

# Outdoor Track & Field Competition Booklet 2026 v1.2



# Athletics Leinster

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## V1.1 – Day 6 & 7 Schedule of Events Updated

V1.2 – Combined Events U18, U20, Sen – Now following WA definition.

# Track & Field Policies

Athletics Leinster wishes to advise clubs of the following 2026 Track & Field Policies. It is the intention of Athletics Leinster to **strictly** enforce all policies for the 2026 season.

The World Athletics Rule Book applies unless otherwise stated. In the event of any conflict between the rules of the World Athletics 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 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 the guidelines.

[AAI Filming and Photography Guidelines](#)

3.1.5 Athletics Leinster require the images to be shared with us within 24 hours so that we can publish on our website and social media pages

## 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. [Event Entry System](#)
- 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. Athletics Leinster will cover half the entry system / transactions costs for standard entries, for late entries all the cost will be on the entry.
- 4.1.5 Payment will not be accepted on the day for events.

### 4.2 Standard Entry Fees

4.2.1	Athletes U9 to U11	€5 per athlete entered ( <i>€10 per pair</i> )
4.2.2	Athletes U12 to U16	€5 per event entered.
4.2.3	Athletes U17 to U19	€6 per event entered.
4.2.4	U20 Athlete	€8 per event entered.
4.2.5	U23, Senior and Master Athletes	€12 per event entered.
4.2.6	U9 – U19 & U20 Relay	€15 per team entered.
4.2.7	Senior Relay	€15 per team entered.
4.2.8	Decathlon/Heptathlon Event	€20 per U18 / U20 athlete entered.
4.2.9	Decathlon/Heptathlon Event	€20 per Senior and Masters athlete entered.
4.2.10	Single Day Combined Event	€10 per athlete entered.

### 4.3 Late Entry Fees

4.3.1	Athletes U9 to U11	€10 per athlete entered.
4.3.2	Athletes U12 to U16	€10 per event entered.
4.3.3	Athletes U17 to U19	€12 per event entered.
4.3.4	U20 Athlete	€16 per event entered
4.3.5	U23, Senior and Master Athletes	€24 per event entered.
4.3.6	U9 – U19 & U20 Relay	€30 per team entered.
4.3.7	Senior Relay	€30 per team entered.
4.3.8	Decathlon/Heptathlon Event	€40 per U18 / U20 athlete entered.
4.3.9	Decathlon/Heptathlon Event	€40 per Senior and Masters athlete entered
4.3.10	Single Day Combined Event	€20 per athlete 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.
- 5.1.7 Its expected that one Official is provide for every 10 athletes the club has competing in per day of an event.

### 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 only.
- 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 The Timetable will be published on the Athletics Leinster website and our Facebook page approx. Tuesday / Wednesday preceding the competition.
- 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 Athletics Leinster events wearing national apparel risk disqualification.
- 5.6.4 5mm spikes only will be allowed on track. Spot checks will take place. Exceptions are in place for High Jump / Javelin depended on track.
- 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.

## 5.8 Spectator Entry (including dogs)

- 5.8.1 Spectator tickets for non-athlete and non-officials over the age of 16 can be purchased online in advance at a cost of €6 per ticket. Tickets for multiple days can be bought online in advance at a cost of €5 per ticket per day. Tickets bought on the day whether online or by card will cost €7. Tickets will be exchanged for wristbands and these must be worn at all times to gain admittance to the venue. Wristbands that have been removed or deemed to have been tampered with by the gate official will be confiscated and the individual who presented it will be refused admission unless they purchase / present a new / unscanned ticket.

5.8.2 No dogs (other than service dogs) will be permitted to enter.

## **6 Entry & Competition Rules**

### 6.1 Number Collection

- 6.1.1 Only Club officials are permitted to collect athlete Bib numbers.
- 6.1.2 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.
- 6.1.3 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.
- 6.1.4 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 U23 and 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
U9 Athletes	2018
U10 Athletes	2017
U11 Athletes	2016
U12 Athletes	2015
U13 Athletes	2014
U14 Athletes	2013
U15 Athletes	2012
U16 Athletes	2011
U17 Athletes	2010
U18 Athletes	2009 (2009 - 2010 for CE)
U19 Athletes	2008
U20 Athletes	2007 – 2010
U23 Athletes	2004 – 2006
Senior Athletes	Before 2011

### 7.2 Master 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 Master age categories are defined by the athlete's age on the day of competition.
- 7.2.3 Master age categories are compiled over a 5-year period.

- 7.2.4 Master 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. M40 can compete as an M35).
- 7.2.6 Master athletes cannot compete in an age category which is higher than their age category ranking (e.g. M35 cannot compete as an M40).
- 7.2.7 Master Athletes must declare their chosen age category or if they are competing as a Senior prior to competing in their first event.
- 7.2.8 Master athletes must compete in the same age category for their chosen events throughout the competition.
- 7.2.9 Master 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	W35	M35
Master O40	40	W40	M40
Master O45	45	W45	M45
Master O50	50	W50	M50
Master O55	55	W55	M55
Master O60	60	W60	M60
Master O65	65	W65	M65
Master O70	70	W70	M70
Master O75	75	W75	M75
Master O80	80	W80	M80
Master O85	85	W85	M85
Master O90	90	W90	M90

### 7.3 U23 Athletes

- 7.3.1 The only event for this age group will be the 100m sprint competition
- 7.3.2 U23 athletes can compete as a senior for remaining events listed but cannot exceed event limit between both categories.

## 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 Managers 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 masters 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.
- 8.2.6 There will be three (3) trials allowed in all field events for the Combined Events.

### 8.3 Jump Guidelines

- 8.3.1 For U9 and U10 Long Jump, 1 metre take off area from sand. All other age categories take-off from board.

- 8.3.2 Athletes who compete in the High Jump and Pole Vault may continue to compete in competition until they have accumulated 3 consecutive fouls.
- 8.3.3 Any legal High Jump method may be used.
- 8.3.4 Run up marks for High Jump events must be of easily removable tape or event supplied markers. Use of any other type of marking system risks disqualification.
- 8.3.5 All jump marks used by athletes must be removed once their competition is complete.

#### 8.4 Throw Guidelines

- 8.4.1 Turbo Javelin throw as per Javelin throw (tip must touch ground first to count).
- 8.4.2 U9, U10, U11 Turbo Javelin – Pairs (Children’s Games) will take all three trials together with all trials measured to where the tip first touches the ground.
- 8.4.3 U12 Turbo Javelin - one throw per athlete per round with the throw measured to where the tip first touches the ground.
- 8.4.4 In Senior Men’s shot put, discus and hammer events, athletes must be 18 years or over in the year of competition to compete.
- 8.4.5 Splitting on Implements will result in a yellow card.

#### 8.5 Implements Check

- 8.5.1 All throwing implements used in Athletics Leinster Competitions must comply with current World Athletics specifications. Only World Athletics certified implements can be used.
- 8.5.2 All throwing implements must be presented to the official Athletics Leinster implement check in area by the athlete for inspection no later than 60 minutes before the timetabled start of their event. Throwing implements presented after this time will not be inspected and cannot be used in competition.
- 8.5.3 Juvenile athletes presenting throwing implements for inspection should be accompanied by an adult.
- 8.5.4 Athletes are allowed to check in a maximum of two personal throwing implements for each competition.
- 8.5.5 Throwing implements presented for inspection must be clean.
- 8.5.6 Once inspected, throwing implements will not be returned to the athlete until after the conclusion of the relevant competition - this includes throwing implements that fail official checks.
- 8.5.7 Only throwing implements brought to the competition area by Athletics Leinster officials can be used in competition.
- 8.5.8 No modification can be made to any implement during competition.

## 8.6 Throwing Implements

### 8.6.1 Male Athletes

Age	Shot Put	Discus	Turbo Javelin	Javelin	Hammer	Weight For Distance and Height	Weight Throw
U9 – U11 Boys			300gr				
U12 Boys	2k		300gr				
U13 Boys	2k			400gr			
U14 Boys	2.72k	0.75k		400gr	2.5k		
U15 Boys	3k	1k		500gr	3k		
U16 Boys	4k	1k		600gr	4k		
U17 Boys	5k	1.5k		700gr	5k		
U18 Boys	5k	1.5k		700gr	5k		
U19 Boys	6k	1.75k		800gr	6k		
U20 Men	6k	1.75k		800gr	6k	35lb	
Senior Men	7.26k	2k		800gr	7.26k	56lb	35lbs
Master Men O35 -O45	7.26k	2k		800gr	7.26k	56lb	35lbs
Master Men O50 -O55	6k	1.5k		700gr	6k	35lb	25lbs
Master Men O60 -O65	5k	1k		600gr	5k	35lb	20lbs
Master Men O70 -O75	4k	1k		500gr	4k	28lb	16lbs
Master Men O80+	3k	1k		400gr	3k	28lb	12lbs

## 8.6.2 Female Athletes

Age	Shot Put	Discus	Turbo Javelin	Javelin	Hammer	Weight for Distance and Height	Weight Throw
U9 – U11 Girls			300gr				
U12 Girls	2k		300gr				
U13 Girls	2k			400gr			
U14 Girls	2k	0.75k		400gr	2.5k		
U15 Girls	2.72k	0.75k		400gr	2.5k		
U16 Girls	3k	1k		500gr	3k		
U17 Girls	3k	1k		500gr	3k		
U18 Girls	3k	1k		500gr	3k		
U19 Girls	4k	1k		600g	4k		
U20 Women	4k	1k		600gr	4k	20lb	
Senior Women	4k	1k		600gr	4k	28lb	20lbs
Master Women O35 -O45	4k	1k		600gr	4k	28lb	20lbs
Master Women O50 -O55	3k	1k		500gr	3k	20lb	16lbs
Master Women O60 -O70	3k	1k		400gr	3k	20lb	12lbs
Master Women O75 +	2k	0.75k		400gr	2.5k	16lb	8.8lbs (4kg)

## 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 be 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 600m and 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 Athletes U14 upwards must use starting blocks. Only starting blocks provided by the organising committee may be used.
- 9.2.2 Starting blocks are optional for U12, U13 & Masters athletes. Athletes not using starting blocks must start from a 4-point crouching position.
- 9.2.3 Athletes U9, U10, or U11 standing or crouch start is optional.
- 9.2.4 The Start Commands for all sprints are "On Your Marks", then "Set".

### 9.3 False Start

- 9.3.1 World Athletics False start outdoor rules apply.
- 9.3.2 U16 upwards – first false start results in disqualification.
- 9.3.3 U12, U13, U14, and U15 – first false start and all athletes are on a warning; next and subsequent false starts result in disqualification.
- 9.3.4 U9, U10, U11 – persistent false start may result to disqualification.
- 9.3.5 Combined Events all age categories & Masters – first false start and all are on a warning; next and subsequent false starts result in disqualification.

## 9.4 Relay Guidelines

- 9.4.1 Athletes must be a 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
U12 Girls	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
U12 Boys	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
U13 Girls	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
U13 Boys	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
U14 Girls	75m	68.6cm 2' 3"	8	11.50m	7.50m	11.00m
U14 Boys	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.00m
U15 Girls	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
U16 Girls	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
U15 Boys	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
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
U16 Boys	100m	84.0cm 2' 9"	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
U20 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
U20 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
U15 Girls	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
U16 Girls	250m	68.6cm 2' 3"	6	35.00m	8.00m	40.00m
U15 Boys	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
U16 Boys	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
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
U20 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
U20 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

### 9.5.3 Steeple Chase Hurdle Heights

Age Group	Distance	Height	No.	No. Water
U17 Girls	2000m	76.2cm 2' 6"	18	5
U17 Boys	2000m	83.8cm 2' 9"	18	5
U18 Girls	2000m	76.2cm 2' 6"	18	5
<b>U18 Boys</b>	<b>2000m</b>	83.8cm 2' 9"	18	5
U19 Girls	3000m	76.2cm 2' 6"	28	7
U19 Boys	3000m	91.4cm 3' 0"	28	7
U20 Women	3000m	76.2cm 2' 6"	28	7
U20 Men	3000m	91.4cm 3' 0"	28	7
Senior Women	3000m	76.2cm 2' 6"	28	7
Senior Men	3000m	91.4cm 3' 0"	28	7
Master Women	2000m	76.2cm 2' 6"	18	5
Master Men O35-59	3000m	83.8cm 2' 9"	28	7
Master Men O60+	2000m	76.2cm 2' 6"	18	5

**U18 Boys Steeplechase Specification updated at AAI Congress 2025**

## 10 Entry to the National Championships

### 10.1 Combined Events

- 10.1.1 The combined event is not a national qualifying event; athletes do not need to place to qualify for entry to nationals.
- 10.1.2 All combined entries to be registered to national via your club secretary.

### 10.2 Inter Club Relay - U9 to U11 Categories

- 10.2.1 The first three placed inter club relay teams from the U9 to U11 age groups qualify for the national relay championships.
- 10.2.2 All qualifying U9 - U11 inter club relay teams will be entered to nationals via club secretary. Regional secretary will validate those entries to ensure only qualified athletes are entered.

### 10.3 Inter Club Relay U12 to U19 Categories

- 10.3.1 U12 - U19 inter club relay teams are entered to nationals via county championships and are enter by county secretary.
- 10.3.2 Only three teams per county from age groups U12 to U19 group can be entered to nationals.

### 10.4 Pairs (Children's Games) Categories

- 10.4.1 All U9 to U11 pairs who qualify will enter the National Children's Games.
- 10.4.2 Only the top 3 pairs in each event qualify for the national finals. In the event of a tie resulting in more than 3 pairs qualifying, a coin toss will decide which of the tying pairs qualify.
- 10.4.3 Entries to nationals via club secretary. Regional secretary will validate those entries to ensure only qualified athletes are entered.
- 10.4.4 No entry or change of entry on the day of competition. Athletes qualify as a pair from their Region and must compete as this pair. In the event of a pair being unable to attend the Games the next regional qualifier is entitled to attend provided they are entered online by the Regional secretary before the closing date. In the event of illness on the day ONE athlete of the pair may be substituted.

### 10.5 Juveniles U12 to U16 Categories

- 10.5.1 The first three athletes in the 600m Event will quality for the National Juvenile Track and Field Championships.
- 10.5.2 The first 4 athletes from all other events will qualify for the National Juvenile Track and Field Championships. No substitutions will be allowed.
- 10.5.3 Certain events are Leinster Only, they are highlight in the summary table below.
- 10.5.4 Entries to nationals via club secretary. Regional secretary will validate those entries to ensure only qualified athletes are entered. This process is being streamlined; more info will be released closer to the entry time.

## 10.6 Juveniles U17 to U19 Categories

- 10.6.1 Athletes cannot enter into the national championships if they have not entered in the same events in their provincial/regional juvenile championships.
- 10.6.2 Athletes may compete in the national championships provided they were unable to compete in their event at the provincial/regional championships due to injury.
- 10.6.3 Athletes may compete in the national championships provided they were unable to compete in their event at the provincial/regional championships due to special circumstances.
- 10.6.4 Athletes may compete in the national championships provided they were unable to compete due to being chosen to represent their country on the same day as the provincial/regional championships.
- 10.6.5 Athletes cannot compete in the national championships if they do not meet any of the criteria in Sections 10.6.2, 10.6.3, or 10.6.4.
- 10.6.6 In general, unless otherwise specified, the first 4 athletes from all events (except those designated) are entered for the national championships by the Club Secretary and then validated by the Regional Secretary.
- 10.6.7 Any other athletes who wish to be entered for their chosen event at the national championship must do so through their club secretary. Club secretaries wishing to register an athlete to nationals must apply in writing/email to the regional competition secretary stating the reason under one of the following 4 categories:
  - 10.6.7.1 Competed at regional championships and did not place.
  - 10.6.7.2 Injured at time of regional championships.
  - 10.6.7.3 Special Circumstances (with brief comment of reason)
  - 10.6.7.4 Representing their Country.

## 10.7 National 'B' Championships

- 10.7.1 An athlete who did NOT qualify for the national juvenile championships in any individual event having competed in their regional event is eligible to compete in this competition.
- 10.7.2 Athletes may enter in two events only and must compete in their own age category.
- 10.7.3 ALL ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.
- 10.7.4 Entries to competition via Club Secretaries

## 10.8 Athletes qualified and NOT competing at Nationals

- 10.8.1 Club secretaries are required to inform the regional secretary if any of their qualified athletes are not able to compete at the national championships.

## 11 Appeals Procedure

### 11.1 Verbal Protest to Referee of Event

- 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 Appeal to Jury of Appeal

- 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 protest.
- 11.2.3 The appeal will only be accepted when presented by a competent club official citing basis for appeal, desired outcome 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.

Age Category	Maximum # of Individual Events
U9, U10, U11	2 Events
U12 – U16	3 Events
U17 – U19	4 Events
U20, U23, Senior & Master	7 Events

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 One Day Combined Events do not count towards total as on separate day.

12.1.5 Senior and Master athletes entering the throws heptathlon will be entered in all seven throwing events.

### 12.2 U9 – U11 Events

U9 Boys	U10 Boys	U11 Boys	U9Girls	U10 Girls	U11 Girls
60m Sprint	60m Sprint	60m Sprint	60m Sprint	60m Sprint	60m Sprint
300m	500m	600m	300m	500m	600m
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Turbo Javelin	Turbo Javelin	Turbo Javelin	Turbo Javelin	Turbo Javelin	Turbo Javelin
		<b>Quadrathlon</b>			<b>Quadrathlon</b>

### 12.3 U12 – U13 Events

U12 Boys	U13 Boys	U12 Girls	U13 Girls
<b>60m Hurdles</b>	60m Hurdles	<b>60m Hurdles</b>	60m Hurdles
60m Sprint	80m Sprint	60m Sprint	80m Sprint
600m	600m	600m	600m
Long Jump	Long Jump	Long Jump	Long Jump
Turbo Javelin	Javelin	Turbo Javelin	Javelin
High Jump	High Jump	High Jump	High Jump
Shot Put	Shot Put	Shot Put	Shot Put
	<b>Pole Vault</b>		<b>Pole Vault</b>
	<b>1200m Walk</b>		<b>1200m Walk</b>
<b>Quadrathlon</b>	<b>Pentathlon</b>	<b>Quadrathlon</b>	<b>Pentathlon</b>

## 12.4 U14 Girls – U19 Girls

<b>U14 Girls</b>	<b>U15 Girls</b>	<b>U16 Girls</b>	<b>U17 Girls</b>	<b>U18 Girls</b>	<b>U19 Girls</b>
75m Hurdles	80m Hurdles	80m Hurdles	100m Hurdles	100m Hurdles	100m Hurdles
	250m Hurdles	250m Hurdles	300m Hurdles	400m Hurdles	400m Hurdles
80m Sprint	100m Sprint	100m Sprint	100m Sprint	100m Sprint	100m Sprint
200m Sprint	200m Sprint	200m Sprint	200m Sprint	200m Sprint	200m Sprint
<b>300m Sprint</b>	<b>300m Sprint</b>	<b>400m Sprint</b>	400m Sprint	400m Sprint	400m Sprint
800m	800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m	1500m
		3000m	3000m	3000m	3000m
			2000m S/chase	2000m S/chase	3000m S/chase
2000m Walk	2000m Walk	2000m 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	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
<b>Triple Jump</b>	Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
<b>Pole Vault</b>	Pole Vault	Pole Vault	Pole Vault	Pole Vault	Pole Vault
Pentathlon	Pentathlon	Pentathlon			

## 12.5 U14 Boys – U19 Boys

<b>U14 Boys</b>	<b>U15 Boys</b>	<b>U16 Boys</b>	<b>U17 Boys</b>	<b>U18 Boys</b>	<b>U19 Boys</b>
75m Hurdles	80m Hurdles	100m Hurdles	100m Hurdles	110m Hurdles	110m Hurdles
	250m Hurdles	250m Hurdles	300m Hurdles	400m Hurdles	400m Hurdles
80m Sprint	100m Sprint	100m Sprint	100m Sprint	100m Sprint	100m Sprint
200m Sprint	200m Sprint	200m Sprint	200m Sprint	200m Sprint	200m Sprint
<b>300m Sprint</b>	<b>300m Sprint</b>	<b>400m Sprint</b>	400m Sprint	400m Sprint	400m Sprint
800m	800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m	1500m
		3000m	3000m	3000m	3000m
			2000m S/chase	3000m S/chase	3000m S/chase
2000m Walk	2000m Walk	3000m Walk	3000m Walk	5000m Walk	5000m 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	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
<b>Triple Jump</b>	Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
<b>Pole Vault</b>	Pole Vault	Pole Vault	Pole Vault	Pole Vault	Pole Vault
Pentathlon	Pentathlon	Pentathlon			

## 12.6 U20, U23, Senior & Master Events

<b>U20 Women</b>	<b>Senior Women</b>	<b>Master Women</b>	<b>U20 Men</b>	<b>Senior Men</b>	<b>Master Men</b>
100m Hurdles	100m Hurdles	Short Hurdles	110m Hurdles	110m Hurdles	Short Hurdles
400m Hurdles	400m Hurdles	Long Hurdles	400m Hurdles	400m Hurdles	Long Hurdles
100m Sprint	100m Sprint (+U23s)	100m Sprint	100m Sprint	100m Sprint (+U23s)	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	5000m	5000m
3000m S/chase	3000m S/chase	2000m S/chase	3000m S/chase	3000m S/chase	(M65+ 3000m) 3000m S/chase
3000m Walk	3000m Walk	3000m Walk	5000m Walk	5000m Walk	5000m / 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	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	Pole Vault	Pole Vault
Weight for Dist.	Weight for Dist.	Weight for Dist.	Weight for Dist.	Weight for Dist.	Weight for Dist.
Weight for Height	Weight for Height	Weight for Height	Weight for Height	Weight for Height	Weight for Height
Weight Throw	Weight Throw	Weight Throw	Weight Throw	Weight Throw	Weight Throw
Heptathlon (+U18s)	Heptathlon	Heptathlon	Decathlon (+U18s)	Decathlon	Decathlon
Pentathlon (+U18s)	Pentathlon	Pentathlon	Pentathlon (+U18s)	Pentathlon	Pentathlon
Throws Heptathlon	Throws Heptathlon	Throws Heptathlon	Throws Heptathlon	Throws Heptathlon	Throws Heptathlon



## Athletics Leinster

### 2026 Track & Field Booklet

### 13 Athletics Leinster Track & Field Programme

Event Date	Start Time	Event Type	Venue	Registration Opens	Registration Closes	Late Entry Opens	Late Entry Closes
Saturday 23 <sup>rd</sup> May	10:30	U20 Senior & Masters Championship	SETU Carlow Sports Campus	3 <sup>rd</sup> May 2026	15 <sup>th</sup> May 2026	16 <sup>th</sup> May 2026	19 <sup>th</sup> May 2026
Sunday 24 <sup>th</sup> May	10:30	U20 Senior & Masters Championship	SETU Carlow Sports Campus	3 <sup>rd</sup> May 2026	15 <sup>th</sup> May 2026	16 <sup>th</sup> May 2026	19 <sup>th</sup> May 2026
Sunday 31 <sup>st</sup> May	10:00	U9, U10, U11 Pairs Competition & U12-U13 Championship	Tullamore Harriers	3 <sup>rd</sup> May 2026	22 <sup>nd</sup> May 2026	23 <sup>th</sup> May 2026	26 <sup>th</sup> May 2026
Saturday 6 <sup>th</sup> June	10:00	(U9 – U19) Inter-Club Relays	SETU Carlow Sports Campus	3 <sup>rd</sup> May 2026	29 <sup>th</sup> May 2026	30 <sup>st</sup> May 2026	2 <sup>nd</sup> June 2026
Sunday 7 <sup>th</sup> June	09:30	Combined Events	SETU Carlow Sports Campus	3 <sup>rd</sup> May 2026	29 <sup>th</sup> May 2026	30 <sup>st</sup> May 2026	2 <sup>nd</sup> June 2026
Saturday 13 <sup>th</sup> June	10:00	Juvenile Championships (U12-U19)	Tullamore Harriers	3 <sup>rd</sup> May 2026	5 <sup>th</sup> June 2026	6 <sup>th</sup> June 2026	9 <sup>th</sup> June 2026
Sunday 14 <sup>th</sup> June	09:30	Juvenile Championships (U12-U19)	Tullamore Harriers	3 <sup>rd</sup> May 2026	5 <sup>th</sup> June 2026	6 <sup>th</sup> June 2026	9 <sup>th</sup> June 2026
<b>Athletics Leinster Inter-County Relay</b>				<b>County Secretaries register teams for County Relays (ONLY)</b>			
Sunday 31 <sup>st</sup> May		U11, U13 County Relays	Tullamore Harriers	3 <sup>rd</sup> May 2026	22 <sup>nd</sup> May 2026	23 <sup>rd</sup> May 2026	26 <sup>th</sup> May 2026
Saturday 13 <sup>th</sup> June		U15, U17, U19 County Relays	Tullamore Harriers	3 <sup>rd</sup> May 2026	5 <sup>th</sup> June 2026	6 <sup>th</sup> June 2026	9 <sup>th</sup> June 2026



**Athletics Leinster**  
**Day 1 U20, Senior & Master**  
**Championships**  
**Saturday 23<sup>rd</sup> May 2026**  
**SETU Carlow Sports Campus**

## 14.1 U20, U23, Senior & Master Day 1 Draft Timetable

Track	23 <sup>rd</sup> May 2026		Field	
10:00	100m	CE Men	Long Jump	Women
	80mH	Mas Women	Long Jump	Men (+CE)
	100mH	Women (+CE)		
	100mH	Men/Women	High Jump	Women (+CE)
	110mH	Men	High Jump	Men (+CE)
	1500m	All	Shotput	Women (+CE)
			Shotput	Men (+CE)
	3000m SC	Women		
	2000m SC	U18 Women	Seated Shot	All
			Weight for Distance	Women
	100m	All	Weight for Distance	Men
	2000m SC	U18/Mas Men	Hammer	Women
	3000m SC	Men	Hammer	Men
	100m	FINALS (U20/Sen)	Heavy Hammer	Women
			Heavy Hammer	Men
	200m	CE Women		
	4x100m	Mixed		
	400m	All		
	400m	CE Men		
	4x100m	All		
	4x800m	Masters (Non-Champs)		

## 14.2 U20, U23, Senior & Master Event Entry Fees

Online registration only, (refer to section 4)

Guest athletes are welcome to compete at this event.

No entries will be accepted after late entry registration closes.

Payment by card only.

## 14.3 Senior and Master Team and Throws Events to note

14.3.1 There will be a team event in the 1500m. Team of 3 based on times with medals to be awarded to the first three clubs.

14.3.2 The throws heptathlon event for Day 1 are the Shotput, Hammer, Heavy Hammer, & Weight for Distance, over the two days if at least 4 events attempted scoring will be done. If all seven events entered, fee will be 60€



**Athletics Leinster**  
**Day 2 U20, Senior & Master**  
**Championships**  
**Sunday 24<sup>th</sup> May 2026**  
**SETU Carlow Sports Campus**

### 15.1 U20, U23, Senior & Master Track Timetable

Track	24 <sup>th</sup> May 2026			Field	
10:00	100mH	CE Men		Long Jump	CE Women
	300mH	Masters			
	400mH	All		Triple Jump	Women
				Triple Jump	Men
	800m	All			
	800m	W/C		Pole Vault	CE Men
				Pole Vault	Women
	Walks	All		Pole Vault	Men
	200m	All		Discus	Women
				Discus	Men (+CE)
	3000m	Women			
	3000m	U20 / Masters Men		Javelin	Women (+CE)
	5000m	Senior/Masters Men		Javelin	Men (+CE)
	4x400m	Mixed		Weight for Height	Women
				Weight for Height	Men
	800m	CE Women			
	1500m	CE Men			
	4x400m	All			

### 15.2 U20, U23, Senior & Master Event Entry Fees

Online registration only, (refer to section 4)

Guest athletes are welcome to compete at this event.

No entries will be accepted after late entry registration closes.

Payment by card only.

### 15.3 Senior and Master Team and Throws Events to note

15.3.1 There will be a team event in the 3000m / 5000m. Team of 3 based on times with medals to be awarded to the first three clubs.

15.3.2 The throws heptathlon event for Day 2 are the Javelin, Discus, and Weight for Height, over the two days if at least 4 events attempted scoring will be done.



**Day 3 U9-U11 Pairs (Children's Games)  
U12-U13 Championships  
Sunday 31<sup>st</sup> May 2026  
Tullamore Harriers**

**Tullamore Harriers**  
**Sunday 31<sup>st</sup> May 2026**  
**Start-time: 10:00am**

16.1 Pairs (Children's Games) & U12 – U13 Track Timetable

Time	Age Category	Event	Event Type		
9:00	Check -in Opens				
10:00	U12 Girls	600m	Heat		
	U12 Boys	600m	Heat		
	U13 Girls	600m	Heat		
	U13 Boys	600m	Heat		
	U11 Girls	600m Pairs			
	U11 Boys	600m Pairs			
	U9 Boys	300m Pairs			
	U9 Girls	300m Pairs			
	U10 Girls	500m Pairs			
	U10 Boys	500m Pairs			
	U12 Girls	600m			Final
	U12 Boys	600m			Final
	U13 Girls	600m			Final
	U13 Boys	600m			Final
	U9 Girls	60m Pairs Sprint			
	U9 Boys	60m Pairs Sprint			
	U10 Girls	60m Pairs Sprint			
	U10 Boys	60m Pairs Sprint			
<b>Track Break</b>					
	U12 Girls	60m Sprint	Heat		
	U12 Boys	60m Sprint	Heat		
	U13 Girls	80m Sprint	Heat		
	U13 Boys	80m Sprint	Heat		
	U12 Girls	60m Sprint		Semi	
	U12 Boys	60m Sprint		Semi	
	U13 Girls	80m Sprint		Semi	
	U13 Boys	80m Sprint		Semi	
	U11 Girls	60m Pairs Sprint			
	U11 Boys	60m Pairs Sprint			
	U13 Girls	80m Sprint			Final
	U13 Boys	80m Sprint			Final
	U12 Girls	60m Sprint			Final
	U12 Boys	60m Sprint			Final
	U11 Girls	4x100 Inter County Relay			Final
	U11 Boys	4x100 Inter County Relay			Final
	U13 Girls	4x100 Inter County Relay			Final
	U13 Boys	4x100 Inter County Relay			Final

16.2 Pairs (Children's Games) & U12 – U13 Field Timetable

<b>Field Events</b>						
Time	Long Jump (Pit 1)	Long Jump (Pit 2)	Turbo Javelin (Area 1)	Turbo Javelin (Area 1)	Shot Put	High Jump
10:00	U9 Girls	U9 Boys	U11 Girls	U11 Boys	U12 Boys	U12 Boys
	U10 Girls	U10 Boys	U10 Girls	U10 Boys	U12 Girls	U13 Girls
	U11 Girls	U11 Boys	U9 Girls	U9 Boys	U13 Boys	U13 Boys
					U13 Girls	U12 Girls

### 16.3 Pairs (Children's Games) & U12 – U13 Championship Events

<b>U9 – to U11 Pairs &amp; U12 – U13 Championship Events</b>				
<b>U9 Girls &amp; Boys</b>	<b>U10 Girls &amp; Boys</b>	<b>U11 Girls &amp; Boys</b>	<b>U12 Girls &amp; Boys</b>	<b>U13 Girls &amp; Boys</b>
60m Sprint	60m Sprint	60m Sprint	60m Sprint	80m Sprint
300m	500m	600m	600m	600m
Long Jump	Long Jump	Long Jump		
Turbo Javelin	Turbo Javelin	Turbo Javelin		
			Shot Put	Shot Put
			High Jump	High Jump
		4x100m Inter-County Relay		4x100m Inter-County Relay

### 16.4 Pairs (Children's Games) Competition Guidelines

Athletes can only compete in their own age category.

Athletes can only compete in two events.

Athletes enter Individually.

Pairs will be compiled by Best Performances.

All results will be based on the combined total of both paired athletes.

Event winners will be the accumulated best result from each pair in each age category.

An athlete who does not have a pair can compete in competition but will not be recorded as part of the results processed.

### 16.5 Pairs (Children's Games) Field Events Guidelines

Refer to section 8

### 16.6 Pairs (Children's Games) Track Event Guidelines

Refer to section 9

### 16.7 Pairs (Children's Games) & U12 -U13 Event Entry Fees

Online registration only (refer to section 4)

Strictly no guests allowed.

Payment by Card only.

No entries will be accepted after late entry registration closes.



**Day 4 Inter-Club Relays (U9–U19)**

**Saturday 6<sup>th</sup> June 2026**

**SETU Carlow Sports Campus**

# SETU Carlow Sports Campus

Saturday 6<sup>th</sup> June 2026

Start Time 10:00 am

## 17.1 Inter-Club Relay Timetable

TRACK EVENTS				
09:00	Check – in			
Time	Age Category	Event	Event Type	
10:00	U17 Girls	4 * 400m Relay		Final
	U17 Boys	4 * 400m Relay		Final
	U19 Girls	4 * 400m Relay		Final
	U19 Boys	4 * 400m Relay		Final
	U9 Girls	4 * 100m Relay	Heat	
	U9 Boys	4 * 100m Relay	Heat	
	U11 Girls	4 * 100m Relay	Heat	
	U11 Boys	4 * 100m Relay	Heat	
	U13 Girls	4 * 100m Relay	Heat	
	U13 Boys	4 * 100m Relay	Heat	
	U15 Girls	4 * 100m Relay	Heat	
	U15 Boys	4 * 100m Relay	Heat	
	U17 Girls	4 * 100m Relay	Heat	
	U17 Boys	4 * 100m Relay	Heat	
	U19 Girls	4 * 100m Relay		Final
	U19 Boys	4 * 100m Relay		Final
	U9 Girls	4 * 100m Relay		Final
	U9 Boys	4 * 100m Relay		Final
	U11 Girls	4 * 100m Relay		Final
	U11 Boys	4 * 100m Relay		Final
	U13 Girls	4 * 100m Relay		Final
	U13 Boys	4 * 100m Relay		Final
	U15 Girls	4 * 100m Relay		Final
	U15 Boys	4 * 100m Relay		Final
	U17 Girls	4 * 100m Relay		Final
	U17 Boys	4 * 100m Relay		Final
<b>Break</b>				
	U10 Girls	4 * 100m Relay	Heat	
	U10 Boys	4 * 100m Relay	Heat	
	U12 Girls	4 * 100m Relay	Heat	
	U12 Boys	4 * 100m Relay	Heat	
	U14 Girls	4 * 100m Relay	Heat	
	U14 Boys	4 * 100m Relay	Heat	
	U16 Girls	4 * 100m Relay	Heat	
	U16 Boys	4 * 100m Relay	Heat	
	U18 Girls	4 * 100m Relay	Heat	
	U18 Boys	4 * 100m Relay	Heat	
	U10 Girls	4 * 100m Relay		Final
	U10 Boys	4 * 100m Relay		Final
	U12 Girls	4 * 100m Relay		Final
	U12 Boys	4 * 100m Relay		Final
	U14 Girls	4 * 100m Relay		Final
	U14 Boys	4 * 100m Relay		Final
	U18 Girls	4 * 400m Relay		Final
	U18 Boys	4 * 400m Relay		Final

## 17.2 Inter-Club Relay Guidelines

Refer to section 9.4

## 17.3 Inter-Club Relay Event Entry Fees

Online Registration Only (refer to section 4)

Strictly no guest relay teams allowed.

Payment by Card only.

No entries will be accepted after late entry registration closes.



**Day 5 Combined Event Championships**

**Sunday 7<sup>th</sup> June 2026**

**SETU Carlow Sports Campus**

**Combined Events Championship**  
**Sunday 7<sup>th</sup> June 2026, SETU Carlow Sports Campus**

**Start-time: 10.00 am**

18.1 Combined Athlete Event List

<b>Age Category</b>	<b>Event</b>	<b>Disciplines</b>
U11 Girls	Quadrathlon	60m, Long Jump, <b>Turbo Jav</b> , 600m
U11 Boys	Quadrathlon	60m, Long Jump, <b>Turbo Jav</b> , 600m
U12 Girls	Quadrathlon	60m, Long Jump, Shot Put, 600m
U12 Boys	Quadrathlon	60m, Long Jump, Shot Put, 600m
U13 Girls	Pentathlon	60mH, Long Jump, High Jump, Shot Put, 600m
U13 Boys	Pentathlon	60mH, Long Jump, High Jump, Shot Put, 600m
U14 Girls	Pentathlon	75mH, Long Jump, Shot Put, High Jump, 800m
U14 Boys	Pentathlon	75mH, Long Jump, Shot Put, High Jump, 800m
U15 Girls	Pentathlon	80mH, Long Jump, Shot Put, High Jump, 800m
U15 Boys	Pentathlon	80mH, Long Jump, Shot Put, High Jump, 800m
U16 Girls	Pentathlon	80mH, Long Jump, Shot Put, High Jump, 800m
U16 Boys	Pentathlon	100mH, Long Jump, Shot Put, High Jump, 800m
U18 Women	Pentathlon	100mH, High Jump, Shot Put, Long Jump, 800m
U20 Women	Pentathlon	100mH, High Jump, Shot Put, Long Jump, 800m
Senior Women	Pentathlon	100mH, High Jump, Shot Put, Long Jump, 800m
Master Women	Pentathlon	80mH / 100mH, High Jump, Shot Put, Long Jump, 800m
U18 Men	Pentathlon	Long Jump, Javelin Throw, 200m, Discus Throw, 1500m
U20 Men	Pentathlon	Long Jump, Javelin Throw, 200m, Discus Throw, 1500m
Senior Men	Pentathlon	Long Jump, Javelin Throw, 200m, Discus Throw, 1500m
Master Men	Pentathlon	Long Jump, Javelin Throw, 200m, Discus Throw, 1500m

## 18.2 Combined and U20 Track Timetable

Time	Event Type	Age Category	Event	Criteria
09:30	<b>Check-in</b>			
10:15	Quadrathlon	U13 Girls	60m Hurdles	
	Quadrathlon	U13 Boys	60m Hurdles	
	Pentathlon	U14 Girls	75m Hurdles	2'3" 68.6cm
	Pentathlon	U14 Boys	75m Hurdles	2'6" 76.2cm
	Pentathlon	U15 Girls	80m Hurdles	2'6" 76.2cm
	Pentathlon	U16 Girls	80m Hurdles	2'6" 76.2cm
	Pentathlon	Master Women	80m Hurdles	
	Pentathlon	U15 Boys	80m Hurdles	2'9" 84.0cm
	Pentathlon	U18 Women	100m Hurdles	2'6" 76.2cm
	Pentathlon	U16 Boys	100m Hurdles	2'9" 84.0cm
	Pentathlon	U20 and Senior Women	100m Hurdles	2'9" 84.0cm
	Pentathlon	Master Women O35	100m Hurdles	2'9" 84.0cm
	Quadrathlon	U12 Girls	60m	
	Quadrathlon	U12 Boys	60m	
	Quadrathlon	U11 Girls	60m	
	Quadrathlon	U11 Boys	60m	
	Pentathlon	U18 Men	200m	
	Pentathlon	U20 Men / Senior Men	200m	
	Pentathlon	Master Men	200m	
	Quadrathlon	U13 Girls	600m	
	Quadrathlon	U13 Boys	600m	
	Quadrathlon	U12 Girls	600m	
	Quadrathlon	U12 Boys	600m	
	Quadrathlon	U11 Girls	600m	
	Quadrathlon	U11 Boys	600m	
	Pentathlon	U14 Girls	800m	
	Pentathlon	U15 Girls	800m	
	Pentathlon	U16 Girls	800m	
	Pentathlon	U14 Boys	800m	
	Pentathlon	U15 Boys	800m	
	Pentathlon	U16 Boys	800m	
	Pentathlon	U18, U20, Senior Women	800m	
	Pentathlon	Master Women	800m	
	Pentathlon	Master Men	1500m	
	Pentathlon	U18, U20, Senior Men	1500m	

### 18.3 Combined Event Field Timetable

Time	Long Jump	Time	Shot Put	Time	High Jump	Turbo Jav	U18, U20, Sen Mas Men
10:15	U13 Girls	10:30	U13 Girls	10:30	U13 Girls	<b>U11 Girls</b>	<b>Javelin</b>
	U13 Boys		U13 Boys		U13 Boys	<b>U11 Boys</b>	<b>Discus</b>
	U14 Girls		U14 Girls		U14 Girls		
	U14 Boys		U14 Boys		U14 Boys		
	U15 Girls		U15 Girls		U15 Girls		
	U15 Boys		U15 Boys		U15 Boys		
	U16 Girls		U16 Girls		U16 Girls		
	U16 Boys		U16 Boys		U16 Boys		
	U18, U20 and Senior Women		U18, U20 and Senior Women		U18, U20 and Senior Women		
	Master Women		Master Women		Master Women		
	Master Men		U12 Girls				
	U12 Girls		U12 Boys				
	U12 Boys						
	U11 Girls						
	U11 Boys						

### 18.4 Combined Event Check-in

Check - In for U13 & above combined athletes opens at 09:30am and **closes at 10:00am,**

Check- In for U11 & U12 Combined Events opens at 12:00pm and closes at 12:30pm.

### 18.5 Combined Event Guidelines

Guest athletes are welcome to compete in the combined event but are not eligible for medals.

Combined athletes will have three (3) trials in their field events only.

Combined Athletes disqualified under the false starts rule (section 9.3) shall be allowed to compete in succeeding events.

Combined Athletes deemed to have fouled other athletes during an event will be disqualified for that event but shall be allowed to compete in succeeding events.

Athletes must make an attempt at each event. Those failing to start any event are considered to have abandoned the competition, receive no final score and are not included in the final placing.

The winner of the competition is the athlete who has scored the highest number of points.

In the event of a tie, the athlete scoring the higher number of points in the most events shall be awarded the higher place.

Medals will be presented to the top three athletes in each category and all results are final.

### 18.6 Combined Scoring system \*

Female athletes use the Women's **World Athletics Combined Events Scoring Table.**

Male athletes use the Men's **World Athletics Combined Events Scoring Table**.

Juvenile Boys 800m events scoring will be taking from the **English Schools Combined Events Scoring Tables**

Juveniles Short Hurdles (75mH, 80mH, & 100mH) events scoring will be taking from the **English Schools Combined Events Scoring Tables**

U11, U12 & U13 Athletes will used the **Alberta Youth Tables for Combined Events**.

\* May be subject to change

**PLEASE NOTE U11 QUADRATHLON ARE CHANGED THIS YEAR**



**Day 6 Juvenile Championships**  
**Saturday 13<sup>th</sup> June 2026**  
**Tullamore Harriers**

**Tullamore Harriers**  
**Saturday 13<sup>th</sup> June 2026**  
**Start-time: 10:00am**

19.1 Juvenile Track Timetable

Time	Event		Round	Specifications
09:00	Check -in Opens			
10:00	Walks		Finals	
	Short Sprints (80m / 100m)		Heats	
	1500m		Finals	
	Short Sprints (80m / 100m)		Finals	
	400m		Heats	
	300m		Timed	
	Steeplechase		Finals	
	400m		Finals	

Time	Age Category	Event	Round
<b>INTER COUNTY RELAYS</b>			
	U19 Girls	4 * 100m	Final
	U19 Boys	4 * 100m	Final
	U15 Girls	4 * 100m	Final
	U15 Boys	4 * 100m	Final
	U17 Girls	4 * 100m	Final
	U17 Boys	4 * 100m	Final

## 19.2 Juvenile Field Timetable

<b>JUMPS</b>				
		<b>Pit 1</b>	<b>Pit 2</b>	
<b>Time</b>	<b>High Jump</b>	<b>Long Jump</b>	<b>Triple Jump</b>	<b>Pole Vault</b>
10:00	U14 Girls	U14 Boys		U15 Girls
	U15 Girls	U15 Boys		U16 Girls
	U16 Girls	U16 Boys		U15 Boys
	U17 Boys	U17 Girls		U16 Boys
	U18 Boys	U18 Girls	U17 Boys	U17 Girls
	U19 Boys	U19 Girls	U18 Boys	U13 Girls
		U13 Girls	U19 Boys	U14 Boys
		U13 Boys	U14 Girls	U13 Boys
			U15 Girls	U18 Girls
			U16 Girls	U19 Girls
			U15 Girls	U14 Girls
			U16 Girls	U17 Boys
				U18 Boys
				U19 Boys
<b>Throws</b>				
<b>Time</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>	<b>Hammer</b>
10:00	U14 Boys (2.72kg)		U13 Girls (400g)	U17 Boys (5kg)
	U15 Boys (3kg)	U14 Girls (.75kg)	U17 Girls (500g)	U18 Boys (5kg)
	U16 Boys (4kg)	U15 Girls (0.75kg)	U18 Girls (500g)	U19 Boys (6kg)
	U17 Girls (3kg)	U16 Girls (1kg)	U19 Girls (600g)	U14 Girls (2.5kg)
	U18 Girls (3kg)	U17 Boys (1.5kg)	U13 Boys (400g)	U15 Girls (2.5kg)
	U19 Girls (4kg)	U18 Boys (1.5kg)	U14 Boys (400g)	U16 Girls (3kg)
		U19 Boys (1.75kg)	U15 Boys (500g)	
			U16 Boys (600g)	

## 19.3 Juvenile Field Events Guidelines

Refer to section 8

## 19.4 Juvenile Track Event Guidelines

Refer to section 9

## 19.5 Juvenile Event Entry Fees

Online Registration Only (refer to section 4)

Strictly no guests allowed.

Payment by Card only.

No entries will be accepted after late entry registration closes.



**Athletics Leinster**  
**Day 7 Juvenile Championships**  
**Sunday 14<sup>th</sup> June 2026**  
**Tullamore Harriers**

**Tullamore Harriers**  
**Sunday 14<sup>th</sup> June**  
**Start-time: 09:30am**

20.1 Juvenile Track Timetable

Time	Event		Event Type	Specifications
09:00	Check -in Opens			
10:00	Long Hurdles		Heats	
	800m		Heats	
	Long Hurdles			Final
	200m Sprints		Heats	
	Sprint Hurdles		Heats	
	200m Sprints			Final
	800m			Final
	3000m			Final
	Sprint Hurdles			Final
	Mixed 4x400m Relay			Final

## 20.2 Juvenile Field Timetable

<b>Jumps</b>					
	<b>PIT 1</b>			<b>Pit 2</b>	
<b>Time</b>	<b>High Jump</b>	<b>Long Jump</b>		<b>Triple Jump</b>	
10:00	U14 Boys	U14 Girls		U17 Girls	
	U15 Boys	U15 Girls		U18 Girls	
	U16 Boys	U16 Girls		U19 Girls	
	U17 Girls	U17 Boys		U14 Boys	
	U18 Girls	U18 Boys		U15 Boys	
	U19 Girls	U19 Boys		U16 Boys	
				<b>Long Jump</b>	
				U12 Boys	
				U12 Girls	
<b>Throws</b>					
<b>Time</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Hammer</b>	<b>Javelin</b>	<b>Turbo Javelin</b>
10:00	U14 Girls (2kg)		U17 Girls (3kg)		U12 Boys (300g)
	U15 Girls (2.72kg)	U14 Boys (0.75kg)	U18 Girls (3kg)		U12 Girls (300g)
	U16 Girls (3kg)	U15 Boys (1kg)	U19 Girls (4kg)	U17 Boys (700g)	
	U17 Boys (5kg)	U16 Boys (1kg)	U14 Boys (2.5kg)	U18 Boys (700g)	
	U18 Boys (5kg)	U17 Girls (1kg)	U15 Boys (3kg)	U19 Boys (800g)	
	U19 Boys (6kg)	U18 Girls (1kg)	U16 Boys (4kg)	U14 Girls (400g)	
		U19 Girls (1kg)		U15 Girls (400g)	
				U16 Girls (500g)	

## 20.3 Juvenile Field Events Guidelines

Refer to section 8

## 20.4 Juvenile Track Event Guidelines

Refer to section 9

## 20.5 Juvenile Event Entry Fees

Online Registration Only (refer to section 4), late fees apply.

Strictly no guests allowed.

Payment by Card only.

## **21 Hosting an Athletics Leinster Outdoor Event**

### 21.1 Event Hosting Guidelines.

- 21.1.1 All Counties/Clubs/Venues are encouraged to apply to host any of the Athletics Leinster Outdoor Events.
- 21.1.2 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.
- 21.1.3 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.
- 21.1.4 All Counties/Clubs/Venues will be informed as soon as possible of the decision on their expression of interest.
- 21.1.5 The Leinster Outdoor Secretary will arrange to meet and discuss the form of event and layout of venue with the hosting County/Club/Venue.
- 21.1.6 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.

### 21.2 Track Hosting Guidelines

- 21.2.1 Hosts will be required to cater for all events set out in the event timetable in the desired event they propose to run.
- 21.2.2 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:
  - 21.2.2.1 The proposed venue offers field event facilities that no other proposed venue offers.
  - 21.2.2.2 There are no other proposed venues.
- 21.2.3 Athletics Leinster requires that all host venues have secure perimeter fencing surrounding their track area, separating it from spectators.
- 21.2.4 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.

## **22 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.

David Denieffe Leinster Athletics Outdoor Track & Field

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

Phone Number: 086-8114802

## **23 Leinster Executive for 2026**

<b>Chairperson</b>	<b>Catriona Duffy</b>
<b>Deputy Chairperson</b>	<b>Joe Walsh</b>
<b>Secretary</b>	<b>Anne Brennan</b>
<b>Treasurer</b>	<b>Ciara Heneghan</b>
<b>Assistant Treasurer</b>	<b>Vacant</b>
<b>Outdoor T&amp;F Secretary</b>	<b>David Denieffe</b>
<b>Road &amp; XC Secretary</b>	<b>Paul Archbold</b>
<b>Indoor T&amp;F Secretary</b>	<b>Majella McGrath</b>
<b>Entries, IT and Results</b>	<b>Andrew Lynam</b>
<b>Provincial Forum Reps</b>	<b>Joe Walsh</b>
	<b>Catriona Duffy</b>
<b>Communications</b>	<b>Mary Daly</b>
	<b>Adrian Martin</b>
	<b>Zofia Terzyk</b>
<b>Coaching and Development</b>	<b>Paul Archbold</b>
<b>Juvenile Committee Rep</b>	<b>Greg Duggan</b>
<b>Competition Committee Rep</b>	<b>Sarah Kearns</b>
<b>Child Welfare Officer</b>	<b>Margaret Daly</b>
<b>Child Welfare Officer</b>	<b>Joe Walsh</b>

## 24 Forms

## 24.1 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 Outdoor Track & Field competition secretary  
at:

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

## 24.2 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 is required to be in place to hold a Leinster Championship event.</b>	<b>Host Club/County</b>	<b>Leinster Athletics</b>
<b>Venue and Directions/Signage</b>		
<b>Car park Facility with attendants if needed</b>		
<b>Track type and no. of lanes</b>		
<b>Entry (with space to manage entries)</b>		
<b>Registration space/tent</b>		
<b>Area for Club Tents and Catering Tents</b>		
<b>Dedicated area for Athletics Leinster merchandise vendor</b>		
<b>First Aids /Ambulances</b>		
<b>Refreshments (Officials Only)</b>		
<b>In field Tent for Finish line Equipment</b>		
<b>Crowd Control in place for health and safety</b>		
<b>Toilets / Portaloo's (specify number)</b>		
<b>PA system</b>		
<b>Parameter around Track to stop crowd ingress</b>		
<b>Presentation Area</b>		
<b>Power Supply</b> (Generator, Mains supply)		
<b><u>Correct Equipment</u></b> (if host DOES NOT have all weight sizes for applicable throwing events, please specify what is needed)		
<b>Relay Batons (Juvenile and Adult)</b>		
<b>Weighing Scales</b>		
<b>Discus</b> (All Weight Sizes)		
<b>Hammer</b> (All Weight Sizes)		

<b>Javelin</b> (All Weight Sizes)		
<b>Shot Put</b> (All Weight Sizes)		
<b>Weights for WfD, WfH and Heavy Hammer</b>		
<b>Hurdles</b> (Sufficient to host competition, Minimum 50)		
<b>High Jump Mats</b> (for Combined Events, ideally two)		
<b>Sandpit Levels to standard</b>		