

# **Athletics Louth Competition Program 2014**

**1. Juvenile Pre Championships 2014**

12th April, Lourdes Stadium Drogheda

**2. Juvenile Track and Field Championships 2014**

2nd May, Lourdes Stadium, Drogheda

3rd May, Bush Track, Glenmore

10th May, Bush Track Glenmore

**3. Senior Junior Master Track & Field Championships 2014**

17th July Lourdes Stadium, Drogheda

**Pre Championships**

**Lourdes Stadium Drogheda  
Saturday 12th April 2014**

**12 O' Clock Start.**

Girls Boys under 8	60m	200m	Turbo Javelin
Girls Boys under 9	80m	200m	Long Jump
Girls Boys under 10	80m	200m	Turbo Javelin
Girls Boys under 11	80m	400m	Long Jump
Girls Boys under 12	80m	400m	Turbo Javelin
Girls Boys under 13	80m	400m	Long Jump
Girls Boys under 14	100m	800m	Shot Put
Girls Boys under 15	100m	800m	Long Jump
Girls Boys under 16	100m	800m	Shot Put
Girls Boys under 17	100m	800m	Long Jump, Shot Put
Girls Boys under 19	100m	800m	Long Jump , Shot Put

Relays 4 x 100m

Girls under 9,11,13,15,17,19

Boys under 10,12,14,16,19

ENTRIES TO [georgina.drumm@gmail.com](mailto:georgina.drumm@gmail.com) by Monday 7th April please.

- Athletes may compete in 2 track events in their own age group
- 2 field event - athletes may move up one age group 9 – 16
- 1 Relay - athletes may move up one age group for relays
- In all field events - 3 trials only
- Age groups 17/19 - one event only where possible, all compete together Boys and Girls separate

1. Juvenile Entry Fee €1 per athlete per event
2. Relay Teams €5 per teams
3. Closing date for receipt of entries Friday 25th April for Day 1 and 2, 2nd May for Day 3. Entries received after these dates will be charged €5 per event per athlete
4. Late entries accepted up to 30 minutes prior to the commencement of the juvenile programme
5. Entries will be accepted by email
6. Fees **must** be paid by May County Board Meeting.
7. Fees not paid by that date will be charged double
- 8. Athletes must be registered members of AAI**
9. Date of Birth and Registration numbers **must** be supplied,
- 10. Entries will be scrutinised, clubs will be notified on Friday prior to championships of any athlete entered who is not registered.**
- 11. Non registered athletes will not be allowed to compete, there will be no exceptions**
12. Club Colours must be worn
13. In all field events athletes must be technically competent
14. Objection procedure, written with fee of €10 within 30 minutes of the completed event
15. 4 events maximum per juvenile athlete plus relays
16. Long Jump & Turbo Javelin under 9,10,11 3 trials only
17. Relays - Athletes may move up one age group only, 2 athletes must be of the correct age
18. In the interest of Health and Safety clubs are requested to only have athletes competing in the various throwing events present at the area
19. Clubs are required to nominate officials to assist with the smooth running of the programme, please submit the names of the officials at May County Meeting.
20. Timetable and order of events are for guidance only, Athletics Louth reserve the right to alter if necessary.

21. No coach, parent or spectator is allowed at any stage on the infield.

## ORDER OF EVENTS

### Friday 2nd May 2014 Lourdes Stadium , Drogheda

#### 6.30pm

Javelin	Boys & Girls	19,17,16,15,14,13,
High Jump	Boys & Girls	12,13,14,15,16,17,19
Shot Put	Boys & Girls	16,17,19
Long Jump	Boys & Girls	16,17,19

### Saturday 3rd May 2014 Bush Track, Glenmore

#### 11.00am

Sprints	Girls & Boys	9-17,19	11.00	Long Jump	Girls	11,10,9
Sprint Finals				Long Jump	Boys	11,10,9
Relays Boys		9,10,11,13,15	11.30	Turbo Javelin	Girls	9,10,11
Relays Girls		9,10,11,13,15	11.30	Turbo Javelin	Boys	9,10,11
800m	Girls & Boys	14,15,16,17,19				
200m	Girls & Boys	9,10	11.00	Shot Putt	Boys	13,12
600m	Girls & Boys	11,12,13		Shot Putt	Girls	13,12
400m	Girls & Boys	17,19				

### Sunday 10th May 2014 Bush Track, Glenmore

#### 11.00am

Sprint Hurdles	Girls & Boys	12,13,14,15,16,17,19		Shot Putt	Girls	15,14
Hurdles Finals				Shot Putt	Boys	15,14
Relays Girls		12,14,16,17,19	11.00	Long Jump	Boys	13,12,14,15
Relays Boys		12,14,16,17,19		Long Jump	Girls	13,12,14,15
1500m	Girls & Boys	14,15,16,17,19				
200m Sprints	Girls & Boys	14,15,16,17,19	11.30	Turbo Javelin	Boys & Girls	12

**Events Available**  
**Juvenile County Championships 2014**

Girls 9	60m	200m	LJ	Turbo					4 X 100m	
Boys 9	60m	200m	LJ	Turbo					4 X 100m	
Girls 10	60m	200m	LJ	Turbo					4 X 100m	
Boys 10	60m	200m	LJ	Turbo					4 X 100m	
Girls 11	60m	600m	LJ	Turbo					4 X 100m	
Boys 11	60m	600m	LJ	Turbo					4 X 100m	
Girls 12	80m	600m	LJ	H.J	Shot	Turbo	60m H		4 X 100m	
Boys 12	80m	600m	LJ	H.J	Shot	Turbo	60m H		4 X 100m	
Girls 13	80m	600m	LJ	H.J	Shot	Jav	60m H		4 X 100m	
Boys 13	80m	600m	LJ	H.J	Shot	Jav	60m H		4 X 100m	
Girls 14	80m	200m	800m	1500m	LJ	H.J	Shot	Jav	75m H 4 X 100m	
Boys 14	80m	200m	800m	1500m	LJ	H.J	Shot	Jav	75m H 4 X 100m	
Girls 15	100m	200m	800m	1500m	LJ	H.J	Shot	Jav	80m H 4 X 100m	
Boys 15	100m	200m	800m	1500m	LJ	H.J	Shot	Jav	80m H 4 X 100m	
Girls 16	100m	200m	800m	1500m	LJ	H.J	Shot	Jav	80m H 4 X 100m	
Boys 16	100m	200m	800m	1500m	LJ	H.J	Shot	Jav	100m H 4 X 100m	
Girls 17	100m	200m	400m	800m	1500m	LJ	H.J	Shot	Jav	100m H 4 X 100m
Boys 17	100m	200m	400m	800m	1500m	L.J	H.J	Shot	Jav	100m H 4 X 100m
Girls 19	100m	200m	400m	800m	1500m	LJ	H.J	Shot	Jav	100m H 4 X 100m
Boys 19	100m	200m	400m	800m	1500m	LJ	H.J	Shot	Jav	110m H 4 X 100m

**Table of Throwing Implements**

<u>Boys</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
Shot	2K	2K	2.72K	3.25K	4K	5K	5K	6K
Javelin	400g	400g	500g	600g	700g	700g	700g	800g
<u>Girls</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
Shot	2k	2K	2k	2.72k	3k	3k	3k	4k
Javelin	400g	400g	400g	400g	500g	500g	500g	600g

## 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 juvenile ages should be read as UNDER the stated age.

Age 9 Born 2006  
 Age 10 Born 2005  
 Age 11 Born 2004  
 Age 12 Born 2003  
 Age 13 Born 2002  
 Age 14 Born 2001  
 Age 15 Born 2000  
 Age 16 Born 1999  
 Age 17 Born 1998  
 Age 18 Born 1997

Age 19 Born 1996

4. Master Athletes attain eligibility on their 35th Birthday
5. Junior Athlete must be 16 years of age on 31st December in the year of competition and under 20 on 31st December in the year of competition.

## Hurdle Heights and Distances

Age Group	Distance	Height	No.	Approach	Interval	Finish
Girls 12	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
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 16	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls 17	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls 19	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Boys 12	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
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	11.50m
Boys 15	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
Boys 16	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m

Boys 17	100m	91.4cm	3' 0"	10	13.00m	8.50m	10.50m
Boys 19	110m	99.0cm	3' 3"	10	13.72m	9.14m	14.02m

**Senior, Junior and MastersTrack & Field Championships**

**Lourdes Athletic Stadium Drogheda  
17th July 2014**

Fit for Life 1 mile – 6:30 PM

100m, 200m, 400m, 800m, 1500m, 3000m

Javelin, Shot Putt, Long Jump

- Junior, Masters Events may be incorporated with Senior
- Order of events Women events first
- Entry Fee 5 Euro per event per athlete
- Competition commencing at 6.30pm
- Entry may be declared on the night prior to the competition or in advance to [georgina.drumm@gmail.com](mailto:georgina.drumm@gmail.com)
- Athletes must declare 30 minutes in advance of their event
- Shot Weights Senior Men, Master Men 35- 49 7.26kg
- Master Men 50 + 6kg , 60+ 5kg
- Senior Women , Master Women 35 -49 4kg
- Master Women 50 + 3kg



## Athletics Louth

### Senior, Junior and Masters Track & Field Championships

Times are approximate

	TRACK			FIELD	
6.30pm	Fit for Life 1 Mile	Men & Women			
			6.30pm	Shot Putt	Women
				Shot Putt	Men
7.00pm	200m	Women			
	200m	Men	7.30pm	Long Jump	Women
7.15pm	1500m	Women		Long Jump	Men
	1500m	Men			
7.45pm	400m	Women	8.00pm	Javelin	Women
	400m	Men		Javelin	Men
8.00pm	3000m	Women			
	3000m	Men			
8.30pm	100m	Women			
	100m	Men			
8.45pm	800m	Women			
	800m	Men			
	Relays	Mixed			