

**Outdoor Track & Field Competition  
Booklet 2020 Rev\_1**



**Athletics  
Leinster**

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# Track & Field Policies

Athletics Leinster wishes to advise clubs of the following 2020 Track & Field Policies. It is the intention of Athletics Leinster to **strictly** enforce all policies for the 2020 season.

The World Athletics Rules 2019-21 applies unless otherwise stated. In the event of any conflict between the rules of the IAAF and the rules set out herein, the following rules have precedence.

# 1 Policy Statement for the Athletic Association of Ireland

## 1.1 Code of Ethics

### 1.1.1 Extract from the Policy Statement from the Code of Ethics and acts as a guide for all rules.

*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'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.*

### 1.1.2 The Code of ethics has been distributed to all clubs and is readily available from Athletics Ireland under the following link:

[https://www.athleticsireland.ie/downloads/other/code-of-ethics-for-children\\_soft.pdf](https://www.athleticsireland.ie/downloads/other/code-of-ethics-for-children_soft.pdf)

## 2 Code of Conduct

Athletics Leinster will not tolerate any breach of rules set out in the following Codes of Conduct. Any technical official, athlete, or parent/spectator whose behaviour is inconsistent with these codes during any Athletic Leinster events will be dealt with appropriately.

### 2.1 Technical Officials Code of Conduct

2.1.1 Technical Officials are expected to adhere to the following Code. Details are at the following link:

<https://www.athleticsireland.ie/index.php/competition/officials/code-of-conduct/>

### 2.2 Athlete Code of Conduct

2.2.1 Athletes are expected to adhere to the following Code. Details are at the following link:

<https://www.athleticsireland.ie/juvenile/child-welfare/athletes/>

### 2.3 Parent/Spectator Code of Conduct

2.3.1 Athletes Parents/Spectators are expected to adhere to the following Code. Details are at the following link:

<https://www.athleticsireland.ie/index.php/juvenile/child-welfare/adults-carers/>

## **3 Photographic Images**

### 3.1 Image Guidelines

- 3.1.1 The use of the word 'image' refers to all photographic and film/video footage.
- 3.1.2 Persons wishing to use photographic devices at events must first register with the organiser prior to the event.
- 3.1.3 For registration, each person may be required to produce acceptable photographic identification as proof of identity.
- 3.1.4 Athletics Leinster works under the umbrella of the Athletics Ireland's Filming and Photography Guidelines, please use link to make yourself familiar with all aspects of guide. [AAI Filming and Photography Guideline](#)

## 4 Registration

### 4.1 Online Entry System

4.1.1 All Athletics Leinster Outdoor Competitions will operate on an online registration system only.

4.1.2 Click on the link to take you to registration.

4.1.3 Use the following URL if you do not have access at this time:

<https://entry.athleticsireland.ie/>

4.1.4 Athletics Leinster Online Registration will apply a late entry fee.

4.1.5 Pay on the day for events will not be accepted unless stated under the rules for said event.

4.1.6 The fees stated below do not include transaction charges for the system. 50% will be pass onto the end user for standard fees while late fees will be subject to 100% of the transaction charge.

### 4.2 Standard Entry Fees

4.2.1 Athletes U17 to U19 €5 per event entered.

4.2.2 Junior Athlete €6 per event entered.

4.2.3 Senior and Master Athletes €10 per event entered.

4.2.4 Relay €12 per team entered.

### 4.3 Late Entry Fees

4.3.1 Athletes U17 to U19 €10 per event entered.

4.3.2 Junior Athlete €12 per event entered

4.3.3 Senior and Master Athletes €20 per event entered.

4.3.4 Relay €15 per team entered.



## 5 General Guidelines

### 5.1 Officials

- 5.1.1 It is the responsibility of all clubs, without exception, to provide officials for competitions in which their athletes are competing.
- 5.1.2 Failure of a club to provide officials will result in a club's athletes not being permitted to compete.
- 5.1.3 Officials must sign in at the check-in desk on the day of competition, and must be available to officiate for the duration of the competition.
- 5.1.4 It is the intention of Athletics Leinster to wholly prohibit participation of offending clubs in competition.
- 5.1.5 Only club officials can request amendments to their team.
- 5.1.6 Coach/Team Managers are responsible for all their athletes, no exceptions.

### 5.2 Athletic Proficiency

- 5.2.1 Athletic proficiency for participation is not optional.
- 5.2.2 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.
- 5.2.3 In the event of an athlete failing to exhibit the required or expected level of proficiency in a discipline, a coach or parent will be contacted and the athlete sympathetically requested to withdraw from the event.

### 5.3 In-Field Coaching

- 5.3.1 Coaches and parents are strictly not allowed on the track or infield at any time.
- 5.3.2 In-field is for officials & competing athletes.
- 5.3.3 Those found to be in violation of this rule risk disqualification of their athletes.

### 5.4 Valid Competition

- 5.4.1 Pertaining to the master competitions, an event which has less than three (3) competitors will not be held.
- 5.4.2 An event must have a minimum of three competitors to constitute a valid competition as there is no competition without competitors.
- 5.4.3 This applies to all Masters Categories.

## 5.5 Competition Timetable

- 5.5.1 The order of events is only a guide and is subject to change on the day to ensure the smooth running of each event programme.
- 5.5.2 Alterations to the Timetable will be published on the Athletics Leinster website and our Facebook page.
- 5.5.3 Athletics Leinster reserves the right to alter the timetables at any time without notice.

## 5.6 Event Attire

- 5.6.1 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.
- 5.6.2 Following on from AAI correspondence national apparel is to be worn only when representing Ireland at International Competition.
- 5.6.3 Athletes who compete at any Leinster Athletic events wearing national apparel risk disqualification.
- 5.6.4 5mm spikes only will be allowed on track. Spot checks will take place.
- 5.6.5 Athletes are not permitted to carry or use electronic recording or transmission equipment during competition.
- 5.6.6 Competition starts once an athlete has reported to the call room or checked-in at their field event.

## 5.7 Results Processing Rooms

- 5.7.1 Access to the results processing room is restricted to officials only.
- 5.7.2 Coaches, athletes, and parents/spectators are not allowed in the results room at any time.
- 5.7.3 The results room is strictly reserved for processing officials or representatives of Athletics Leinster.
- 5.7.4 Those found to be in violation of this rule risk disqualification of their athletes.

## 6 Entry & Competition Rules

### 6.1 Check-In

- 6.1.1 Only Club officials are permitted to collect athlete BIB numbers.
- 6.1.2 Collecting of Number **DOES NOT** mean you are checked in.
- 6.1.3 Check-in and number collection opening times vary for each event, please refer to event timetables for clarification.
- 6.1.4 An announcement will be made by the PA system for all events. Please listen carefully as Athletics Leinster is not responsible for athletes missing their event.
- 6.1.5 Numbers must be collected prior to competition start time. A contact name and number will be taken to allow your club members access to get in touch.
- 6.1.6 There is no limit on the number of athletes a club can enter per individual event.

### 6.2 Failure to Compete

- 6.2.1 If a final confirmation is given that the athlete will start in an event, but then fails to participate, the athlete shall be excluded from participation in all further events during the competition.
- 6.2.2 If an athlete qualifies in a preliminary round of an event for further participation in that event but then fails to participate further, the athlete shall be excluded from participation in all further events during the competition.
- 6.2.3 If an athlete fails to compete honestly with bona fide effort, the relevant Referee will decide on this and the athlete may be excluded from participation in all further events during the competition.

## 7 Age Categories

### 7.1 General

- 7.1.1 All age categories are calculated as at the 31st December in the year of competition, **excluding all master categories.**
- 7.1.2 All ages in this booklet should be read as under the stated age, **excluding all master categories.**
- 7.1.3 No athlete may obtain a birthday in the year of competition and compete in that age category, **excluding all Master categories.**
- 7.1.4 All athletes (excluding master age categories) are **strictly** confined to their own age groups during competition. A fine of €75 will be levied where this rule is broken.
- 7.1.5 Master athletes are strictly confined to their initial chosen age group during competition. If a master opts to compete as a senior for any of their chosen events, they must remain as a senior for all other events.
- 7.1.6 All athletes must be at least eight (8) years of age in the year of competition unless otherwise stated.
- 7.1.7 Athlete Age Categories:

Age Category	Born
U17 Athletes	2004
U18 Athletes	2003
U19 Athletes	2002
Junior Athletes	2001 – 2004
Senior Athletes	Pre 2005

## 7.2 Masters Athletes

- 7.2.1 An athlete is eligible to compete as a master on or after the date of their 35<sup>th</sup> birthday.
- 7.2.2 Masters age categories are defined by the athlete's age on the day of competition.
- 7.2.3 Masters age categories are compiled over a 5-year period.
- 7.2.4 Masters age category rankings start from lowest being O35, increasing a level with each increase in age category.
- 7.2.5 Master athletes can compete in an age category which is lower than their age category ranking (e.g. M2 can compete as an M1).
- 7.2.6 Masters athletes cannot compete in an age category which is higher than their age category ranking (e.g. M1 cannot compete as an M2).
- 7.2.7 Masters Athletes must declare their chosen age category prior to competing in their first event.
- 7.2.8 Masters athletes must compete in the same age category for their chosen events throughout the competition.
- 7.2.9 Masters athletes who compete in more than one age category during a competition will be disqualified from all events outside of the initial age category competed in.
- 7.2.10 Master Age Categories

Age Category	Minimum Age on Day of Competition	Women	Men
Master O35	35	W1	M1
Master O40	40	W2	M2
Master O45	45	W3	M3
Master O50	50	W4	M4
Master O55	55	W5	M5
Master O60	60	W6	M6
Master O65	65	W7	M7
Master O70	70	W8	M8
Master O75	75	W9	M9
Master O80	80	W10	M10
Master O85	85	W11	M11
Master O90	90	W12	M12
Master O95	95	W13	M13

## 8 Field Event Guidelines

### 8.1 General Guideline

- 8.1.1 Field event check-in takes place at the location where the event takes place.
- 8.1.2 Athletes using their own throwing implements must declare and get them signed off at weigh-in prior to competing in their event. Failure to do so risks disqualification.
- 8.1.3 All field event athletes must be technically proficient and competent in the event in the interest of their and others safety.
- 8.1.4 No athletes can receive in-field coaching throughout the duration of the competition once started. Athletes found to be in breach of this rule risk disqualification.
- 8.1.5 Athletes will be called 15 minutes prior to start time. All athletes must check-in during this time to ensure they can compete.
- 8.1.6 An announcement will be made by the PA system for all field events, please listen carefully as Athletics Leinster are not responsible for athletes missing their event.
- 8.1.7 Athletes called to their field event whilst competing in another event can get a representative to check-in for them.
- 8.1.8 Once an event is complete and results signed off, the competition is closed.
- 8.1.9 No field event can be reopened once it has been closed.
- 8.1.10 Coach/Team Mangers are responsible for all their athletes, no exceptions.
- 8.1.11 Warm up trials may be permitted prior to each event.
- 8.1.12 Warm-up trials are at the event officials' discretion.

### 8.2 Jump and Throw Guidelines

- 8.2.1 An athlete may request, upon completion of their trials in field events, to leave the competition area if required for medal presentation.
- 8.2.2 There will be three (3) trials allowed in all field events, with a further three trials for the top eight competitors unless otherwise stated in an event programme.
- 8.2.3 In master's competition, an athlete has four (4) trials only.
- 8.2.4 Athletes checked-in to a field event with more than eight (8) competitors in an age category may enter the event at any point up to the end of the third (3) trial.
- 8.2.5 Athletes checked-in to a field event with eight (8) competitors or fewer in an age category, can enter the event at any point up until the event closes.

### 8.3 Jump Guidelines

- 8.3.1 Athletes who compete in the High Jump and Pole Vault may continue to compete in competition until they have accumulated 3 consecutive fouls.
- 8.3.2 Any legal High Jump method may be used.
- 8.3.3 Run up marks for High Jump events must be of easily removable tape. Use of any other type of marking system risks disqualification.

8.3.4 All jump marks used by athletes must be removed once their competition is complete.

## 8.4 Throw Guidelines

8.4.1 Senior Men's shot put, discus and hammer events, athletes must be 18 years or over to compete.

## 8.5 Throwing Implements

### 8.5.1 Male Athletes

Age	Shot Put	Discus	Turbo Javelin	Javelin	Hammer	Weight For distance
U17 Boys	5kg	1.5kg		700gr	5k	
U18 Boys	5kg	1.5kg		700gr	5k	
U19 Boys	6kg	1.75kg		800gr	6k	
Junior Men	6kg	1.75kg		800gr	6k	35lb
Senior Men	7.26kg	2kg		800gr	7.26k	56lb
Master Men O35 -O49	7.26kg	2kg		800gr	7.26k	56lb
Master Men O50 -O59	6kg	1.5kg		700gr	6k	35lb
Master Men O60 -O69	5kg	1kg		600gr	5k	35lb
Master Men O70 -O79	4kg	1kg		500gr	4k	35lb
Master Men O80+	3kg	1kg		400gr	3k	35lb

### 8.5.2 Female Athletes

Age	Shot Put	Discus	Turbo Javelin	Javelin	Hammer	Weight For distance
U17 Girls	3kg	1kg		500gr	3kg	
U18 Girls	3kg	1kg		500gr	3kg	
U19 Girls	4kg	1kg		600g	4kg	
Junior Women	4kg	1kg		600gr	4kg	28lb
Senior Women	4kg	1kg		600gr	4kg	28lb
Master Women O35 - O49	4kg	1kg		600gr	4kg	28lb
Master Women O50 - O59	3kg	1kg		500gr	3kg	19lb
Master Women O60 - O74	3kg	1kg		400gr	3kg	19lb
Master Women O75 +	2kg	0.75kg		400gr	2.5kg	19lb

## 9 Track Event Guidelines

### 9.1 General Guidelines

- 9.1.1 Track check-in takes place at Call Room.
- 9.1.2 Athletes will be called 15 minutes prior to their race. All athletes must check-in during this time to ensure they can compete.
- 9.1.3 Announcement will be made by the PA system for all track events, please listen carefully as Athletics Leinster is not responsible for any athletes missing their event.
- 9.1.4 Athletes cannot step up an age group to compete in an event not held in their age group.
- 9.1.5 All events are finals unless otherwise indicated by Heats.
- 9.1.6 The guidelines for middle distance events are: a straight final will be held if there are 16 or less competitors in the 800m, 20 or less competitors in the 1500m.
- 9.1.7 If for any event there are insufficient athletes to hold heats, the final will be held at **heat-time**.
- 9.1.8 Athletes must leave the track area when their event is complete.
- 9.1.9 Coaches and parents/spectators are not allowed on the track at any times.
- 9.1.10 All parent/spectator or club official found on the track risks their athlete and club being disqualified.
- 9.1.11 Coach/Team Managers are responsible for all their athletes, no exceptions.

### 9.2 Starting Blocks

- 9.2.1 The Start Commands for all sprints are "On Your Marks", then "Set".

### 9.3 False Start

- 9.3.1 IAAF False start outdoor rules apply.
- 9.3.2 U16 upwards – first false start results in disqualification.

### 9.4 Relay Guidelines

- 9.4.1 Athletes must be at least eight (8) years old in the year of competition.
- 9.4.2 Athletes may step up one (1) age group only.
- 9.4.3 At least two (2) athletes competing on a relay team must be of that age group.
- 9.4.4 U17, U18, and U19 age groups, all athletes may step up one age group.
- 9.4.5 U16 athletes may not step up an age group to compete in the 4 x 400m relays.
- 9.4.6 Changes to relay entries will be accepted on the day of competition provided proof of registration can be given.



9.4.7 All relay team amendments must be clearly written out and presented on the relay amendment form. (Refer to section 24 for form)

9.4.8 All amendments must be processed during number collection.

9.4.9 If a sub is present on the day and declared, medal will be presented.

## 9.5 Hurdle Specifications

### 9.5.1 Sprint Hurdle Heights

Age Group	Distance	Height	No.	Approach	Interval	Finish
U17 Girls	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
U18 Girls	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
U19 Girls	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
U17 Boys	100m	91.4cm 3' 0"	10	13.00m	8.50m	10.50m
U18 Boys	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
U19 Boys	110m	99.1cm 3' 3"	10	13.72m	9.14m	14.02m
Junior Women	100m	83.8cm 2' 9"	10	13.00m	8.50m	10.50m
Senior Women	100m	83.8cm 2' 9"	10	13.00m	8.50m	10.50m
Master Women O35	100m	83.8cm 2' 9"	10	13.00m	8.50m	10.50m
Master Women O40 - O45	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Junior Men	110m	99.1cm 3' 3"	10	13.72m	9.14m	14.02m
Senior Men	110m	106.7cm 3' 6"	10	13.72m	9.14m	14.02m
Master Men O35 - O45	110m	99.1cm 3' 3"	10	13.72m	9.14m	14.02m

### 9.5.2 Distance Hurdle Heights

Age Group	Distance	Height	No.	Approach	Interval	Finish
U17 Girls	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
U17 Boys	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
U18 Girls	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
U19 Girls	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
U18 Boys	400m	84.0cm 2' 9"	10	45.00m	35.00m	40.00m
U19 Boys	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m
Junior Women	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Senior Women	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Junior Men	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m
Senior Men	400m	91.4cm 3' 0"	11	45.00m	35.00m	40.00m

## **10 Entry to the National Championships**

### 10.1 Juvenile Events 2020

- 10.1.1 Entry to National for this year will be done through the Leinster Entry Portal. Leinster will not be paying for Juvenile Entries for the 2020 Outdoor Juvenile Season.
- 10.1.2 Entries will be done by the Club Secretary on the portal, which will then be forward onto National.

# 11 Appeals Procedure

## 11.1 Verbal

- 11.1.1 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 closing of the event.

## 11.2 Written

- 11.2.1 If the athlete or club official does not agree with this 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).
- 11.2.2 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.
- 11.2.3 The appeal will only be accepted when presented by a competent club official citing basis for appeal and any backup evidence.
- 11.2.4 The Jury of Appeal shall, in the first instance, be composed of the Athletics Leinster Chairperson, and 2 other Athletics Leinster Executive Officers, to be determined on the day of competition.
- 11.2.5 In the case of a conflict of interest an alternate shall replace the conflicted member(s) for the determination of that issue.
- 11.2.6 All appeals will be dealt with on the day. The ruling of the Jury of Appeal shall be final.

## 12 Athlete Age Category Event List

### 12.1 Guidelines

- 12.1.1 Athletes can perform in the following number of individual events not including relays in each competition.

<b>Age Category</b>	<b>Maximum # of Individual Events</b>
U17 – U19	2 Events
Junior, Senior & Master	3 Events per day, 5 Total

- 12.1.2 All events highlighted are not national qualification events.
- 12.1.3 All events highlighted count as one of your chosen events.
- 12.1.4 Number of Events have been reduced due to Covid-19 Restrictions.

## 12.2 U17 Boys – U19 Boys & Junior Men.

<b>U17 Boys</b>	<b>U18 Boys</b>	<b>U19 Boys</b>
100m Hurdles	110m Hurdles	110m Hurdles
300m Hurdles	400m Hurdles	400m Hurdles
100m Sprint	100m Sprint	100m Sprint
200m Sprint	200m Sprint	200m Sprint
400m Sprint	400m Sprint	400m Sprint
800m	800m	800m
1500m	1500m	1500m
3000m	3000m	3000m
2000m S/chase	3000m S/chase	3000m S/chase
3000m Walk	5000m Walk	5000m Walk
Long Jump	Long Jump	Long Jump
Javelin	Javelin	Javelin
High Jump	High Jump	High Jump
Shot Put	Shot Put	Shot Put
Hammer	Hammer	Hammer
Discus	Discus	Discus
Triple Jump	Triple Jump	Triple Jump
Pole Vault	Pole Vault	Pole Vault

## 12.3 U17 Girls – U19 Girls, Junior Women

<b>U17 Girls</b>	<b>U18 Girls</b>	<b>U19 Girls</b>
100m Hurdles	100m Hurdles	100m Hurdles
300m Hurdles	400m Hurdles	400m Hurdles
100m Sprint	100m Sprint	100m Sprint
200m Sprint	200m Sprint	200m Sprint
400m Sprint	400m Sprint	400m Sprint
800m	800m	800m
1500m	1500m	1500m
3000m	3000m	3000m
2000m S/chase	2000m S/chase	3000m S/chase
3000m Walk	3000m Walk	3000m Walk
Long Jump	Long Jump	Long Jump
Javelin	Javelin	Javelin
High Jump	High Jump	High Jump
Shot Put	Shot Put	Shot Put
Hammer	Hammer	Hammer
Discus	Discus	Discus
Triple Jump	Triple Jump	Triple Jump
Pole Vault	Pole Vault	Pole Vault

## 12.4 Junior, Senior & Master Men

<b>Junior Men</b>	<b>Senior Men</b>	<b>Master Men O35 -O45</b>	<b>Master Men O50 – O60</b>	<b>Master Men O65+</b>
110m Hurdles	110m Hurdles	110m Hurdles		
400m Hurdles	400m Hurdles	400m Hurdles		
80m Sprint	100m Sprint	100m Sprint	100m Sprint	100m Sprint
200m Sprint	200m Sprint	200m Sprint	200m Sprint	200m Sprint
400m Sprint	400m Sprint	400m Sprint	400m Sprint	400m Sprint
800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m
3000m	5000m	5000m	5000m	3000m
3000m S/chase	3000m S/chase	3000m S/chase		
5000m Walk	5000m Walk	5000m Walk	3000m Walk	3000m Walk
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Javelin	Javelin	Javelin	Javelin	Javelin
High Jump	High Jump	High Jump	High Jump	
Shot Put	Shot Put	Shot Put	Shot Put	Shot Put
Hammer	Hammer	Hammer	Hammer	Hammer
Discus	Discus	Discus	Discus	Discus
Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
Pole Vault	Pole Vault	Pole Vault		
Weight for Dist.	Weight for Dist.	Weight for Dist.	Weight for Dist.	Weight for Dist.

## 12.5 Junior, Senior & Master Women

<b>Junior Women</b>	<b>Senior Women</b>	<b>Master Women O35</b>	<b>Master Women O40 -O45</b>	<b>Master Women O50 – O60</b>	<b>Master women O65+</b>
100m Hurdles	100m Hurdles	100m Hurdles	80m Hurdles		
400m Hurdles	400m Hurdles	400m Hurdles	400m Hurdles		
100m Sprint	100m Sprint	100m Sprint	100m Sprint	100m Sprint	100m Sprint
200m Sprint	200m Sprint	200m Sprint	200m Sprint	200m Sprint	200m Sprint
400m Sprint	400m Sprint	400m Sprint	400m Sprint	400m Sprint	400m Sprint
800m	800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m	1500m
3000m	3000m	3000m	3000m	3000m	3000m
3000m S/chase	3000m S/chase	3000m S/chase	3000m S/chase		
3000m Walk	3000m Walk	3000m Walk	3000m Walk	3000m Walk	3000m Walk
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Javelin	Javelin	Javelin	Javelin	Javelin	Javelin
High Jump	High Jump	High Jump	High Jump	High Jump	
Shot Put	Shot Put	Shot Put	Shot Put	Shot Put	Shot Put
Hammer	Hammer	Hammer	Hammer	Hammer	Hammer
Discus	Discus	Discus	Discus	Discus	Discus
Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
Pole Vault	Pole Vault	Pole Vault	Pole Vault		
Weight for Dist.	Weight for Dist.	Weight for Dist.	Weight for Dist.	Weight for Dist.	Weight for Dist.



## Athletics Leinster 2020 Track & Field Booklet

### Athletics Leinster Track & Field Programme

<b>Event Date</b>	<b>Start Time</b>	<b>Event Type</b>	<b>Venue</b>	<b>Registration Opens</b>	<b>Late Entry Begins</b>	<b>Registration Closes</b>
Saturday 1st August	10:00	Leinster Juvenile Champs (U17-U19s)	Morton Stadium, Santry	13 <sup>th</sup> July 2020	24 <sup>th</sup> July 2020	28 <sup>th</sup> July 2020
Saturday 8 <sup>th</sup> August	10:00	Leinster Junior, Senior & Masters Championship Day1	Morton Stadium, Santry	13 <sup>th</sup> July 2020	31 <sup>st</sup> July 2020	4 <sup>th</sup> August 2020
Sunday 9 <sup>th</sup> August	10:00	Leinster Junior, Senior & Masters Championship Day2	Morton Stadium, Santry	13 <sup>th</sup> July 2020	31 <sup>st</sup> July 2020	4 <sup>th</sup> August 2020



**Athletics Leinster**  
**Juvenile Championships (U17-U19s)**  
**Saturday 1<sup>st</sup> August**  
**Morton Stadium, Santry**



## Morton Stadium, 10:00am Saturday 1<sup>st</sup> August

14.1 Track Timetable – Times are indicative. Detailed timetable will be release week of the event.

Time	Age Category	Event	Round	Specifications
9:00	Check -in opens for Select events only.			
10:00	U17 Girls / Boys	400m	Final	
	U18 Girls / Boys	400m	Final	
	U19 Girls / Boys	400m	Final	
11:00	U17 Girls / Boys	100m	Heats	
	U18 Girls / Boys	100m	Heats	
	U19 Girls / Boys	100m	Heats	
12:00	U17 Girls / Boys	1500m	Final	
	U18 Girls / Boys	1500m	Final	
	U19 Girls / Boys	1500m	Final	
12:45	U17 Girls / Boys	100m	Final	
	U18 Girls / Boys	100m	Final	
	U19 Girls / Boys	100m	Final	
13:00	U17, U18, U19 Girls	2000m SC	Final	2'6" 76.2cm
	U17, U18, U19 Girls	3000m Walk	Final	
	U17, U18, U19 Boys	2000m SC	Final	
	U17, U18, U19 Boys	3000m / 5000m Walk	Final	3'0" 91.4cm
14:00	U17 Girls	100m Hurdles	Final	2'6" 76.2cm
	U18 Girls	100m Hurdles	Final	2'6" 76.2cm
	U19 Girls	100m Hurdles	Final	2'9" 84.0cm
	U17 Boys	100m Hurdles	Final	3'0" 91.4cm
	U18 Boys	110m Hurdles	Final	3'0" 91.4cm
	U18 Boys	110m Hurdles	Final	3'3" 99.0cm
14:30	U17 Girls / Boys	200m	Heats	
	U18 Girls / Boys	200m	Heats	
	U19 Girls / Boys	200m	Heats	
15:00	U17 Girls / Boys	800m	Final	
	U18 Girls / Boys	800m	Final	
	U19 Girls / Boys	800m	Final	
16:00	U17 Girls / Boys	200m	Final	
	U18 Girls / Boys	200m	Final	
	U19 Girls / Boys	200m	Final	
16:20	U17, U18, U19 Girls	3000m	Final	
	U17, U18, U19 Boys	3000m	Final	
17:00	U17 Girls	300m Hurdles	Final	2'6" 76.2cm
	U17 Boys	300m Hurdles	Final	2'6" 76.2cm
	U18 Girls	400m Hurdles	Final	2'6" 76.2cm
	U19 Girls	400m Hurdles	Final	2'9" 84.0cm
	U18 Boys	400m Hurdles	Final	2'9" 84.0cm
	U19 Boys	400m Hurdles	Final	3'0" 91.4cm

14.2 Field Programme – Timetable will be release when numbers are known for different events.

<b>JUMPS</b>				
	<b>High Jump</b>	<b>Long Jump</b>	<b>Triple Jump</b>	<b>Pole Vault</b>
10:00		U17, U18, U19 Girls		U17, U18, U19 Girls
		U17, U18, U19 Boys		U17, U18, U19 Boys
14:00	U17, U18, U19 Girls		U17, U18, U19 Girls	
	U17, U18, U19 Boys		U17, U18, U19 Boys	
<b>Throws</b>				
	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>	<b>Hammer</b>
10:00	U17, U18, U19 Girls			U17, U18, U19 Girls
	U17, U18, U19 Boys			U17, U18, U19 Boys
14:00		U17, U18, U19 Girls	U17, U18, U19 Girls	
		U17, U18, U19 Boys	U17, U18, U19 Boys	

### 14.3 Juvenile Event Entry Fees

14.3.1 Online registration only, (refer to section 4), **late entry fees apply**

14.3.2 Standard entry registration opens 13<sup>th</sup> July.

14.3.3 **Late entry begins from 24<sup>th</sup> July and closes the 28<sup>th</sup> of July.**

14.3.4 Guest athletes are welcome to compete at this event.

14.3.5 No entries will be accepted after late entry registration closes.

14.3.6 Payment by card only.

14.3.7 Athletes Limited to 2 Events Total.

**14.3.8 There will be no entrance fee at the gate for this event.**



**Athletics Leinster**  
**Junior, Senior & Master Championships**  
**Day 1**  
**Saturday 8<sup>th</sup> August**  
**Morton Stadium, Santry**

**Morton Stadium**  
**Saturday 8<sup>th</sup> August 2020**  
**Start-time: 10:00am**

15.1 Track Timetable (Indicative)

Time	Age Category	Event	Round	Specifications
09:00	Check in Opens for select events			
10:00	Junior, Senior & Master Women	3000m Steeplechase	Final	2'6" 76.2cm
	Junior, Senior & Master Men	3000m Steeplechase	Final	3'0" 91.4cm
11:00	Junior & Senior Women	200m	Heats	
	Master Women	200m	Final	
	Junior & Senior Men	200m	Heats	
	Master Men	200m	Final	
12:30	Junior, Senior & Master Women	800m	Final	2'6" 76.2cm
	Junior, Senior & Master Men	800m	Final	2'6" 76.2cm
14:00	Junior & Senior Women	200m	Final	
	Junior & Senior Men	200m	Final	
14:30	Junior & Senior Women	100m Hurdles	Final	2'9" 84.0cm
	Master Women O35	100m Hurdles	Final	2'9" 84.0cm
	Masters Women O40-O45	80m Hurdles	Final	2'6" 76.2cm
	Junior Men	110m Hurdles	Final	3'3" 99.0m
	Senior Men	110m Hurdles	Final	3'6" 106.7cm
	Masters Men O35-O45	110m Hurdles	Final	3'3" 99.0cm
15:00	Junior, Senior & Master Women	3000m	Final	
	Junior + Master O50+ Men	3000m	Final	
	Senior + Master O35-49 Men	5000m	Final	
16:30	Junior, Senior & Master Women	4x100m	Final	
	Junior, Senior & Master Men	4x100m	Final	

15.2 Field Timetable (Indicative, will be confirm when number are known)

JUMPS			Throws		
Time	Pole Vault	Long Jump	Discus	Shot	Weight
10:00	JSM Women	JSM Men	JSM Men	JSM Women	
	JSM Men				
12:00		JSM Women	JSM Women	JSM Men	
14:00					JSM Women
					JSM Men

15.3 Event Entry Fees

- 15.3.1 Online registration only, (refer to section 4), **late entry fees apply**
- 15.3.2 Standard entry registration opens 13<sup>th</sup> July.
- 15.3.3 **Late entry begins from 31<sup>st</sup> July and closes the 4<sup>th</sup> of August.**
- 15.3.4 Guest athletes are welcome to compete at this event.
- 15.3.5 No entries will be accepted after late entry registration closes.
- 15.3.6 Athletes Limited to 3 Events per Day or 5 Total.
- 15.3.7 There will be no entrance fee at the gate for this event.**



**Athletics Leinster**  
**Junior, Senior & Master Championships**  
**Day 2**  
**Sunday 9<sup>th</sup> August**  
**Morton Stadium, Santry**

**Morton Stadium**  
**Sunday 9<sup>th</sup> August**  
**Start-time: 10:00am**

16.1 Track Timetable (Indicative)

Time	Age Category	Event	Round	Specifications
09:00	Check in Opens for select events			
10:00	Junior, Senior & Master Women	400m Hurdles	Final	2'6" 76.2cm
	Junior, Senior & Master Men	400m Hurdles	Final	3'0" 91.4cm
10:30	Junior, Senior & Master Women + Master Men O65+	3000m Walk	Final	
	Junior, Senior & Master O35-64 Men	5000m Walk	Final	
11:30	Junior & Senior Women	100m	Heats	
	Master Women	100m	Final	
	Junior & Senior Men	100m	Heats	
	Master Men	100m	Final	
13:00	Junior, Senior & Master Women	1500m	Final	
	Junior, Senior & Master Men	1500m	Final	
14:30	Junior & Senior Women	100m	Final	
	Junior & Senior Men	100m	Final	
15:00	Junior, Senior & Master Women	400m	Final	
	Junior, Senior & Master Men	400m	Final	
16:30	Junior, Senior & Master Women	4x400m	Final	
	Junior, Senior & Master Men	4x400m	Final	

16.2 Field Timetable (Indicative, will be confirm when number are known)

Time	JUMPS		Throws	
	High Jump	Triple Jump	Javelin	Hammer
10:00	JSM Women			JSM Women
12:00	JSM Men	JSM Women	JSM Women	JSM Men
14:00		JSM Men	JSM Men	

16.3 Event Entry Fees

- 16.3.1 Online registration only, (refer to section 4), **late entry fees apply**
- 16.3.2 Standard entry registration opens 13<sup>th</sup> July.
- 16.3.3 **Late entry begins from 31<sup>st</sup> July and closes the 4<sup>th</sup> of August.**
- 16.3.4 Guest athletes are welcome to compete at this event.
- 16.3.5 No entries will be accepted after late entry registration closes.
- 16.3.6 Payment by card only.
- 16.3.7 Athletes Limited to 3 Events per Day or 5 Total.
- 16.3.8 There will be no entrance fee at the gate for this event.**

## 17 Hosting an Athletics Leinster Outdoor Event

### 17.1 Event Hosting Guidelines.

- 17.1.1 All Counties/Clubs/Venues are encouraged to apply to host any of the Athletics Leinster Outdoor Events.
- 17.1.2 Counties/Clubs/Venues seeking to host an event should contact the Leinster Outdoor T&F Secretary as early as possible with their expression of interest.
- 17.1.3 All expressions of interest must be made to the Leinster Outdoor T&F Secretary before the date of the Athletics Leinster Annual General Meeting for that year.
- 17.1.4 All Counties/Clubs/Venues will be informed as soon as possible of the decision on their expression of interest.
- 17.1.5 The Leinster Outdoor Secretary will arrange to meet and discuss the form of event and layout of venue with the hosting County/Club/Venue.
- 17.1.6 The hosting County/Club/Venue must submit a completed Event Management Form set out in Section 24. The Leinster Outdoor T&F Secretary will assist with the completion of this form.

### 17.2 Track Hosting Guidelines

- 17.2.1 Hosts will be required to cater for all events set out in the event timetable in the desired event they propose to run.
- 17.2.2 With the growing number of tartan running tracks, Athletics Leinster will seek to host their events at the most suitable venue available. In determining the most suitable venue, Athletics Leinster will have regard, amongst other criteria to:
  - 17.2.2.1 The proposed venue offers field event facilities that no other proposed venue offers.
  - 17.2.2.2 There are no other proposed venues.
- 17.2.3 Athletics Leinster requires that all host venues have secure perimeter fencing surrounding their track area, separating it from spectators.
- 17.2.4 Where host venues that do not have such a perimeter, suitable temporary perimeter fencing must be installed, and accounted for in any costings for the event.

## 18 Enquiries

Please read the specific details of the competition booklet carefully.

Please direct any errors, queries, or concerns to the Outdoor Track & Field  
Competition Secretary.

Carmel Kelly      Leinster Athletics Outdoor Track & Field

Email:            [athleticsleinsteroutdoorsec@gmail.com](mailto:athleticsleinsteroutdoorsec@gmail.com)



## **19 Leinster Executives for the year of 2020**

<b>Chairperson</b>	<b>Pat Hooper</b>
<b>Deputy Chairperson</b>	<b>Catriona Duffy</b>
<b>Secretary</b>	<b>Larry Dunne</b>
<b>Treasurer</b>	<b>Frank Kilrane</b>
<b>Assistant Treasurer</b>	<b>Majella McGrath</b>
<b>Outdoor T&amp;F Secretary</b>	<b>Carmel Kelly</b>
<b>Road &amp; Cross-Country</b>	<b>Greg Duggan</b>
<b>Indoor T&amp;F Secretary</b>	<b>David Deneiffe</b>
<b>Entries, Results &amp; IT Officer</b>	<b>Andrew Lynam</b>
<b>Development Officer</b>	<b>Darren Butler</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 Officer</b>	<b>Lisa Dixon</b>
<b>Child Welfare Officer</b>	<b>Joe Walsh</b>

## Appeal Form

<b>Date:</b>	<b>Time:</b>
<b>Athlete Name:</b>	
<b>Club:</b>	
<b>Event:</b>	
<b>Detail:</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 Track & Field competition secretary at:

[athleticsleinsteroutdoorsec@gmail.com](mailto:athleticsleinsteroutdoorsec@gmail.com)

## Relay Amendment Form

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

## Event Management Form

<b>List of criteria that Counties, Clubs, or Venues must have in place to host an Athletics Leinster Championship event.</b>	<b>Responsible Person/s</b>	<b>Confirmed</b>
First Aid		
Refreshments (Officials Only)		
Toilet / Portaloo		
PA system		
Power Supply, (Generator, Mains supply)		
Correct Equipment (Sandpit levels, high jump mats, shot puts, hurdles, Measuring equipment. Weighing Scales)		
Car park Facility with attendants if needed		
Tent and preferably not a white one as this affect computer screen		
Crowd Control in place for health and safety		
A physical barrier from track a rope is not enough		