1500m

3000m

GIRLS 19

100m Sprint

100m Hurdles

400m Hurdles

200m

400m

800m

1500m

3000m

2020v4

2000m S/Chase (2'6")	2000m S/Chase (2'6")	3000m S/Chase (2'6")
3000m Walk	3000m Walk	3000m Walk
Discus	Discus	Discus
Hammer	Hammer	Hammer
High Jump	High Jump	High Jump
Javelin	Javelin	Javelin
Long Jump	Long Jump	Long Jump
Pole Vault	Pole Vault	Pole Vault
Shot Put	Shot Put	Shot Put
Triple Jump	Triple Jump	Triple Jump

Juvenile Track & Field

U12 – U19 EVENTS AVAILABLE – Boys

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

BOYS 15

100m Sprint

80m Hurdles

250m Hurdles

200m

BOYS 16

100m Sprint

100m Hurdles

250m Hurdles

200m

2020v4

800m	800m	800m
1500m	1500m	1500m
		3000m
2000m Walk	2000m Walk	3000m Walk
Discus	Discus	Discus
Hammer	Hammer	Hammer
High Jump	High Jump	High Jump
Javelin	Javelin	Javelin
Long Jump	Long Jump	Long Jump
	Pole Vault	Pole Vault
Shot Put	Shot Put	Shot Put
	Triple Jump	Triple Jump

BOYS 17

100m Sprint
110m 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, Co. Offaly
 Date: Sunday 5th July 2020
 Time: 10.00 a.m. (Check in open 8.30 a.m.)
 Entry Fee: €10 per team
 Entry Closing Date: 28th June 2020

Entries: Online via Regional Competition Secretary

U9 Girls & Boys Born 2011	U10 Girls & Boys Born 2010	U11 Girls & Boys Born 2009
60m	60m	60m
300m	500m	600m
Long Jump	Long Jump	Long Jump
Turbo Javelin (300g)	Turbo Javelin (300g)	Turbo Javelin (300g)

- Two (2) athletes per team.
- Each athlete may compete in two events only, *with the same or two different partners*.
- Athletes compete in their own age group (**U9 must be born 2012**)
- Each team's combined distances or combined times are added for team scoring.
- Medals for 1st, 2nd, 3rd team members in each event.
- Three (3) teams per event per region, qualifying through Regional/Provincial Secretary.
- In the U9, 10 Long Jump competition, no board will be used and athlete must take off before the edge of the pit. U11 Long Jump competition is from the board. 3 Jumps only per athlete.
- 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.
- 60m, 300m, 500m, 600m are on times - no finals.
- Standing or crouch start is optional. The standing start command for all sprints are "on your marks" and "set"
- Persistent false starts may lead to disqualification.
- 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**)
- Club singlets must be worn – no tracksuits.
- The Committee reserve the right to alter the timetable.
- Relays are not part of the scoring for team competition.
- All athletes **MUST** check in at the Check-in desk after collecting their numbers. **Collecting your number does not mean you are checked in.**
- A Call Area will be in operation. Athletes must report to the Call Area when announced over the PA.**
- 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 2012**
- 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 2012**
- 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.
- 1st, 2nd, 3rd place will be determined as HEAT DECLARED WINNERS (i.e.: no finals for U9, U10, U11 age groups)**

Venue: Tullamore, Co. Offaly
Date: Sunday 5th July 2020
Time: 10.00 a.m. (Check in open 8.30 a.m.)
Entry Fee: €5 euro per event U12 & U13
 €10 euro per Relay team
Entry Closing Date: 28th June 2020
Entries: Online via Regional Competition Secretary
 U12 Relay entry Online via County Competition Secretary (max 3 teams per county per age group)

TRACK		FIELD		
10:00	U12 Girls 60m U12 Boys 60m U9 Girls 60m U9 Boys 60m U10 Girls 60m U10 Boys 60m U11 Girls 60m U11 Girls 60m	10:00	U9 Girls U9 Boys	Long Jump 1 Long Jump 2
		11:15	U12 Girls U12 Boys	Long Jump 1 Long Jump 2
		12:30	U10 Girls U10 Boys	Long Jump 1 Long Jump 2
	FINALS U12 60m	14:00	U11 Girls U11 Boys	Long Jump 1 Long Jump 2
13:00	U9 Girls 300m U9 Boys 300m U10 Girls 500m U10 Boys 500m U11 Girls 600m U11 Boys 600m U12 Girls 600m U12 Boys 600m	10:00	U10 Girls U10 Boys	Turbo Javelin 1 Turbo Javelin 2
		11:00	U11 Girls U11 Boys	Turbo Javelin 1 Turbo Javelin 2
		12:00	U9 Girls U9 Boys	Turbo Javelin 1 Turbo Javelin 2
14:30	U12 Girls 4x100m U12 Boys 4x100m U11 Girls 4x100m U11 Boys 4x100m U9 Girls 4x100m U9 Boys 4x100m U10 Girls 4x100m U10 Boys 4x100m	13:00	U12 Girls U12 Boys	Turbo Javelin 1 Turbo Javelin 2
		10:15	U12 Girls	High Jump
		11:30	U12 Boys	High Jump
		13:00	U13 Girls	High Jump
		14:30	U13 Boys	High Jump
	RELAY FINALS U12	10:00	U13 Girls	Shot Putt
		11:00	U13 Boys	Shot Putt
		12:00	U12 Girls	High Jump
		13:00	U12 Boys	High Jump

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. 800m****1.00 p.m.**

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

4.30 p.m.**600m/800m FINALS****10.00 a.m.**

Girls	14	Hammer
Girls	16	High Jump
Girls	18	Triple Jump
Boys	17	Javelin

11.00 a.m.

Girls	15	Hammer
Girls	17	Triple Jump
Boys	14	Javelin

11.30 p.m.

Boys	16	High Jump
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12.00 p.m.

Girls	16	Hammer
Girls	18	Javelin
Boys	19	Triple Jump

1.00 p.m.

Girls	15	High Jump
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1.30 p.m.

Girls	17	Hammer
Boys	17	Triple Jump
Boys	18	Javelin

2.30 p.m.

Girls	14	High Jump
Girls	18	Hammer
Boys	18	Triple Jump
Girls	13	Javelin

3.30 p.m.

Girls	19	Hammer
Girls	16	Triple Jump
Boys	13	Javelin

The Committee reserve the right to alter the timetable.Check in Opens 8.30amCheck 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

10.00 a.m.

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

Check in closes 10.30 a.m. 400m**11.15 a.m.**

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

11.00 a.m.

Boys 15 Discus
 Boys 18 Hammer
 Boys 19 Javelin
 Girls 14 Long Jump (Pit 1)
 Girls 13 Long Jump (Pit 2)
 Girls 19 Triple Jump
 Girls 15-16 Pole Vault
 Boys 17 Shot Putt

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

11.30 p.m.

Boys 14 High Jump

12.00 p.m.

Girls 16 Discus
 Boys 16 Hammer
 Girls 19 Javelin
 Girls 18 Shot Putt
 Boys 15 Triple Jump
 Boys 17 Long Jump (Pit 1)

Check in closes 12:15 p.m. Sprints**1.30 p.m.****400m FINALS****13.00 p.m.**

Boys 18 High Jump
 Girls 14 Javelin

1.45 p.m.

Girls & Boys 13 60m 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

13.30 p.m.

Boys 18 Discus
 Boys 17 Hammer
 Boys 19 Shot Putt
 Girls 17-19 Pole Vault
 Girls 15 Long Jump
 Girls 16 Long Jump (Pit 2)

Check in closes 3.00 p.m. 3000m**3.45 p.m.**

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

14.30 p.m.

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

15.30 p.m.

Boys 16 Discus
 Boys 15 Hammer
 Boys 18 Shot Putt

5.00 pm. SPRINT FINALS

Check in opens 8.30
The Committee reserve the right to alter the timetable.

Check in closes 9.15a.m 200m**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/1500m 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.**

Girls	17	Discus
Girls	18	Long Jump
Boys	19	High Jump
Boys	16	Javelin
Boys	15	Shot Putt

11.00 a.m.

Boys	17	Discus
Boys	18	Long Jump
Girls	19	High Jump
Girls	15	Javelin
Boys	15-16	Pole Vault
Boys	14	Shot Putt

12.00 p.m.

Girls	18	Discus
Girls	17	Long Jump
Girls	18	High Jump
Girls	16	Javelin
Girls	14	Shot Putt

13.30 p.m.

Boys	14	Discus
Boys	15	Javelin
Boys	17-19	Pole Vault
Girls	19	Long Jump
Boys	16	Shot Putt
Girls	17	High Jump

14.30 p.m.

Boys	19	Long Jump
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Girls	19	Discus
Girls	16	Shot Putt

15.30 p.m.

Boys	19	Discus
Girls	15	Shot Putt

Venue: Tullamore
Date: Sunday 19th July 2020
Time: 10.00 a.m.
Entry Fee: €5 per event
Initial Closing Date: 8th July 2020
Late Entry Closing Date: 12th July 2020
Late Entry Fee: €10 per event
Entries: Online via Club Secretaries

All athletes must be registered.

EVENTS:

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

Regulations: Normal regulations for Track and Field apply plus

1. Any athlete **NOT** qualified for the National A Juvenile championships in ANY event excluding relays is eligible to complete in this event.
2. Entries must be placed online through club secretaries by closing date.
3. Athletes may enter **2 events only** and compete in their own age.
4. In field events excluding High Jump each athlete will take 4 trials only.
5. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**

Venue:	Tullamore
Date:	19th July 2020
Time:	12.00 p.m.
Entry Fee:	€10 per team (Online Entries through County Secretary)
Initial Closing Date:	8th July 2020
Late Entry Closing Date:	12th July 2020
Late Entry Fee:	€10 per event

Check-in Opens 10.00 a.m.

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

1. Athletes born in **2005 (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 two 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. **Entries must be made online via the County Secretary**
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.
12. **NOTE: Teams should be checked in 60 minutes prior to the start of each session as the competition Session start times can be moved forward by up to 45 minutes.**

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

FIELD

10:00	Shot Putt	U15 + U16 Girls U15 + U16 Boys U14 Girls U14 Boys U13 Girls U13 Boys U12 Girls U12 Boys
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FINALS TO BE HELD IN SAME ORDER

12:00	4x400m	U18 Girls			
	4x400m	U18 Boys	10:15	Long Jump 1	U12 Girls U13 Girls U14 Girls U15+ U16 Girls
	4x100m	U13 Girls			
	4x100m	U13 Boys			
	4x100m	U15 Girls			
	4x100m	U15 Boys			
	4x100m	U17 Girls	10:15	Long Jump 2	U12 Boys U13 Boys U14 Boys U15 + U16 Boys
	4x100m	U17 Boys			
	4x100m	U19 Girls			
	4x100m	U19 Boys			

FINALS TO BE HELD IN SAME ORDER

14:30	600m Heats	U12 Girls U12 Boys U13 Girls U13 Boys	10:00	High Jump	U13 Girls U13 Boys U12 Girls U12 Boys U15 + U16 Girls U15 + U16 Boys U14 Girls U14 Boys
	800m Heats	U14 Girls U14 Boys U15 Girls U15 Boys U16 Girls U16 Boys			

ALL 600m/800m RACES ARE HEAT DECLARED WINNERS (NO FINALS)

15:30	4x400m	U17 + U19 Girls
	4x400m	U17 + U19 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

Venue:	TBC
Dates:	22 nd /23 rd August 2020 (Youth/Junior) 23 rd June 2020 (U14-U16)
Time:	10.00 a.m. (on both days)
Entry Fee:	10 Euro per event
Entries:	Online via club entry page
Initial Closing Date:	12 th August 2020
Late Entry Closing Date:	16 th August 2020
Late Entry Fee:	15 Euro

NOTE: U14, U15, U16 PENTATHLON WILL TAKE PLACE ON SUNDAY 23rd AUGUST

Pentathlon

Girls & Boys 14	Girls & Boys 15	Girls 16	Boys 16
75mH	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	1.15m	Girls	15	1.20m	Girls	16	1.25m
Boys	14	1.30m	Boys	15	1.30m	Boys	16	1.40m

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.

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

Day 1	100m Hurdles High Jump Shot Putt 200m	Day 2	Long Jump Javelin 800m
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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
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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.

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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.

- **8th February 2020** **Juvenile Inter County Relays** **Venue: Rathdrum**
- **8th February 2020** **Juvenile B Cross Country** **Venue: Rathdrum**

- **22nd November 2020** **A Championships Even Ages** **Venue: TBC**
- **Entry Closing Date:** **15th November 2020**

- **6th December 2020** **A Championships Uneven Ages** **Venue: TBC**
- **Entry Closing Date:** **29th November 2020**
-

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	Late Entry Fees:	Club:	€22.50
	County	€20		County:	€30
	Province/Region	€25		Province/region:	€37.50
	Individual	€5		Individual:	€10
	Relay Teams	€10		Relay Teams:	€20

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
19	4000m	19	6000m

B Cross Country Distances

Girls	Distances	Boys	Distances
11	1000m	11	1000m
13	1500m	13	1500m
15	2500m	15	2500m
17	3000m	17	3000m

Juvenile Cross Country Championships

- 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 11-19 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 17-19 age groups open entry will apply provided the athlete **has entered** in the Provincial/Regional Cross Country Championships. Open entries must be with National at closing date for competition, entries through Provincial Secretary ONLY
- U18 Athletes can enter both u18 and Junior race and score on Club and County teams in both age categories as long as they are entered in both age groups. U18 athletes are considered for the Junior Euro Cross team based on their finishing position in the trial race.

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

NOTE: U19 Girls Club: 6 athletes to run with 3 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.**
- **Juvenile B are open to athletes who HAVE NOT WON an Individual, Regional, County or Club Cross Country medal at the National Championships.**
- Entries through club secretary for B Championships
- County teams must be **entered** and results will be determined by first 6 county athletes across the line, NO team declaration necessary.
- When the B Cross Country and the Inter-Club Relay competition are on the same day athletes can one enter one ie either B Cross Country **or** Inter-club Relay.

*Juvenile Cross Country Championships**Inter-Club Relays*

- All athletes must be registered. (2019 Ages apply)
- Entries for Inter-Club 4x500m Relays through club secretaries
- Club singlets must be worn.
- No Entries on the day exit
- All teams must be pre-entered online
- First three teams receive medals; a sub must be declared and present on the day to receive medal.

Cross Country Inter Club Relays

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

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 1.50m 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

Boys 12	start at 1.15m	to 1.35m
Boys 13	start at 1.20m	to 1.45m
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	1.15m	Girls	15	1.20m	Girls	16	1.25m
Boys	14	1.30m	Boys	15	1.30m	Boys	16	1.40m

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 five heights will increase in 5cm increments and then in 3cm increments.

POLE VAULT

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 1.50 cm up by 15cm
Girls 16	start at 1.50 cm up by 15cm
Girls 17	start at 1.50 cm up by 15cm
Girls 18	start at 1.50 cm up by 15cm
Girls 19	start at 1.50 cm up by 15cm

*Juvenile Star Awards 2018**Bridge House Hotel (February 2019)**List of Award Winners*

Antrim	Anna McAuley	City of Lisburn AC
Carlow	Sive O'Toole	St Lawrence O'Toole AC
Cavan	Niamh McCorry	Annalee AC
Clare	Darragh Minter	St Mary's AC
Derry	Eimear Kelly	City of Derry Spartans AC
Donegal	Adrienne Gallen	Lifford Strabane AC
Down	Adam Hughes	Loughview AC
Dublin	Lara O'Byrne	Donore Harriers AC
Galway	Laura Cunningham	Craughwell AC
Kerry	Jordan Kissane	Tralee AC
Kildare	Tadgh Murtagh	Kildare AC
Kilkenny	Jordan Knight	St Joseph's AC
Kilkenny	Shay McEvoy	Kilkenny City Harriers AC
Laois	Eoin Keenan	Emo Rath AC
Leitrim	Niamh Carolan	North Leitrim AC
Limerick	Laura Frawley	St Mary's AC
Louth	Israel Olatunde	Dundealghan AC
Mayo	Iarlaith Golding	St Colman's South Mayo AC
Meath	Deirdre Murray	Na Fianna AC
Monaghan	Ava Ross	Glaslough Harriers AC
Offaly	Ava O'Connor	Tullamore Harriers AC
Sligo	Lauren Cadden	Sligo AC
Tyrone	Ella Quinn	Omagh Harriers AC
Waterford	Shane Monagle	Tramore AC
Westmeath	Awa Fane	Mullingar Harriers AC
Wexford	Jack Forde	St Killian's AC
Wicklow	Alana Ryan	Greystones & District AC

SPECIAL AWARDS 2018

Eamon Gilbert Award:	Sommer Lecky	Finn Valley AC
Bill Battersby Award:	Wymin Sivakumar	Leevale AC
Keara O'Hart Award:	Rhasidat Adekele	Tallaght AC
Matt Mc Grath Award:	James Kelly	Finn Valley AC
Robin Sykes Award:	Patience Jumbo-Gula	Dundalk St Gerards AC
Roisin O Callaghan Award:	Orla O'Connor	Waterford AC
International:	Sarah Healy	Blackrock AC (Dublin) AC
Special Recognition:	Cian McPhillips	Longford AC
Breda Synott Celtic Games:	Aoibhin McMahon	Blackrock (Louth) AC
Breda Synott Celtic Games:	Jack Ryan	Moycarkey Coolcuro AC
Áine Pobjoy Award:	Aimée Hayde	Newport AC

Overall Athlete of the Year 2018

Sarah Healy (Blackrock AC (Dublin))

Star Award Selection Criteria

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

ATHLETICS IRELAND JUVENILE INDOOR CHAMPIONSHIP RECORDS**Girls under 12**

60m	8.30	Niamh Foley	St. Mary's (Limerick)	201 3
600m	1.44.38	Saoirse Fitzgearld	Lucan Harriers	201 8
High Jump	1.36	Jessica Lyne	Leevale	201 6
Long Jump	4.47	Sophie Meridith	St. Mary's (Limerick)	201 2
Shot Putt (2k)	10.20	Megan Lenihan	North Cork	201 4
4x100m	56.43	Dooneen		201 3
300m	47.6H	Laura Milner	Celtic	200 0

Boys under 12

60m	8.24	Nkemjika Onwumereh	Metro St Brigids	201 5
600m	1.40.37	Thomas Bolton	Metro St Brigids	201 7
High Jump	1.40	Jack Murphy	Leevale A.C.	200 9
High Jump	1.40	Ryan Onoh	Leevale A.C.	201 9
Long Jump	4.75	Ryan Onoh	Leevale A.C.	201 9
Shot Putt (2k)	10.50	Cian Crampton	Edenderry	201 8
4x100m	54.78	Dooneen		201 7
300m	45.9H	Eoin Hannon	Ballyskennach	200 0

Girls under 13

60m	8.02	Niamh Foley	St. Mary's (Limerick)	201 4
60m	8.02	Sabia Doyle	Menapians	201 5

600m	1.38.23	Corrine Kenny	St Lawrence O'Tooles	201 4
60m Hurdles	9.58	Niamh Foley	St. Mary's (Limerick)	201 4
High Jump	1.51	Holly Meridith	St. Mary's (Limerick)	201 4
High Jump	1.51	Siún Quinn	Brothers Pearse	201 9
Long Jump	5.18	Sophie Meridith	St. Mary's (Limerick)	201 3
Shot Putt (2k)	12.79	Megan Lenihan	North Cork	201 5
4x100m	53.81	Galway City Harriers		201 5
4x200m	1.59.4	Inbhear Dee		200 0
300m	46.42	Laura Scanlon	Metro St Brigids	200 0
Boys under 13				
60m	7.84	Shane Gevero	Cabinteely	201 6
600m	1.37.69	Padraic Spillane	St Lawrence O'Tooles	201 7
60m Hurdles	9.26	John Cashman	Leevale	201 8
High Jump	1.65	Kyle Ettoh	Leevale	201 7
Long Jump	5.11	Kyle Ettoh	Leevale	201 7
Shot Putt (2k)	14.51	James Kelly	Finn Valley	201 2
4x100m	53.16	Galway City Hrs		201 1
4x200m	1.59.3	KCK		200 0
300m	43.00	Gary Dunphy	St Pauls	200 0

Girls under 14

60m Hurdles	9.00	Molly Scott	St Lawrence O'Tooles	201 2
60m	7.85	Katie Monteith	City of Lisburn	201 6
800m	2.16.12	Corrine Kenny	St Lawrence O'Tooles	201 5
Walk 1000m	4.58.56	Bridget Gahan	Hacketstown	200 0
High Jump	1.63	Caitriona Farrell	Craughwell	200 5
Long Jump	5.39	Sophie Meridith	St. Mary's (Limerick)	201 4
Shot Putt (2k)		Aoibhin McMahon	Blackrick (Louth)	201 6
	14.64			
4x200m		St Lawrence O'Tooles		201 4
	1.49.45			
Combined Events		Sophie Meridith	St. Mary's (Limerick)	201 4
	3201			
60m	7.8 H	Susan Larkin	Dom Savio	199 4
Walk 1000m	4.45.9 H	Ann O'Malley	Bilboa	199 6

Boys under 14

60m Hurdles	8.82	John Cashman	Leevale	201 9
60m	7.47	Shane Gevero	Cabinteely	201 7
800m	2.11.45	Liam Markham	St. Mary's (Clare)	200 5
Walk 1000m	4.46.8 H	Christopher Dalton	Hacketstown	200 0
High Jump	1.68	Mark Rogers	St. Peter's A.C.	200 9
Long Jump	5.83	Danny Kelly	Belgooly	201 7
Shot Putt (2.72k)	15.38	James Kelly	Finn Valley A.C.	201 3
4x200m		Portmarnock		201 5
	1.47.07			
Combined Events		Harry Nevin	Leevale	201 7
	2892			

1000m	2.56.1 H	Patrick Holbrook	St. Josephs	199 6
Walk 1000m	4.45.9 H	Seamus O'Donnell	St. Fionas	199 4
Girls under 15				
60m Hurdles	8.78	Ella Scott	Leevale	201 8
60m	7.60	Ann O'Shea	Ferrybank A.C.	200 9
800m	2.13.16	Emma Moore	Galway City Harriers	201 8
Walk 1000m	4.29.04	Kate Veale	West Waterford	200 8
High Jump	1.66	Ciara Kennelly	Kilarney Valley	201 6
Long Jump	5.49	Ciara Giles Doran	Ferrybank A.C.	200 9
Pole Vault	2.60	Ava Rochford	Ennis TC	201 9
Shot Putt (2.72k)	14.18	Casey Mulvey	Inny Vale	201 7
4x200	1.46.82	St Lawrence O'Toole's		201 5
Combined Events	3123	Laura Frawley	St. Mary's (Limerick)	201 8
1000m	2.59.9 H	Emer O'Shea	St. Michaels	199 5
Long Jump	5.50	Ciara Kearns	Celbridge	199 8
Boys under 15				
60m Hurdles	8.60 (ET)	Harry Nevin	Leevale	201 8
60m Hurdles	8.5H	Daniel Ryan	Moycarkey Coolcree	201 3
60m	7.26	Michael Farrelly	Portmanock	201 6
800m	2.03.85	Shane Fitzsimons	Mullingar hrs.	200 9
Walk 1000m	4.20.29	Gearoid McMahon	Shannon	201 4

High Jump	1.86	Jason Harvey	Lagan Valley	2005
Long Jump	6.14	Daniel Ryan	Moycarkey Coolcroo	2013
Pole Vault	2.90	Adam Nolan	St Lawrence O'Tooles	2018
Shot Putt (3k)	16.32	Karlis Kaugars	Dunleer	2019
4x200m	1.40.92		St Lawrence O'Tooles	2014
Combined Events	3349	Harry Nevin	Leevale	2018
1000m	2.43.8 H	Thomas McKeown	West Wicklow	1996
60m	7.2 H	Darragh Graham	Inbhear Dee	1998
Shot Putt (3.25k)	16.78	James Kelly	Finn Valley	2014
Girls under 16				
60m Hurdles	8.6H	Molly Scott	St Lawrence O'Tooles	2014
60m	7.67	Rhasidat Adeleke	Tallaght	2017
200m	24.46	Rhasidat Adeleke	Tallaght	2017
800m	2.13.01	Victoria Lightbody	City of Lisburn	2019
1500m	4.28.76	Aimee Hayde	Newport	2018
Walk 1500m	6.46.54	Emily McHugh	Naas	2017
High Jump	1.73	Aisling Croke	Doneen A.C.	2010
Long Jump	5.74	Sarah Mc Carthy	Fingallians	2010
Pole Vault	3.00	Una Brice	Leevale	2019
Shot Putt (3k)	14.67	Casey Mulvey	Inny Vale	2018
4x200m	1.43.93	Ferrybank		2009

Combined Events	3551	Elizabeth Morland	Cushinstown	201 3
Shot Putt (3.25k)	12.15	Kathleen Fitzgearld	Leevale	200 2
Boys under 16				
60m Hurdles	8.14	Daniel Ryan	Moycarkey Coolcroo	201 4
60m	7.09	Joseph Ojemumi	Tallaght	201 2
60m	7.09	David Murphy	Gowran	201 5
200m	22.88	David Murphy	Gowran	201 5
800m	1.58.03	Aaron McGlynn	Finn Valley	201 5
1500m	4.09.61	Cian McBride	North Sligo	201 2
Walk 1500m	6.33.39	Gearoid McMahon	Shannon	201 5
High Jump	1.93	Jason Harvey	Ballymena Antrim	200 6
Long Jump	6.58	Daniel Ryan	Moycarkey Coolcroo	201 4
Pole Vault	3.50	Adam Nolan	St Lawrence O'Tooles	201 9
Shot Putt (4k)	17.60	James Kelly	Finn Valley	201 5
4x200m	1.35.21	Leevale		201 7
Combined Events	3687	Daniel Ryan	Moycarkey Coolcroo	201 4
1500m	4.07.8 H	James Nolan	Ferbane	199 2
Girls under 17				
60m Hurdles	8.50	Megan Maars	City of Lisburn	201 3
60m	7.43	Rhasidat Adeleke	Tallaght	201 8

200m	23.98	Rhasidat Adeleke	Tallaght	2018
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
Pole Vault	3.25	Emma Coffey	Carraig-Na-Bhfear	2017
Shot Putt (3k)	15.08	Micheala Walsh	Swinford	2014
4x200m	1.43.08	Carrick-on-Suir		2016
Combined Events	3877	Kate O'Connor	Dundalk St Gerards	2016
Shot Putt	13.91	Claire Fitzgerald	Tralee Hrs	2007

Boys under 17

60m Hurdles	8.14	Daniel Ryan	Moycarkey Coolcree	2015
60m	6.98	Israel Olutunde	Dundealgan	2018
200m	21.97	Aaron Sexton	North Down	2016
800m	1.52.67	Cian McPhillips	Longford	2018
1500m	3.57.28	Cian McPhillips	Longford	2018
Walk 1500m	6.07.00	Gearoid McMahon	Shannon	2016
High Jump	1.98	Ryan Carthy Walshe	Adamstown	2015
Long Jump	6.78	Daniel Ryan	Moycarkey Coolcree	2015
Pole Vault	3.71	Adam O'Dwyer	Moycarkey Coolcree	2018

Shot Putt (5k)	16.09	James Kelly	Finn Valley	201 6
4x200m	1.33.16	Leevale		201 4
Combined Events	3578	Daniel Ryan (Youth)	Moycarkey Coolcroo	201 5
60m Hurdles	8.1 H	Timothy Flannery	Nenagh Olympic	199 8
60m	6.9 H	David Nolan	Bray Striders	199 4
400m	51.04	David McCarthy	Celbridge	200 0
1500m	4.00.73	Gareth Turnbull	St. Malachy's	199 5
Long Jump	6.83	Richard Phelan	Carrick on Suir	199 7

Girls under 18

60m Hurdles	8.33	Molly Scott	St Lawrence O'Tooles	201 6
60m	7.42	Molly Scott	St Lawrence O'Tooles	201 6
200m	24.09	Rhasidat Adeleke	Tallaght	201 9
400m	55.54	Davica Patterson	Beechmount Harriers	201 7
800m	2.13.83	Alanna Lally	Galway City Hrs	201 3
1500m	4.38.65	Nadia Power	Templeogue	201 5
Walk 1500m	6.07.6 7	Kate Veale	West Waterford	201 1
High Jump	1.75	Grainne Moggan	Bros Pearse	200 7
High Jump	1.75	Sommer Lecky	Finn Valley	201 7
High Jump	1.75	Katherine O'Connor	Dundalk St Gerards	201 7
Long Jump	6.10	Kelly Proper	Ferrybank	200 5
Triple Jump	11.86	Caoimhe King	Westport A.C.	200 9

Pole Vault	3.30	Ellen McCartney	City of Lisburn	2016
Shot Putt (3k)	15.58	Micheala Walsh	Swinford	2015
4x200m	1.43.11	Ferrybank		2005
Combined Events	3841	Anna McAuley (Youth)	City of Lisburn	2018
60m	7.5 H	Emily Maher	Kilkenny City Hrs	1996
300m	40.0H	Gemma Hynes	Galway City Hrs	2005
Shot Putt (3.25k)	13.17	Fionnuala Lombard	Leevale	2000

Boys under 18

60m Hurdles	8.04	Andrew Creamer	Annalee	2012
60m	6.90	Israel Olatunde	Dundealghan	2019
200m	21.77	David McDonald	Menapians	2016
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	6.11.90	Gearoid McMahon	Shannon	2017
High Jump	2.10	Donagh Mahon	Gowran	2014
Long Jump	6.83	Eoin O'Carroll	Tralee Harriers	2012
Triple Jump	13.96	Darren Prout	Carrick-on-Suir	2014
Pole Vault	4.00	Shane Martin	Ballymena & Antrim	2016
Shot Putt (5k)	18.11	John Kelly	Finn Valley	2013
4x200m	1.30.57	Tallaght		2014

Combined Events	3499	Brian Lynch (Youth)	Old Abbey	2018
800m	1.50.15	James Nolan	Ferbane	1994
1500m Walk	5.59.9 H	Colin Griffin	Ballinamore	1999
Long Jump	7.70	Kevin Burke	Dooneen	1998
Girls under 19				
60m Hurdles	8.44	Elizabeth Morland	Cushinstown	2016
60m	7.44	Patience Jumbo-Gula	Dundalk St Gerards	2019
200m	24.40	Lauren Cadden	Sligo	2018
400m	55.28	Jenna Bromell	Emerald	2015
800m	2.09.74	Ciara Everard	Kilkenny City Harriers	2008
1500m	4.40.24	Shona O'Brien	Gneeveguilla	2018
Walk 1500m	6.12.49	Kate Veale	West Waterford	2012
High Jump	1.77	Catriona Farrell	Craughwell	2010
Long Jump	5.85	Elizabeth Morland	Cushinstown	2016
Triple Jump	12.29	Caoimhe King	Westport	2010
Pole Vault	3.35	Ciara Hickey	Blanery/Inniscara	2018
Shot Putt (4k)	14.78	Michaela Walsh	Swinford	2016
4x200m	1.43.69	Dundrum South Dublin		2016
Combined Events	4108	Kate O'Connor	Dundalk St Gerards	2018
60m	7.50	Ciara Sheehy	West Dublin	1998

Boys under 19

60m Hurdles	8.16	Daniel Ryan	Moycarkey Coolcree	201 7
60m	6.7 H	Marcus Lawlor	St Lawrence O'Tooles	201 3
200m	21.29	Marcus Lawlor	St Lawrence O'Tooles	201 3
400m	48.96	Paul Murphy	Ferrybank	201 4
800m	1.52.85	Louis O'Loughlin	Donore Harriers	201 9
1500m	3.53.90	Shane Fitzsimons	Mullingar Harriers	201 3
Walk	5.46.26	Colin Griffin	Ballinamore	200 0
High Jump	2.10	Barry Pender	St. Abbans	200 8
High Jump	2.10	Ryan Carthy Walshe	Adamstown	201 7
Long Jump	7.09	Eoin Hannon	Tullamore Hrs	200 7
Triple Jump	14.27	Jordan Hoang	Tullamore Hrs	201 6
Pole Vault	4.25	Shane Martin	Ballymena and Antrim	201 7
Shot Putt (6k)	17.80	John Kelly	Finn Valley	201 4
4x200m	1.31.08	Tallaght		201 5
Combined Events	3362	Simon Doyle	St Lawrence O'Tooles	201 1
60m Hurdles	7.9 H	Alan Delaney	Castlereagh	199 8

ATHLETICS IRELAND JUVENILE OUTDOOR CHAMPIONSHIP RECORDS**Girls under 12**

60m	8.29 (+0.3)	Niamh Foley	St Mary's AC (Limerick)	2013
600m	1.40.74	Aimee Wallace	Mullingar Harriers	2017
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 (2 kg)	11.39	Megan Leinhan	North Cork	2014
4x100m	55.31		Crookstown Millview A.C.	2018

Girls under 13

80m	10.15 (+0.7)	Sabia Doyle	Menapians	2015
600m	1.35.15	Corrine Kenny	St Lawrence O'Toole's AC	2014
60m Hurdles	9.52 (-0.5)	Laura Frawley	St Mary's AC (Limerick)	2016
Javelin (400g)	35.82	Megan Lenihan	North Cork	2015
Shot (2kg)	14.07	Aoibhinn McMahon	Blackrock (Louth)	2015
Long Jump	5.25 (+1.6)	Sophie Meredith	St Mary's AC (Limerick)	2013
High Jump	1.55	Ava Rochford	Ennis Track Club	2017
4x100m	52.63		Galway City Harriers	2015

Girls under 14

80m	10.02 (+0.5)	Niamh Foley	St Mary's (Limerick)	2015
200m	24.97 (-0.8)	Anne O'Shea	Ferrybank	2008
800m	2.13.86	Erinn Leavy	Dunleer AC	2019

1500m	4.44.20	Erinn Leavy	Dunleer AC	2019
2000m Walk	10.09.89	Alicia Boylan	Oriel A.C.	2009
75m Hurdles	11.25 (+1.6)	Seren O'Toole	Galway City Harriers	2015
Hammer (2.5kg)	46.59	Jade Williams	Shercock	2014
Javelin (400g)	41.73	Amy Whelan	Liscarroll	2017
Shot (2 kg)	15.16	Aoibhin McMahon	Blackrock (Louth)	2016
Discus (0.75 kg)	39.36	Megan Lenihan	North Cork	2016
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
Combined Events	3003	Ava Rochford	Ennis Track Club	2018
Girls under 15				
100m	12.10 (+0.8)	Patience Jumbo-Gula	Dundalk St Gerards	2015
200m	25.18 (-0.1)	Niamh Foley	St Mary's A.C. (Limerick)	2016
800m	2.11.98	Emma Moore	Galway City Harriers	2018
1500m	4.35.62	Aimee Hayde	Newport	2017
2000m Walk	9.37.0	Kate Veale	West Waterford A.C.	2008
80m Hurdles	11.54	Kate McGowan	Tir Chonaill	2011
250m Hurdles	34.90	Miriam Daly	Carrick-on-Suir	2015
Hammer (2.5kg)	53.21	Jade Williams	Shercock	2015
Javelin (400g)	42.41	Aoibhin McMahon	Blackrock (Louth)	2017
Shot (2.72 kg)	13.93	Ciara Sheehy	Liscarroll	2016

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Discus (0.75kg)	42.52	Megan Lenihan	North Cork AC	2017
High Jump	1.67	Cathriona Farrell	Craughwell	2006
Long Jump	5.85	Sophie Meredith	St Mary's A.C. (Limerick)	2015
Pole Vault	2.65	Aisling Cassidy	Bandon	2015
4x100m Relay	49.98		Ferrybank	2003
Combined Events	3426	Sophie Meredith	St Mary's A.C. (Limerick)	2015
Girls under 16				
100m	11.98 (+0.0)	Rhasidat Adeleke	Tallaght	2017
200m	24.93 (+1.4)	Niamh Whelan	Ferrybank A.C.	2005
800m	2.11.63	Aimee Hayde	Newport	2018
1500m	4.30.91	Aimee Hayde	Newport	2018
3000m	10.25.57	Roisin Treacy	Ashford AC	2017
2000m Walk	8.38.73	Kate Veale	West Waterford A.C.	2009
80m Hurdles	11.47 (+2.0)	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 (500g)	41.78	Kate O'Connor	Dundalk St Gerards	2015
Shot Putt (3k)	14.14	Aoibhin McMahon	Blackrock (Louth)	2018
Shot Putt (3.25k)	12.30			2006
Hammer (3k)	54.33	Jade Williams	Shercock	2016
Hammer (3.25k)	56.34	Rachel Akers	East Clare	2000
Triple Jump	10.64 (+1.0)	Ellen McNally	Greystones & District	2018

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High Jump	1.72	Sommer Lecky	Finn Valley	2015
High Jump	1.72	Aoife O'Sullivan	Liscarroll	2018
Long Jump	5.96 (-0.8)	Laura Frawley	St Mary's (Limerick) AC	2019
Pole Vault	3.16	Una Brice	Leevale AC	2019
4x100m Relay	49.40		Galway City Hrs	2003
Combined Events	3512	Kate O'Connor	Dundalk St Gerards	2015
Girls under 17				
100m	12.03 (+1.8)	Johanna Mills	Ballymena & Antrim	2009
200m	24.73 (+0.5)	Lauren Ryan	Dooneen	2015
400m	56.13	Davicia Patterson	Beechmount Harriers	2016
800m	2.10.99	Aimee Hayde	Newport	2019
1500m	4.37.48	Sharon Monaghan	Fr. Murphy's AC	2001
3000m	10.36.16	Hannah O'Keeffe	Thomastown AC	2019
3000m Walk	13.16.19	Kate Veale	West Waterford A.C.	2010
2000m S/C	7.06.73	Roisin O'Reilly	Menapians	2018
100m Hurdles	13.98 (+1.3)	Anna McAuley	City of Lisburn	2017
300m Hurdles	41.84	Ciara Giles Doran	Ferrybank A.C.	2011
Discus (1 kg)	41.04	Ciara Sheehy	Emerald A.C.	2018
Hammer (3k)	60.83	Michaela Walsh	Swinford	2014
Hammer (3.25 k)	55.73	Rachel Akers	Unattached	2001
Shot Putt (3 kg)	15.13	Michaela Walsh	Swinford	2014
Shot Putt (3.25 kg)	12.67	Laura McSweeney	Bandon	2011

2020v4

Javelin (500g)	44.23	Orlaith O'Brien	Ferrybank	2015
Javelin (600g)	35.87	Olivia McDonald	St Peter's AC	2006
Long Jump	5.99	Johanna Mills	Ballymena & Antrim	2009
Pole Vault	3.30	Emma Coffey	Carraig-Na-Bhfear A.C.	2017
Triple Jump	11.79	Maria Carey	Newport	2014
High Jump	1.74	Sommer Lecky	Finn Valley	2016
4x100m Relay	49.37		Carrick-on-Suir A.C.	2016
4x100m Relay	49.0H		Emerald A.C.	2010
4 x 400m Relay	4.01.79		St Lawrence O'Toole's AC	2017
Combined Events	4172	Molly Curran	Carmen Runners	2019

Girls under 18

100m	12.09 (-2.2)	Sarah Murray	Fingallians AC	2010
200m	24.81 (-2.71)	Roseanna McGuickian	City of Lisburn	2014
400m	55.51	Ciara Deely	Kilkenny City Harriers	2017
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	6.58.38	Laura Nicholson	Bandon	2017
100m Hurdles	13.76 (+0.2)	Elizabeth Morland	Cushinstown	2015
400m Hurdles	61.22	Kelly-Ann Doyle	Carrick-on-Suir	2014
Hammer (3k)	58.38	Ciara Sheehy	Emerald	2019

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Hammer (4 k)	51.07	Rachel Akers	Marian	200 2
Shot (3 kg)	16.43	Michaela Walsh	Swinford	201 5
Shot Putt (4k)	12.85	Laura Cogan	Newbridge	200 6
Discus	42.39	Niamh Fogerty	North Westmeath	201 6
Javelin (500g)	46.57	Grace Casey	Eire Og Corra Choill A.C.	201 6
Javelin (600g)	39.56	Lisa Fryer	Lagan Valley	200 1
Long Jump	6.00 (-1.0)	Sarah McCarthy	Mid-Sutton AC	201 2
Pole Vault	3.45	Orla Coffey	Carraig-Na-Bhfear A.C.	201 9
Triple Jump	11.86	Caoimhe King	Westport	200 9
High Jump	1.74	Kate O'Connor	Dundalk St Gerards	201 7
4x100m Relay	48.76		Ferrybank AC	200 6
4 x 400m	3.59.73		Galway City Harriers	201 9
Combined Events	4135	Maeve Hayes	St Pauls AC	201 9

Girls under 19

100m	12.03 (+0.7)	Lauren Cadden	Sligo AC	201 8
200m	24.48 (+0.0)	Lauren Cadden	Sligo AC	201 8
400m	55.28	Joanne Cuddihy	Kilkenny City Hrs	200 2
800m	2.07.7 H	Aislinn Crossey	Newry AC	201 3
1500m	4.32.54	Azmera Gebrezgi	Celtic	200 4
3000m	9.50.00	Breffni Twohig	D.S.D.	200 5
3000m Walk	14.05.42	Maeve Curley	Craughwell A.C.	201 0
3000m S/C	11.35.64	Alison Armstrong	Celtic DCH	201 5

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100m Hurdles	14.42 (+0.3)	Mairead Murphy	Ferrybank A.C.	200 7
400m Hurdles	61.59	Jessie Barr	Ferrybank A.C.	200 7
Shot (4 kg)	13.30	Claire Fitzgerald	Tralee Harriers	200 9
Discus (1 kg)	45.17	Niamh Fogerty	North Westmeath	201 7
Hammer (4 kg)	55.33	Rachel Akers	Marian	200 3
Javelin (600g)	43.85	Grace Casey	Eire Og Corra Choill A.C.	201 7
Long Jump	6.14	Kelly Proper	Ferrybank	200 6
Triple Jump	11.76 (-2.5)	Saragh Buggy	St Abban's AC	201 2
High Jump	1.73	Sorcha Murphy	Ferrybank	201 2
High Jump	1.73	Sharon Heveran	Westport AC	200 3
Pole Vault	3.40	Nikita Savage	Youghal A.C.	201 0
4x100m Relay	48.79		Ferrybank	201 7
4x400m Relay	3.59.43		Dundrum South Dublin	201 6
Combined Events	3141	Caoimhe Rowe	Trim	201 9

Boys under 12

60m	8.14 (-1.1)	John Ikpotokin	St Michael's AC	201 6
600m	1.37.75	Thomas Bolton	Metro St Brigids AC	201 7
Turbo Javelin	34.63	Brian McCulloch	Celbridge AC	201 9
Shot (2kg)	11.68	James Kelly	Finn Valley	201 1
High Jump	1.53	Kyle Ettoh	Leevale	201 6
Long Jump	4.83	Ryan Onoh	Leevale	201 9
4x100m	54.39		Dooneen	201 5

Boys under 13

80m	9.88	Shane Gevero	Cabinteely	201 6
600m	1.35.21	Francis Doran	South Sligo AC	201 9
60m Hurdles	9.41 (-0.3)	David Mc Donald	Menapians	201 1
60m Hurdles	9.2 H	Garbhan McKenna	Glaslough Hrs	200 8
Javelin (400g)	44.09	Blaine Lynch	Finn Valley	201 8
Shot (2.72 kg)	15.58	Cian Crampton	Edenderry AC	201 9
Long Jump	5.35	David Mc Donald	Menapians	201 1
High Jump	1.56	Daragh Kelly	Craughwell AC	201 9
High Jump	1.56	Sean Kavanagh	Midelton	201 6
High Jump	1.56	Joseph Gillespie	Finn Valley	201 6
High Jump	1.56	Evan Hallinan	Craughwell	201 7
High Jump	1.56	Kyle Ettoh	Leevale	201 7
4x100m	52.06		Galway City Harriers	201 1

Boys under 14

80m	9.49 (+1.4)	Matthew Buckley	Rataoth	201 5
80m	9.4 H	Leighton Wilson	Ballymena/Antrim	200 3
200m	24.11 (-0.2)	John Cashman	Leevale AC	201 9
800m	2.07.26	Shane Fitzsimons	Mullingar Harriers	200 8
1500m	4.22.87	Mustafa Nasir	Tallaght AC	201 1
75m Hurdles	11.04 (+0.0)	Harry Nevin	Leevale	201 7
2000m Walk	10.27.90	Liam McDonagh	Moycarkey Coolcroo	201 4

2020v4

Discus (0.75 kg)	49.02	Jack Hallahan	Midleton AC	2013
Hammer (2.5kg)	47.74	Robert Higgins	Na Fianna	2015
Javelin (400g)	55.63	Karlis Kaugars	Dunleer	2018
Shot (2.72 kg)	15.52	James Kelly	Finn Valley	2013
Long Jump	5.81	Harry Nevin	Leevale	2017
High Jump	1.73	Jason Harvey	Campbell College	2004
4x100m Relay	49.92		Cabinteely	2017
Combined Events	3246	Finn O'Neill	City of Derry Spartans	2018

Boys under 15

100m	11.42 (+1.7)	Michael Farrelly	Portmarnock	2016
200m	22.88 (+1.1)	Glory Wenegieme	Belgooly	2018
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 Coolcroo	2013
250m Hurdles	33.28	Harry Nevin	Leevale	2018
Hammer (3kg)	58.30	Robert Higgins	Na Fianna	2016
Shot (3kg)	16.95	Liam Shaw	Athenry	2019
Discus (1kg)	44.28	Jack Hallahan	Midleton	2014
Javelin (500g)	56.78	Tadhg O'MUIR-CHEARTAIGH	Dunboyne	2017
Long Jump	6.18	Timothy Harrington	Courcies	2005
Long Jump	6.18	David McDonald	Menapians	2013

2020v4

High Jump	1.83	Geoffrey O'Regan	Sun Hill Harriers	2018
Pole Vault	3.40	Adam O'Dwyer	Moycarkey Coolcroo	2016
Triple Jump	12.12	Timothy Harrington	Courcies	2005
4x100m Relay	46.54		Leevale	2016
Combined Events	3886	Finn O'Neill	City of Derry Spartans	2019

Boys under 16

100m	11.13 (+0.4)	Michael Farrelly	Portmarnock	2017
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	13.51.93	Oisin Lane	Mullingar Harriers	2017
100m Hurdles	13.30	Daniel Ryan	Moycarkey Coolcroo	2014
250m Hurdles	31.74	Iarlaith Goulding	St Colmans South Mayo	2017
Hammer (4kg)	72.24	Adam King	Iveragh A.C.	2012
Javelin (600g)	63.04	Conor Cusack	Lake District	2017
Shot Putt (4kg)	16.94	John Kelly	Finn Valley	2011
Discus (1 kg)	51.13	Darragh Hanlon	Tullamore Harriers	2007
Pole Vault	4.01	Conor Callinan	Leevale AC	2019
Long Jump	6.62 (-0.8)	David Ryan	Moycarkey Coolcroo	2015
High Jump	1.95	Geoffrey Joy O'Regan	Sun Hill Harriers	2019
Triple Jump	13.45	Eoin O'Carroll	Tralee Harriers	2010

4x100m Relay	44.60		Leevale	2017
Combined Events	4146	Conor Hoade	Galway City Harriers	2019
Boys under 17				
100m	11.03 (-0.5)	Aaron Sexton	North Down	2016
100m	11.0 H	John Laffey	Clonliffe Harriers	2001
200m	21.65 (+1.3)	Aaron Sexton	North Down	2016
400m	49.66	Joseph Dowling	Dundrum South Dublin	2009
800m	1.52.73	Karl Griffin	Tir Chonaill	2011
1500m	4.00.41	Shane Fitzsimons	Mullingar Hrs	2011
3000m	8.59.02	Kevin Mulcaire	Ennis TC	2013
3000m Walk	13.04.30	Matthew Glennon	Mullingar Harriers	2019
2000m S/C	6.20.51	Dalton Mc Guigan	Finn Valley	2011
100m Hurdles	14.01 (-1.2)	Darra Casey	Bree	2019
300m Hurdles	37.92	Iarlaith Goulding	St Colmans South Mayo	2018
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)	58.35	Conor Cusack	Lake District	2018
Long Jump	6.62	David Cussan	Old Abbey	2012
High Jump	2.08	Ryan Carthy Walshe	Adamstown	2015
Triple Jump	13.73	Jordan Hoang	Tullamore Harriers	2014
Pole Vault	3.91	Thomas Houlihan	West Waterford A.C.	2008

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4x100m Relay	43.73		Leevale	2017
4x400m Relay	3.32.02		Dundrum South Dublin	2017
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
400m	48.70	Christopher O'Donnell	North Sligo	2015
800m	1.52.13	Louis O'Loughlin	Donore Harriers	2018
1500m	4.00.65	Mark Christie	Mullingar Harriers	2002
3000m	8.39.65	Shane Hughes	Mullingar Harriers	2015
3000m S/C	9.47.6	Dalton McGuigan	Finn Valley A.C.	2012
5000m Walk	21.38.04	Oisin Lane	Mullingar Harriers	2019
110m Hurdles	14.18 (-1.5)	Shane Monagle	Tramore	2017
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)	59.93	Conor Cusack	Lake District	2019
Hammer (5kg)	71.90	Adam King	Iveragh	2014
Triple Jump	14.11 (+0.0)	Jordan Hoang	Tullamore Harriers	2015
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	43.13		Leevale	2018

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4x400m Relay	3.28.41		Dundrum South Dublin	2017
Boys under 19				
100m	10.83 (-2.3)	Paul Whelan	Dublin Striders	2010
200m	21.59 (+0.7)	Christopher O'Donnell	North Sligo	2016
400m	48.02	Mark English	Letterkenny A.C.	2011
800m	1.52.58	Louis O'Loughlin	Donore Harriers	2019
1500m	3.58.12	Niall Tuohy	Ferrybank AC	2007
3000m	8.41.71	Jamie McCarthy (RIP)	Riverstick Kinsale	2003
3000m S/C	9.40.28	Brian Flanagan	Clonliffe Harriers	2015
5000m Walk	21.36.03	Peter Muldoon	Shercock	2005
110m Hurdles	14.48 (-0.4)	Daniel Ryan	Moycarkey Coolcree	2017
400m Hurdles	54.45	Evan Mcguire	Galway City Harriers	2013
Shot (6kg)	17.14	James Kelly	Finn Valley	2018
Discus (1.75kg)	55.00	Marco Pons	DMP	2011
Hammer (6kg)	65.75	Owen Russell	St Andrew's AC	2015
Javelin (800g)	58.63	Danny Mullen	Strabane TC	2007
High Jump	2.10	Ryan Carthy Walshe	Adamstown	2017
Long Jump	7.25 (+1.5)	Eoin Hannon	Tullamore Harriers	2007
Pole Vault	4.41	Peter O'Brien	Raheny Shamrocks	2013
Triple Jump	13.84 (+2.0)	Brendan Lynch	Loughrea	2017
4x100m Relay	42.79		Galway City Harriers	2016
4x400m Relay	3.26.15		Leevale AC	2004

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MOTIONS

CHANGES POST CONGRESS 2016 (Tullamore)

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

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

Recommendations:

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

CONGRESS CHANGES POST 2015 AGM (Dublin)

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

CHANGES POST CONGRESS 2014 (Cork)

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

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57. THAT: The Inter County 4x100m track relay competition be discontinued.
58. THAT: In the existing outdoor Combined Events Championship for Youth Boys, the Octathlon be replaced with the Decathlon in line with IAAF rule 200.2.
59. THAT: the Boys under 15 Shot Put and Hammer weight be changed to 3kg for National Championship competitions.
65. THAT: the Juvenile Committee introduces an Indoor Pole Vault Competition for Girls and Boys U15, U16, U17, U18 & U19.
63. THAT: The name Development Competition/Championships be changed back to 'B' Championships or renamed another more suitable/acceptable name.
67. THAT: the Juvenile Committee amends their current Track and Field Pole Vault competition to include Girls under 15 and 16.
69. THAT: Athletes U13 may use starting blocks; athletes U14 upwards must use starting blocks.
73. THAT: the age for the Girls Triple Jump be reduced from U17 to U16 in Track & Field. *(NOTE: this applied to outdoor only as U17 is not an age category indoors for Triple Jump)*
74. THAT: the Turbo Javelin in the National Juvenile Team Competition be contested in the standard format i.e. one throw per athlete per round as against the current procedure of three consecutive throws.
76. THAT: the under 14 boys & girls Hurdles in both Track & Field and Combined Events (Outdoor) be standardised for Boys and Girls as either 75m or 80m in both competitions *(NOTE: the distance for U14 Hurdles will be 75m)*
- 76a - That: the boys' under 17 100 metres hurdles/60 metres hurdles be in line with IAAF youth rules.

CHANGES POST CONGRESS 2012 (Cavan)

40. That a National Spring Throwing Competition be introduced by Athletics Ireland for the Discus, Javelin and Hammer at Juvenile, Junior, U23 and Senior level.
55. That Athletics Ireland rename Juvenile B Track & Field Championships to Development Events.
56. That Athletics Ireland Rename Juvenile B Cross Country Championships to Development Events.
58. That the National Juvenile B Championships Cross Country & Track & Field should commence at the same age as the A Championships.
- That the National Development Track & Field Championships should commence at the same age as the A Championships. Athletes must compete in their own age category.
59. That Athletics Ireland present medals to the first 12 athletes in the All-Ireland Development Cross Country Championship and in the Inter Club Awards that six medals be presented to the winning club teams.
63. That teams qualifying for the Athletics Ireland Children's Games be permitted to replace a team member with a reserve for the purpose of competition.
64. That the Ball Throw in juvenile competition be replaced with the Turbo Javelin effective from 2013.

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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

ATHLETICS IRELAND JUVENILE STAR AWARDS

BRIDGE HOUSE HOTEL, TULLAMORE

29th February 2020

7.30 P.M.

STAR AWARD WINNERS FROM EACH COUNTY

+

Breda Synott Awards for Celtic Games performances

Eamon Gilbert Award (Vertical Jumps)

Bill Battersby Award (Horizontal Jump)

Keara O'Hart Award (Sprints)

Matt McGrath Award (Throws)

Robin Sykes Award (Outstanding Achievement)

Roisin O Callaghan Award (Walks)

International Award

Overall Athlete of the Year