



JUVENILE

INDOOR CHAMPIONSHIPS 2013



Juvenile Indoor Championships – Athlone IT

23rd/24th March and 6th April 2013

Venue: Athlone IT
Dates: 23/24th March and 6th April 2013
Check In : Commences 9.00am. Please check individual days for start
Entry Fee: 4 Euro per event
€10 per relay
Late Entry: Championships are qualification events, no late entries
Closing Date: 11th March / 18th March
Entries : Online by closing date

All athletes must be registered.

EVENTS

GIRLS 12

60m Sprint

600m

Relay 4 x 100m
High Jump
Long Jump
Shot Put

GIRLS 13

60m Sprint
60m Hurdles
600m

Relay 4 x 100m
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

GIRLS 16

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

GIRLS 17

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

GIRLS 18

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

GIRLS 19

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

Juvenile Indoor Championships

BOYS 12

60m Sprint
600m
Relay 4 x 100m
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

BOYS 18

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

BOYS 13

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

BOYS 16

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

BOYS 19

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

BOYS 14

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

BOYS 17

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

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.

Table of Hurdle Specification

Indoor Regulations

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

1. Individual Track & Field Championships for Boys and Girls ages 12-19.
2. Club Singlets must be worn.
3. The first three (3) from each region *qualify* for the National Championships.
4. An athlete may compete in three individual events plus the relay.
5. Athletes are confined to their own age group.
6. In the Indoor Relays an athlete may move up one age group.
7. At least 2 members of a competing relay team, participating in that event on that day must be of the correct age.
8. 17,18,19 age groups for relays, all athletes may move up one age group.
9. All entries must come through the Regional Secretary.
10. A copy of all Regional results plus a copy of all entries must go to Head office and to the Track & Field Secretary.
11. **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
 - All athletes must collect a competition number
 - All athletes must collect number 1 hour prior to their event *minimum*
 - All athletes, track and field CHECK IN at the check in area
 - Call room will be in operation for track events
 - Field events will be called 15 minutes prior to start time
12. **ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP.**
13. Athletes U13 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used.
14. **IAAF False Start Rules apply. U16 upwards First false start leads to disqualification.**
15. **U13,14,15. One false start and all are on warning of next false start leading to disqualification.**
16. **Combined Events all age categories, One false start and all are on warning of next false start leading to disqualification.**
17. **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)
18. **An athlete must inform the Chief Judge when leaving the competition area.**
19. Athlete must leave the arena when their event is complete.
20. Winning athletes must report for medal presentation 20 minutes after their event where possible.
21. Coaches and parents are *not allowed* on the track at any time.
22. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
23. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
24. Warm up marks for field events should be completed where possible before the time schedule.
25. Where a heat is listed if insufficient competitors check in a FINAL will be held at *heat time*.
26. ***200m, 300m, 400m and relays.***
 - If there are 2 heats the *winner* of each heat plus the 2 *fastest* will go forward to the Final.
 - If there are *more than 2 heats* the *four fastest* will go forward to the FINAL.
27. ***600, 800m and 1500m***
 - If there are 2 Heats the *first 3* in each heat plus the 2 *fastest losers* will go forward to the final. If there is 3 Heats the *first 2 plus* the 2 *fastest losers* will go forward to the final.
 - If 8 or less* check in (at the discretion of the committee) a FINAL will be held at heat time
28. 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
29. **Regional Competition Secretaries must be available for queries on days of competition.**
30. Please have respect for the stadium and its environs.

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	76.2cm	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
3.25 k	15	2.72 k
4 k	16	3 k
5 k	17	3 k
5 k	18	3 k
6 k	19	4 k

Juvenile Indoor Championships–Athlone IT

Timetable Saturday 24th March 2013

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

Check in closes 9.30 a.m (Walks)

10.00 a.m

Girls	14	1000m Walks
Girls	15	1000m Walks
Girls	16	1500m Walks
Girls	17	1500m Walks
Girls	18	1500m Walks
Girls	19	1500m Walks

Check in closes 10.15 a.m. (60m)

11.00 a.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

Check in closes 12.30 a.m (600)

1.30 p.m.

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

FINALS 60M SPRINTS REVERSE ORDER

Check in closes 2.00 p.m (400m)

3.30 p.m

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

Check in closes 3.00pm (1500m)

4.15 p.m

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

Finals 400m

Check in closes 3.30p.m.

5.15 p.m.

Boys	14	1000m Walks
Boys	15	1000m Walks
Boys	16	1500m Walks
Boys	17	1500m Walks
Boys	18	1500m Walks
Boys	19	1500m Walks

Check in closes 9.30 a.m. First shot

Check in Closes 9.45a.m first field events

10.00	Long Jump Pit.1	Boys	13
	High Jump No.1	Boys	12
	Long Jump Pit 2	Girls	13

11.00	Long Jump Pit.1	Boys	19
	High Jump No.1	Girls	14
	High Jump No.2	Girls	12
	Long Jump Pit 2	Girls	16

12.00	Long Jump Pit.1	Girls	15
	Long Jump Pit 2	Boys	18
	High Jump No.1	Boys	15
	High Jump No.2	Girls	15

1.30	Long Jump Pit 1	B & G	17
	High Jump No.1	Boys	14
	High Jump No.2	Girls	16
	(after sprint finals)		
	Triple Jump Pit 2	Girls	18

2.30	Triple Jump Pit 2	Girls	19
	High Jump No.2	Boys	16

Shot Putt

10.00	Girls	17 (3k)
11.00	Boys	13 (2k)
12.00	Girls	13 (2k)
1.00	Boys	14 (2.72k)
2.00	Boys	17 (2.72k)
3.00	Boys	18 (5k)

Please note U15/U16 shots held on relay day

Juvenile Indoor Championships –Athlone IT

Timetable Sunday 24th March 2013

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 10.00 a.m (600m) & (800).

10.30 a.m.

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

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

Check in hurdles closes 11.00 noon

12.00 p.m

Girls	13	60m Hur (68.6cm)	2'3"
Boys	13	60m Hur (68.6cm)	2'3"
Girls	14	60m Hur (68.6cm)	2'3"
Boys	14	60m Hur (76.2cm)	2'6"
Girls	15	60m Hur (76.2cm)	2'6"
Girls	16	60m Hur (76.2cm)	2'6"
Boys	15	60m Hur (84.0cm)	2'9"
Boys	16	60m Hur (84.0cm)	2'9"
Girls	17	60m Hur (76.2cm)	2'6"
Girls	18	60m Hur (76.2cm)	2'6"
Girls	19	60m Hur (84.0cm)	2'9"
Boys	17	60m Hur (91.4cm)	3'0"
Boys	18	60m Hur (91.4cm)	3'0"
Boys	19	60m Hur (99.0cm)	3'3"

FINALS HURDLES

2.15 a.m.

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

Check in closes 2.30 p.m.

3.15 p.m.

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

4.00 p.m.

800m Finals

4.30 p.m.

200m Finals

Long Jump

10.30	Girls	(Pit 1)	14
	Boys	(Pit 2)	14
11.30	Girls	(Pit 1)	19
	Boys	(Pit 2)	15
1.30	Girls	(Pit.1)	12
	Boys	(Pit 2)	12
2.30	Girls	(Pit 1)	18
3.30	Boys	(Pit 1)	16

Triple Jump

2.30	Boys	(Pit 2)	18
3.30	Boys	(Pit 2)	19

Shot Putt

10.00	Girls	18 (3k)
11.00	Girls	12 (2k)
12.00	Boys	12 (2k)
1.00	Girls	19 (4k)
2.00	Girls	14 (2k)
3.00	Boys	19 (6k)

Please note U15/U16 shots held on relay day

High Jump

10.30	Girls	No.1	17
	Boys	No.2	17
11.45	Girls	No.1	13
	Boys	No.2	13
1.00	Girls	No.1	18
2.00	Girls	No.2	19
		<i>(after hurdle finals)</i>	
	Boys	No.1	18
3.00	Boys	No.2	19

Juvenile Indoor Championships–Athlone IT

Timetable Saturday 6st April 2013

Check in opens 9.00 a.m.

10.30 a.m.

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

FINALS OF ABOVE

Check in closes 1.00 p.m.

2.00 p.m.

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

FINALS OF ABOVE

Field Events Shots	10.30	Girls	U16	(3 kg)
		Boys	U16	(4 kg)
		Girls	U15	(2.72 kg)
		Boys	U15	(3.25 kg)

PLEASE NOTE:

- All Relays will be held on the 3rd day of competition.
 - **No entry on the day of competition, entries through Regional/Provincial Secretary**
 - 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**
 - If 4 teams or less check in, a Final will be held at Heat time.
 - **Team names, DOB, registration numbers must be submitted with entry**
 - **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM**
- Spot checks may take place.**