



**Athletics Leinster**  
**2020 Indoor Championships**

**Athletics Leinster**

**2020**

**Indoor**

**Championships**

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<http://www.athleticsleinster.org>  
<https://www.facebook.com/AthleticsLeinster>



## Athletics Leinster

### 2020 Indoor Championships

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Athletics Leinster

2020 Indoor Championships

## **2020 Track & Field Policies**

Athletics Leinster wishes to advise clubs of the following **Policies for Our 2020 Indoor T&F Championships**.

It is the intention of Athletics Leinster to **strictly** enforce these policies for the 2020 season.

### **Officials**

IT IS THE RESPONSIBILITY OF ALL CLUBS, WITH NO EXCEPTIONS, TO PROVIDE OFFICIALS FOR COMPETITION.

A minimum of one official per club must be made available and there will be no infield coaching allowed from this official. Failure of a club to provide officials will result in a club's athletes not being permitted to compete. All Clubs that enter athletes in a competition must provide officials on the day of competition. Officials must sign in at the check-in desk on the day of competition and be available to officiate for the duration of the competition. Officials will be provided with a High-Viz vest which must be on display at all times. Where nominated officials are not in attendance on the day of competition, alternate officials must be made available.

It is the intention of Athletics Leinster to wholly prohibit participation of offending clubs in competition.

**ALL clubs will be expected to provide one official for every ten athletes entered in ALL competitions which they have athletes competing in.**

### **Entries**

- **Entries are online at <https://ireland.entry4sports.com/wp-login.php>**
- **An athlete cannot be entered on the system unless they have a current valid 2020 AAI registration number**
- **Any CLUB found not to be providing officials runs the risk of having their numbers confiscated until at least one official is provided no exceptions will be made.**
- **30c Entry Fee for all normal entries under 12€ else 2%, Late entry fees are 59c or 4% respectfully**
- **Card payments only will be accepted.**

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

Relay amendments are accepted, WITHIN REASON where entries were previously processed. Relay amendments must be written out and presented on the supplied sheet. Such amendments **MUST** be processed **EARLY** on the day of competition.



## Athletics Leinster

### 2020 Indoor Championships

Please Note that there will be a charge of €5 per non-athlete / non-official entrance fee at the door of the arena for Days 1, 2, & 4.

#### **Car parking:**

In AIT there is no car parking fee unless you use the underground (3 per Day), we (Leinster Athletics) do not receive any of this money.

In the NIA, Abbottstown parking is free however there is limited parking beside the arena, please follow direction for stewards on the day.

#### **Athletic Proficiency**

ATHLETIC PROFICIENCY FOR PARTICIPATION IS NOT OPTIONAL. In the interest of safety for all present, it is the responsibility of ALL coaches to ensure athletes exhibit proficiency in all events on the day of competition. In the event an athlete fails to exhibit the required or expected level of proficiency in a discipline, a coach or parent may be contacted and the athlete sympathetically requested to desist from competition.

#### **In-Field Coaching**

COACHES AND PARENTS ARE STRICTLY NOT ALLOWED ON THE TRACK OR INFIELD AT ANY TIME.

The infield is for Officials & Competing Athletes. Parents & Coaches are not allowed on the infield, those found to be in violation of this guideline risk disqualification of their athletes and possible their club. Please stay outside of the perimeter fencing at all venues.

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

In AIT this is an area upstairs overlooking the arena. This area is access by **athletes only** and they will be allowed entry to this area 60 minutes prior to their event.

In NIA, Abbottstown it is opposite the track. This area is accessed by **athletes only** and they will be allowed entry to this area 60 minutes prior to their event.

#### **Photography**

In line with the recommendation in Athletics Ireland's Code of Conduct Leinster Athletics requests that any person(s) wishing to engage in any video, zoom or close-range photography should register their details with Andrew Lynam, Leinster Indoor Secretary prior to commencing. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent / guardian.



## Athletics Leinster

### 2020 Indoor Championships

#### **Valid Competition**

Pertaining to Masters Competitions, AN EVENT WHICH HAS LESS THAN 3 COMPETITORS WILL NOT BE HELD. An event must have a minimum of three competitors to constitute a valid competition as there is no competition without competitors, in this event the **STEP DOWN RULE WILL APPLY and will be strictly adhered to.**

THIS APPLIES TO ALL MASTERS CATEGORIES.

#### **2020 Age Groups**

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

**Under 12's – Born in 2009**

**Under 13's – Born in 2008**

**Under 14's – Born in 2007**

**Under 15's – Born in 2006**

**Under 16's – Born in 2005**

**Under 17's – Born in 2004**

**Under 18's – Born in 2003**

**Under 19's – Born in 2002**

**Junior – Born Between 2001 & 2004**

**Senior – Born Before 2003**

**Master OXX – Either XX or over on the day of competition**

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

The Athletic Association of Ireland is fully committed to safeguarding the wellbeing of all of its members. Every individual in Athletics Ireland should at all times show respect and understanding for member's rights, safety and welfare and conduct themselves in a manner that reflects the principles of the organisation and the guidelines contained in the Code of Ethics and Good Practice for Children's Sport.

In Athletics Ireland our first priority is the welfare of the young people and we are committed to providing an environment which will allow participants to perform to the best of their ability, free from bullying and intimidation.

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

**<http://www.athleticsireland.ie/juvenile/child-welfare/safeguarding-statement-plan/>**



## Entry & Competition Rules

- IAAF Rules will apply unless otherwise stated ([rules can be found here](#))
- Athletes are allowed to compete in individual events as follows:

Age Category	# of Events
U12 – U19	3 Events + Relay
Junior, Senior & Master	5 Events + Relay

- All Athletes are **strictly** confined to their own age groups. A fine of €75 will be levied where this rule is broken.
  - Only in the Indoor Relays an athlete may move up one age group.
  - At least 2 members of a competing relay team, participating in that event on that day must be of the correct age, exception U17, 18, 19 age groups where no limitation applies
- All entries must be made online and come through the club secretary for Juveniles.
- There is no limit on the number of athletes a club may enter per individual event.
- **Check-In:**
  - All athletes must collect a competition number, minimum one hour prior to their event.
  - Track Athletes must check-in at where they collect their numbers. They then must report to the call room when their event is called and check-in with the call room official.
  - Field Athlete can check-in at event when it is called. It will be called at least 15 minutes before starting. No call room is in operation for field events.
  - Track and field Athletes check-in when collecting their numbers, **COLLECTING YOU NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
- Club singlet must be worn. If no singlet is available – a PLAIN white tee-shirt is permitted. No other form of dress (e.g. football shirts) is allowed. National Apparel is not to be worn either at Leinster Championships doing so risks disqualification.
- 5mm spikes **ONLY** will be allowed on track.
- False Start Rules apply.
  - U12 to U15; one false start allowed and a second leads to disqualification
  - U16 upwards; a false start leads to disqualification.
- Athletes must leave the arena when their event is complete.
- There will be three attempts allowed in all field events, with a further three attempts for the top eight competitors (with the exception of the High Jump & the Pole Vault).



## Athletics Leinster

### 2020 Indoor Championships

- U12 & U13 Athletes may use starting blocks but must do a couch start, U14 athletes upwards MUST use starting blocks
- Where a heat is listed, if insufficient competitors check in a FINAL will be held at heat time.
- Athlete must leave the track / field when their event has completed.
- Winning athlete must report for medal presentation 20 minutes after their event where possible or when called from the Public Address System.
- Athletes are not permitted to carry / use electronic or transmission equipment (i.e. Phones, iPods, Media Players etc.) in the competition area. Note: The competition area starts at the assembly/call room.
- Warm up marks for field events should be completed where possible before the time schedule, **WARM UP MARKS SHOULD NOT INVOLVE PINS OR CHALK.**
- Please have respect for the stadium and its environs.
- Please do not leave your personal belongings unattended. Athletics Leinster accepts no responsibility for items loss at its competitions.
- The **first four (4)** from each region qualify for the National Championships.
  - Except in the 600m & Relays where 3 qualify only.
  - U12 Hurdles, U14 to U17 triple jump, and U16 / U17 400m are not a National Event and therefore there is no qualification.
  - This will automatically be done by Indoor Leinster Secretary. Therefore, any athlete unable to attend please notify your coach who in turn is responsible for notifying Indoor secretary via email on [LeinsterAL@gmail.com](mailto:LeinsterAL@gmail.com)
  - **U17 – U19 ATHLETES, ENTERED FOR LEINSTER CHAMPIONSHIP BUT DO NOT COMPETE IN THESE CHAMPIONSHIPS DUE TO INJURY OR OTHER SPECIAL CIRCUMSTANCES MUST APPLY IN WRITING TO THE LEINSTER INDOOR COMPETITION SECRETARY IF THEY WISH TO BE ENTERED FOR THE NATIONAL CHAMPIONSHIP. Deadline for application is Monday the 2<sup>nd</sup> of March 2020 at 20:00.**
- A PROVISIONAL TIMETABLE WILL BE AVAILABLE ONLINE ON THE WEEK OF COMPETITIONS ALONG WITH LIST OF REGISTERED ATHLETES FOR EACH EVENT Athletics Leinster reserves the right to alter the timetables. Any alterations to the programme will be published on the Athletics Leinster website, [www.athleticsleinster.org](http://www.athleticsleinster.org)
- Please direct any queries to the Athletics Leinster Indoor Track & Field competition secretary, Andrew Lynam at [LeinsterAL@gmail.com](mailto:LeinsterAL@gmail.com)



**Athletics Leinster**

**2020 Indoor Championships**

## **2020 Athletics Leinster Indoor Programme**

<b>Date</b>	<b>Start Time</b>	<b>Age Category</b>	<b>Venue</b>	<b>Closing Date</b>	<b>Late Entry Closing Date</b>
Saturday 1st February	10:00	Juvenile Indoors Day 1 (Sprints)	AIT International Arena	22:00 Wednesday 22 <sup>nd</sup> January	22:00 Wednesday 29 <sup>th</sup> January
Sunday 2nd February	10:00	Juvenile Indoors Day 2 (Hurdles)	AIT International Arena	22:00 Wednesday 22 <sup>nd</sup> January	22:00 Wednesday 29 <sup>th</sup> January
Saturday 22 <sup>nd</sup> February	10:00	Junior, Senior & Master's Indoors	NIA, Abbottstown	22:00 Wednesday 12 <sup>th</sup> February	22:00 Wednesday 19 <sup>th</sup> February
Sunday 23 <sup>rd</sup> February	10.00	Juvenile Indoors Day 4 (Relays + Some Juvenile Field Events)	NIA, Abbottstown	22:00 Wednesday 12 <sup>th</sup> February	22:00 Wednesday 19 <sup>th</sup> February

**ONLINE REGISTRATION ONLY**

**CLUBS can enter Athletes & Teams here:** <https://ireland.entry4sports.com/wp-login.php>

<http://www.athleticsleinster.org>  
<https://www.facebook.com/AthleticsLeinster>





**Athletics Leinster**

**2020 Indoor Championships**

**Indoors DAY 1**  
**Saturday 1st February**

**Juvenile**  
**Championships**  
**Sprints**



**Athletics Leinster**

## **2020 Indoor Championships**

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

**Athlone I.T**

**Saturday 1st February 2020**

**Start Time: 10:00am**

Track					
Gender	Age Category	Event	Gender	Age Category	Event
Girls	U14 / U15	1km Walk	Boys	U14 / U15	1km Walk
Girls	U16 – U19	1.5km Walk	Boys	U16 – U19	1.5km Walk
Girls	U16	400m	Boys	U16	400m
Girls	U17	400m	Boys	U17	400m
Girls	U18	400m	Boys	U18	400m
Girls	U19	400m	Boys	U19	400m
Girls	U16	1500m	Boys	U16	1500m
Girls	U17	1500m	Boys	U17	1500m
Girls	U18	1500m	Boys	U18	1500m
Girls	U19	1500m	Boys	U19	1500m
<b>All 400m Final's</b>			<b>All 400m Final's</b>		
Girls	U12	60m	Boys	U12	60m
Girls	U13	60m	Boys	U13	60m
Girls	U14	60m	Boys	U14	60m
Girls	U15	60m	Boys	U15	60m
<b>All 60m Semi's</b>			<b>All 60m Semi's</b>		
Girls	U16	60m	Boys	U16	60m
Girls	U17	60m	Boys	U17	60m
Girls	U18	60m	Boys	U18	60m
Girls	U19	60m	Boys	U19	60m
<b>All 60m Final's</b>			<b>All 60m Final's</b>		

**INDIVIDUAL ENTRY FEE: €4 per event (U12-U16)**

**5€ per event (U17-U19)**

**ONLINE REGISTRATION ONLY**

**CLUBS can enter Athletes & Teams here: <https://ireland.entry4sports.com/wp-login.php>**

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

**MAIN CLOSING DATE: 22:00 on Wednesday the 22<sup>nd</sup> of January 2020**

**DOUBLE FEES APPLY THEREAFTER**

**LATE CLOSING DATE: 22:00 on Wednesday the 29<sup>th</sup> of January 2020**

<http://www.athleticsleinster.org>  
<https://www.facebook.com/AthleticsLeinster>



## Athletics Leinster 2020 Indoor Championships

**Start Time: 10:00am**

Field					
Gender	Age Category	Event	Gender	Age Category	Event
			Boys	U12	High Jump
Girls	U16	High Jump	Boys	U16	High Jump
Girls	U14	High Jump	Boys	U14	High Jump
Girls	U13	Long Jump	Boys	U13	Long Jump
Girls	U15	Long Jump	Boys	U15	Long Jump
Girls	U17	Long Jump	Boys	U17	Long Jump
Girls	U19	Long Jump	Boys	U19	Long Jump
Girls	U14	Shot Putt	Boys	U14	Shot Putt
Girls	U12	Shot Putt			
Girls	U16	Shot Putt	Boys	U16	Shot Putt

**INDIVIDUAL ENTRY FEE: €4 per event (U12-U16)**

**5€ per event (U17-U19)**

**ONLINE REGISTRATION ONLY**

**CLUBS can enter Athletes & Teams here: <https://ireland.entry4sports.com/wp-login.php>**

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

**MAIN CLOSING DATE: 22:00 on Wednesday the 22<sup>nd</sup> of January 2020**

**DOUBLE FEES APPLY THEREAFTER**

**LATE CLOSING DATE: 22:00 on Wednesday the 29<sup>th</sup> of January 2020**

**OFFICIALS NAMES MUST BE SENT ON TO THE LEINSTER SECRETARY BEFORE THE DAY OF COMPETITION.**



**Athletics Leinster**  
**2020 Indoor Championships**

**Indoors DAY 2**  
**Sunday 2<sup>nd</sup> February**

**Juvenile**  
**Championships**  
**Hurdles**



**Athletics Leinster**

**2020 Indoor Championships**

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

**Athlone I.T**

**Sunday 2<sup>nd</sup> February 2020**

**Start Time: 10:00am**

Track					
Gender	Age Category	Event	Gender	Age Category	Event
Girls	U16	200m	Boys	U16	200m
Girls	U17	200m	Boys	U17	200m
Girls	U18	200m	Boys	U18	200m
Girls	U19	200m	Boys	U19	200m
Girls	U12	600m	Boys	U12	600m
Girls	U13	600m	Boys	U13	600m
Girls	U14	800m	Boys	U14	800m
Girls	U15	800m	Boys	U15	800m
Girls	U16	800m	Boys	U16	800m
Girls	U17	800m	Boys	U17	800m
Girls	U18	800m	Boys	U18	800m
Girls	U19	800m	Boys	U19	800m
<b>All 200m Final's</b>			<b>All 200m Final's</b>		
Girls	U12	60mH	Boys	U12	60mH
Girls	U13	60mH	Boys	U13	60mH
Girls	U14	60mH	Boys	U14	60mH
Girls	U15	60mH	Boys	U15	60mH
Girls	U16	60mH	Boys	U16	60mH
Girls	U17	60mH	Boys	U17	60mH
Girls	U18	60mH	Boys	U18	60mH
Girls	U19	60mH	Boys	U19	60mH
<b>All 600m Final's</b>			<b>All 600m Final's</b>		
<b>ALL 800m Final's</b>			<b>ALL 800m Final's</b>		
<b>ALL 60mH Final's</b>			<b>ALL 60mH Final's</b>		

**INDIVIDUAL ENTRY FEE: €4 per event (U12-U16)**

**5€ (U17-U19)**

**ONLINE REGISTRATION ONLY**

**CLUBS can enter Athletes & Teams here: <https://ireland.entry4sports.com/wp-login.php>**

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

**MAIN CLOSING DATE: 22:00 on Wednesday the 22<sup>nd</sup> of January 2020**

**DOUBLE FEES APPLY THEREAFTER**

**LATE CLOSING DATE: 22:00 on Wednesday the 29<sup>th</sup> of January 2020**

<http://www.athleticsleinster.org>  
<https://www.facebook.com/AthleticsLeinster>



**Athletics Leinster**  
**2020 Indoor Championships**

Field					
Gender	Age Category	Event	Gender	Age Category	Event
Girls	U15	High Jump	Boys	U15	High Jump
Girls	U12	High Jump			
Girls	U13	High Jump	Boys	U13	High Jump
Girls	U12	Long Jump	Boys	U12	Long Jump
Girls	U14	Long Jump	Boys	U14	Long Jump
Girls	U16	Long Jump	Boys	U16	Long Jump
Girls	U18	Long Jump	Boys	U18	Long Jump
Girls	U13	Shot Putt	Boys	U13	Shot Putt
			Boys	U12	Shot Putt
Girls	U15	Shot Putt	Boys	U15	Shot Putt

**INDIVIDUAL ENTRY FEE: €4 per event (U12-U16)**

**5€ per Event (U17-U19)**

**ONLINE REGISTRATION ONLY**

**CLUBS can enter Athletes & Teams here: <https://ireland.entry4sports.com/wp-login.php>**

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

**MAIN CLOSING DATE: 22:00 on Wednesday the 22<sup>nd</sup> of January 2020**

**DOUBLE FEES APPLY THEREAFTER**

**LATE CLOSING DATE: 22:00 on Wednesday the 29<sup>th</sup> of January 2020**

**OFFICIALS NAMES MUST BE SENT ON TO THE LEINSTER SECRETARY BEFORE THE DAY OF COMPETITION.**



**Athletics Leinster**  
**2020 Indoor Championships**

**Indoors DAY 3**

**Saturday 22<sup>nd</sup> February 2020**

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



**Athletics Leinster**

**2020 Indoor Championships**

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

**National Indoor Arena, Abbottstown**

**Saturday 22<sup>nd</sup> February 2020**

**Start Time: 10:00am**

Track			
Gender	Event	Gender	Event
Women (CE)	60mH	Men (CE)	60m
Women	60m	Men	60m
Women	1500m	Men	1500m
<b>Women</b>	<b>60m Final</b>	<b>Men</b>	<b>60m Final</b>
Women	3000m Walk	Men	3000m Walk
Women	60mH	Men	60mH
Women	200m	Men	200m
Women	800m	Men	800m
<b>Women</b>	<b>200m Final</b>	<b>Men</b>	<b>200m Final</b>
Women	3000m	Men	3000m
Women	400m	Men	400m
Women (CE)	800m		
Women	4x200m	Men	4x200m
Women	4x400m	Men	4x400m

Track Events will occur in the following order:

- Junior Women, Senior Women,
- Master Women O35-O45, Master Women O50+,
- Junior Men, Senior Men,
- Master Men O35-O45, Master Men O50+
- Heats & Finals in the 60m / 200m are for Junior & Senior Athletes Only, everyone else is on time trials

Field			
Gender	Event	Gender	Event
Women	High Jump	Men	High Jump
Women	Long Jump	Men	Long Jump
Women	Triple Jump	Men	Triple Jump
Women	Pole Vault	Men	Pole Vault
Women	Shot Putt	Men	Shot Putt
Women	28lb for Distance	Men	35lb/56lb for Distance

**EVENT ENTRY FEE:**

**€6 per event – JUNIOR**

**€10 per event – SENIOR & MASTER**

**€15 per Relay Team (20€ Entry on the Day)**

**€20 per entry for either Pentathlon Women or Heptathlon Men (Youth, Junior, Senior & Master)**

<http://www.athleticsleinster.org>

<https://www.facebook.com/AthleticsLeinster>





## Athletics Leinster

### 2020 Indoor Championships

**ONLINE REGISTRATION ONLY**  
**MAIN ENTRIES OPEN UNTIL 22:00hrs Wednesday the 12<sup>th</sup> of February 2020**  
**Late Fees apply thereafter**  
**LATE FEES CLOSING DATE 22:00hrs Wednesday the 19<sup>th</sup> of February 2020**

**PB's / SB's needed for all Track Events for seeding purposes.**

**Final Timetable will be released at the latest Wednesday the 19<sup>th</sup> of February**

**CLUBS can enter Athletes here: <https://ireland.entry4sports.com/wp-login.php>**

**Athletes (Junior, Senior, & Master) can also enter here:**

**<https://ireland.entry4sports.com/wp-login.php>**

#### **Guest Athletes for Junior, Senior & Master**

##### **Please Note:**

All guests are very welcome to attend and compete, but as you will appreciate as this is the Leinster Championship's and Leinster athletes must therefore take precedent. All attending athletes will be accommodated but depending on the number of guests in an event we may have separate races.

**Guest Athletes do not receive medals**

#### **Juniors, Seniors and Masters Athletes PLEASE NOTE:**

- To compete as a Junior, the athlete must be over 16 and under 20 in the year of competition.
- To compete as a Master, the athlete must be over the age of the category on the day of competition.
- Competitors are limited to **FIVE** events plus a relay at Athletics Leinster Championships. No Exceptions will be accepted, athlete caught entering more than five events with forfeit their entry fees for the extra events.
- Master Hurdles & Masters PV will only have a competition on these age group O35 O40 & O45.
- Entries for the 4x200m Relay and the 4x400m Relay will take place on the day of competition. Sheet will be available at check-in. They must be submitted before 14:00 on day of competition along with entry fee of 15€ to the Leinster Secretary or Check-in Officials.

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

**CLUB RELAY TEAM ENTRIES CAN BE SUMMITTED ON THE DAY OF COMPEITION BEFORE 15:00 TO EITHER CHECKIN OFFICALS OR INDOOR SECRETARY**

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

**OFFICALS NAMES MUST BE SUBMITTED ON TO THE LEINSTER SECRETARY BEFORE THE DAY OF COMPEITIION.**



**Athletics Leinster**

**2020 Indoor Championships**

**Indoors DAY 4**  
**Sunday 23<sup>rd</sup> February**

**Juvenile Club Relay**  
**Championships**



**Athletics Leinster**  
**2020 Indoor Championships**

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

**National Indoor Arena, Abbottstown**

**Sunday 23<sup>rd</sup> February 2020**

**Start Time: 10:00am**

Track					
Gender	Age Category	Event	Gender	Age Category	Event
			Men (CE)	JSM	60mH
Girls	U13	4x200m Relay	Boys	U13	4x200m Relay
Girls	U15	4x200m Relay	Boys	U15	4x200m Relay
Girls	U17	4x200m Relay	Boys	U17	4x200m Relay
Girls	U19	4x200m Relay	Boys	U19	4x200m Relay
<b>Odd Relay Finals</b>			<b>Odd Relay Finals</b>		
Girls	U12	4x200m Relay	Boys	U12	4x200m Relay
Girls	U14	4x200m Relay	Boys	U14	4x200m Relay
Girls	U16	4x200m Relay	Boys	U16	4x200m Relay
Girls	U18	4x200m Relay	Boys	U18	4x200m Relay
			Men (CE)	JSM	1000m
<b>Even Relay Finals</b>			<b>Even Relay Finals</b>		

**ENTRY FEE:**

**RELAYS: €12 per team**

**ON LINE REGISTRATION ONLY**

**MAIN ENTRIES OPEN TIL 22:00hrs Wednesday the 12<sup>th</sup> of February 2020**

Late fees apply thereafter

**LATE ENTRIES OPEN TIL 22:00hrs Wednesday the 19<sup>th</sup> of February 2020**

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

**CLUB RELAY TEAM ENTRIES MUST BE SUBMITTED BY COMPETITION CLOSING DATE, SOME AMMENDMENTS WILL BE ALLOW ON THE DAY OF COMPEITION PROVIDED THE TEAM WAS ENTERED BEFORE THE CLOSING DATE.**

**CLUBS can enter Athletes here: <https://ireland.entry4sports.com/wp-login.php>**



## Athletics Leinster

### 2020 Indoor Championships

Field					
Gender	Age Category	Event	Gender	Age Category	Event
Girls	U17	High Jump	Boys	U17	High Jump
Girls	U18	High Jump	Boys	U18	High Jump
Girls	U19	High Jump	Boys	U19	High Jump
Girls	U17	Shot Putt	Boys	U17	Shot Putt
Girls	U18	Shot Putt	Boys	U18	Shot Putt
Girls	U19	Shot Putt	Boys	U19	Shot Putt
Girls	U15-U19	Pole Vault	Boys	U15-U19	Pole Vault
			Men (CE)	JSM	Pole Vault
Girls	U14-U19	Triple Jump	Boys	U14-U19	Triple Jump

**ENTRY FEE:**

**€4 per event (U14-U16)**

**5€ per event (U17-U19)**

**ON LINE REGISTRATION ONLY**

**MAIN ENTRIES OPEN TIL 22:00hrs Wednesday the 12<sup>th</sup> of February 2020**

Late fees apply thereafter

**LATE ENTRIES OPEN TIL 22:00hrs Wednesday the 19<sup>th</sup> of February 2020**

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

**OFFICIALS NAMES MUST BE SENT ON TO THE LEINSTER SECRETARY BEFORE THE DAY OF COMPETITION.**

**CLUBS can enter Athletes & Teams here: <https://ireland.entry4sports.com/wp-login.php>**



**Athletics Leinster**  
**2020 Indoor Championships**

**Leinster Indoor**  
**Championships**  
**Appendices**



# 1. Hurdles & Weights

## Hurdles

Age	Distance	Heights	# Hurdles	Lead	Distance	Final
Girls 12	60mH	68.6cm = 2' 3	5	11.00m	7.25m	20.00m
Girls 13	60mH	68.6cm = 2' 3	5	11.00m	7.25m	20.00m
Girls 14	60mH	68.6cm = 2' 3	5	11.50m	7.50m	18.50m
Girls 15	60mH	76.2cm = 2' 6	5	12.00m	8.00m	16.00m
Girls 16	60mH	76.2cm = 2' 6	5	12.00m	8.00m	16.00m
Girls 17	60mH	76.2cm = 2' 6	5	13.00m	8.50m	13.00m
Girls 18	60mH	76.2cm = 2' 6	5	13.00m	8.50m	13.00m
Girls 19	60mH	83.8cm = 2' 9	5	13.00m	8.50m	13.00m
Junior W	60mH	83.8cm = 2' 9	5	13.00m	8.50m	13.00m
Senior W	60mH	83.8cm = 2' 9	5	13.00m	8.50m	13.00m
Master W O35-39	60mH	83.8cm = 2' 9	5	13.00m	8.50m	13.00m
Master W O40-49	60mH	76.2cm = 2' 6	5	12.00m	8.00m	16.00m
Boys 12	60mH	68.6cm = 2' 3	5	11.00m	7.25m	20.00m
Boys 13	60mH	68.6cm = 2' 3	5	11.00m	7.25m	20.00m
Boys 14	60mH	76.2cm = 2' 6	5	11.50m	7.50m	18.50m
Boys 15	60mH	84.0cm = 2' 9	5	12.00m	8.00m	16.00m
Boys 16	60mH	84.0cm = 2' 9	5	13.00m	8.50m	13.00m
Boys 17	60mH	91.4cm = 3' 0	5	13.00m	8.50m	13.00m
Boys 18	60mH	91.4cm = 3' 0	5	13.72m	9.14m	9.72m
Boys 19	60mH	99.0cm = 3' 3	5	13.72m	9.14m	9.72m
Junior M	60mH	99.0cm = 3' 3	5	13.72m	9.14m	9.72m
Senior M	60mH	106.7cm = 3' 6	5	13.72m	9.14m	9.72m
Master M O35-49	60mH	99.0cm = 3' 3	5	13.72m	9.14m	9.72m



## Athletics Leinster

### 2020 Indoor Championships

### Shot Putt

Boys / Men	AGES	Girls / Women
2 kg	U12	2 kg
2 kg	U13	2 kg
2.72 kg	U14	2 kg
3kg	U15	2.72 kg
4 kg	U16	3 kg
5 kg	U17	3 kg
5 kg	U18	3 kg
6 kg	U19	4 kg
6 kg	Junior	4 kg
7.26 kg	Senior	4 kg
7.26 kg	Master O35-045	4 kg
6 kg	Master O50-055	3 kg
5 kg	Master O60-065	3 kg
4 kg	Master O70	3 kg
4 kg	Master O75	2 kg
3 kg	Master O80+	2 kg

### Weight

Men	AGES	Women
35 lb (15.88kg)	Junior	28lb (12.7kg)
56lb (25.4kg)	Senior	28lb (12.7kg)
56lb (25.4kg)	Master O35-045	28lb (12.7kg)
35 lb (15.88kg)	Master O50+	28lb (12.7kg)

### Starting Blocks

Boys & Girls U12,13	<b>Optional</b>	<b>One False Start Allow, following false start is a DQ</b>
Boys & Girls U14 – U15	<b>Compulsory</b>	<b>One False Start Allow, following false start is a DQ</b>
Boys & Girls U16+	<b>Compulsory</b>	<b>IAAF False Start Rule Applies R162.7</b>

- Please see note relating to Athletic Proficiency.



## 2. Relay Team Amendment Form

<b>Club:</b>				
<b>Sex / Age Category:</b>				
	<b>Name</b>	<b>D.O.B</b>	<b>Reg. #</b>	<b>Bib</b>
<b>1</b>				
<b>2</b>				
<b>3</b>				
<b>4</b>				
<b>S1</b>				
<b>S2</b>				
<b>Sex / Age Category:</b>				
	<b>Name</b>	<b>D.O.B</b>	<b>Reg. #</b>	<b>Bib</b>
<b>1</b>				
<b>2</b>				
<b>3</b>				
<b>4</b>				
<b>S1</b>				
<b>S2</b>				

<b>Club:</b>				
<b>Sex / Age Category:</b>				
	<b>Name</b>	<b>D.O.B</b>	<b>Reg. #</b>	<b>Bib</b>
<b>1</b>				
<b>2</b>				
<b>3</b>				
<b>4</b>				
<b>S1</b>				
<b>S2</b>				
<b>Sex / Age Category:</b>				
	<b>Name</b>	<b>D.O.B</b>	<b>Reg. #</b>	<b>Bib</b>
<b>1</b>				
<b>2</b>				
<b>3</b>				
<b>4</b>				
<b>S1</b>				
<b>S2</b>				





## Appeals

### ***Athletics Leinster Appeals Procedure***

Any appeal in the first instance shall be given orally by the athlete or club official to the competition track or field referee as appropriate within 15 minutes of the finish of the event.

If the athlete or club official does not agree with their decision, they have the right to appeal to a Jury of Appeal accompanied by a fee of €20.00 (refundable in the case of a successful appeal).

### ***Appeal procedure***

- This appeal must be presented using an official appeal form available upon request at 'Check-In', within 20 minutes of the outcome of the initial appeal to the relevant referee.
- The appeal will only be accepted when presented by a competent club official citing basis for appeal and any backup evidence.
- The Jury of Appeal shall, in the first instance, be composed of the Leinster Chairperson, the relevant Leinster Track & Field Secretary and the Track or Field Referee on the day.
- In the case of a conflict of interest on any particular matter an alternate shall replace the conflicted member(s) for the determination of that issue.
- In the event that any member/alternate of first instance is unavailable on the day of competition they may be substituted by the Leinster Vice-Chairman, the Leinster Treasurer or such other Leinster officers as are present on the day, as appropriate.

All appeals will be dealt with on the day. The ruling of the Jury of Appeal shall be final.

## National Entries

The **first four (4)** from each region qualify for the National Championships.

- Except in the 600m & Relays where first three (3) qualify only.
- U12 Hurdles, U14 to U17 triple jump, and U17 400m are not a National Event and therefore there is no qualification.
- This will automatically be done by Indoor Leinster Secretary. Therefore, any athlete unable to attend please notify your coach who in turn is responsible for notifying Indoor secretary via email on [LeinsterAL@gmail.com](mailto:LeinsterAL@gmail.com)
- **U17 – U19 ATHLETES, ENTERED FOR LEINSTER CHAMPIONSHIP BUT DO NOT COMPETE IN THESE CHAMPIONSHIPS DUE TO INJURY OR OTHER SPECIAL CIRCUMSTANCES MUST APPLY IN WRITING TO THE LEINSTER INDOOR COMPETITION SECRETARY IF THEY WISH TO BE ENTERED FOR THE NATIONAL CHAMPIONSHIP.**
- **Deadline for application is Monday the 9th of March 2020 at 22:00.**



**Athletics Leinster**  
**2020 Indoor Championships**

**Appeals Form**

<b>Date:</b>	<b>Time:</b>
<b>Athlete Name:</b>	
<b>Club:</b>	
<b>Event:</b>	
<b>Details</b>	
<b>Club Official:</b>	<b>Role:</b>
Appeal Fee 20€ (refundable in the case of a successful appeal)	

Please direct any queries to the Athletics Leinster Indoor Competition Secretary  
Andrew Lynam by email at [LeinsterAL@gmail.com](mailto:LeinsterAL@gmail.com)



**Athletics Leinster**

**2020 Indoor Championships**

### **3. 2020 Leinster Executive**

<b>Chairperson</b>	<b>Philip Cogavin – Stepping Down</b>
<b>Deputy Chairperson</b>	<b>Pat Hooper</b>
<b>Secretary &amp; Registrar</b>	<b>Larry Dunne</b>
<b>Treasurer</b>	<b>Frank Kilrane</b>
<b>Assistant Treasurer</b>	<b>Mary Dwyer – Stepping Down</b>
<b>Outdoor Secretary</b>	<b>James Welsh – Stepping Down</b>
<b>Road &amp; Cross-Country</b>	<b>Greg Duggan</b>
<b>Assisted Road &amp; XC</b>	<b>Catriona Duffy</b>
<b>Indoor Secretary</b>	<b>Andrew Lynam – Term Limit</b>
<b>Development Officer</b>	<b>Fintan Reilly</b>
<b>National Committee Rep</b>	<b>Brian Dowling</b>
<b>Juvenile Committee Rep</b>	<b>Jim Corcoran</b>
<b>Competition Committee Rep</b>	<b>Ronnie Quigley</b>
<b>Child Welfare Officers</b>	<b>Lisa Dixon &amp; Joe Walsh</b>

**Please read, the specific details of each competition carefully.**

**Please direct any errors, queries or concerns to the**

**Athletics Leinster Indoor Competition Secretary,**

**Andrew Lynam at [LeinsterAL@gmail.com](mailto:LeinsterAL@gmail.com)**