

Dublin County Athletic Board

Team Competition & Relay Championships U9/10/11's
IRISHTOWN- Saturday 28th May 2016 – Starting at 10:00am

Choice of events available per team:

U9 Girls & Boys <u>Born 2008</u>	U10 Girls & Boys <u>Born 2007</u>	U11 Girls & Boys <u>Born 2006</u>
60m	60m	60m
300m	500m	600m
Long Jump	Long Jump	Long Jump
Turbo Javelin	Turbo Javelin	Turbo Javelin

Entry Fee: €5 per Athlete payable at Training – Closing Date 10th May 2016
(Club pays cost of Relay Teams: €8 per Relay Team)

- Two (2) athletes per team.
- Each athlete may compete in two events only, *with the same or two different Partners (e.g. John can do 60m with Tom & Long Jump with Liam)*
- Athletes compete in their own age group (U9 must be born 2008, U10 2007 & U11 2006).
- Each teams combined distances or combined times are added for team scoring.
- Medals for 1st, 2nd, 3rd team members in each event.
- Three (3) teams per event per region, qualifying through Regional/Provincial Secretary.
- U9, U10 Long Jump competition, athletes may jump anywhere from the sand.
- U11 Long Jump competition is from the board.
- 3 Jumps only per athlete.
- Turbo Javelin throw is similar to javelin technique
- Longest throw measured to where the turbo javelin hits the ground.
- 3 throws only per athlete
- 60m, 300m, 500m, 600m are on times no finals.
- Standing or crouch start is optional. The standing start command for all sprints are "on your marks" and "set"
- Persistent false starts may lead to disqualification.
- Club Singlets must be worn.
- **If a club has more than 1 team in any event they should be clearly distinguished with a label on their vest as "A" "B" "C", etc.**

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10:00am

9 Girls	60m
9 Boys	60m
10 Girls	60m
10 Boys	60m
11 Girls	60m
11 Boys	60m

10:30am

11 Girls	Long Jump
11 Boys	Long Jump
10 Girls	Long Jump
10 Boys	Long Jump
9 Girls	Long Jump
9 Boys	Long Jump

12:15pm

9 Girls	300m
9 Boys	300m
10 Girls	500m
10 Boys	500m
11 Girls	600m
11Boys	600m

11:30am

9 Girls	Turbo Javelin
9 Boys	Turbo Javelin
10 Girls	Turbo Javelin
10 Boys	Turbo Javelin
11 Girls	Turbo Javelin
11 Boys	Turbo Javelin

Relays 1:00pm (approx.)

U10 Girls	4X100m Relay
U10 Boys	4X100m Relay
U9 Girls	4X100m Relay
U9 Boys	4X100m Relay
U11 Girls	4X100m Relay
U11 Boys	4X100m Relay

Finals of above, if any will follow in the same order

- All individual track events will be decided on times.
- Jumps/throws decided on the longest of 3 attempts

Relays

- Any Heats/Semi-Finals will be run first, followed by Finals.
- Finals will be run where there are 8 or less.
- Where there are two heats, the first 4 will qualify from each and if three heats, the first two from each and two fastest overall will qualify for the final.
- Athletes may move up ONE (1) age group only and may compete in TWO (2) relays on the day **except all U9 athletes on a team must be born in 2008**
- At least 2 members of a competing relay team must be of the correct age **except U9 where all athletes must be born in 2008.**
- Teams qualifying for Finals **MUST ONLY** comprise of the same panel of runners entered in Heats/Semis.

Event Order (Subject to change to facilitate the smooth running of the programme)