

Dublin Juvenile Track & Field Championships
How 2 Enter + Program of Events

Entry Now Closed

Program	Date	Day	Venue	Page
Day 1	03 June	Fri	Santry	2
Day 2	05 June	Sun	Tallaght	3-4
Day 3	10 June	Fri	Santry	5-6
Day 4	11 June	Sat	Irishtown	7-8
Day 5	17 June	Fri	Tallaght	n/a

Day 5 is the Even Age Relays in Tallaght starting at 7pm (Timetable to Come)

HOW 2 ENTER

- ALL Entries must be emailed to blackrockac@gmail.com on or before Tuesday 24 May 2016 – NO LATE ENTRIES**
- Please Pay Entry Fees of €3 per Event up to Max €12 per Athlete by depositing in the Competition Box in the Clubhouse – Please Include Your Name on the Envelope
- Note Closing Date Tuesday 24 May 2016 – NO LATE ENTRIES
- Full Schedule of Events by Age Group Attached

2016 AGE GROUP CATEGORIES EXPLAINED:

Born	Age Cat.	Born	Age. Cat.
2008 =	U/9	2002 =	U/15
2007 =	U/10	2001 =	U/16
2006 =	U/11	2000 =	U/17
2005 =	U/12	1999 =	U/18
2004 =	U/13	1998 =	U/19
2003 =	U/14		

Dublin Juvenile Track & Field Championships
Santry – Friday 3rd June 2016 – DAY ONE

7:00pm	U10 Girls	500m	(2 Races) On Times	
	U10 Boys	500m	(1 Race) On Times	
	U11 Girls	600m	(2 Races) On Times	
	U11 Boys	600m	(1 Race) On Times	
	U12 Girls	600m	(2 Heats) 6 Qualify From Each Heat	
	U12 Boys	600m	(2 Heats) 6 Qualify From Each Heat	
	U13 Girls	600m	(3 Heats) 4 From Each, Plus 4 on Time	
	U13 Boys	600m	(2 Heats) 6 Qualify From Each Heat	
	U14 Girls & Boys	800m	(2 Heats) 6 Qualify From Each Heat	(NOTE) Moved to Sun 5th Tallaght
	U15 Girls & Boys	800m	(2 Heats) 6 Qualify From Each Heat	(NOTE) Moved to Sun 5th Tallaght
U16 Girls & Boys	800m	(2 Heats) 6 Qualify From Each Heat	(NOTE) Moved to Sun 5th Tallaght	
	U17/18/19 Girls	800m	All Finals	
	U17/18/19 Boys	800m	All Finals	

(NOTE) Note: The U14/15/16 800m will now take place in Tallaght on Sunday 5th at 12:30pm with Finals (if required) at 3pm.

U10 500m & U11 600m are Dublin Only Competitions, not Qualifiers for Nationals. The medal winners (3 Fastest Overall From Heats) will be decided on Times on the night.

U12 & U13 600m Finals will be in Tallaght on Sunday at 12:30pm followed by the U14/15/16 800m. Straight Finals (No Heats) for U15 Boys & U16 Girls & Boys. Finals for U14 Girls & Boys and U15 Girls 800m at 3pm on Sunday.

6:30pm **HAMMER (outside throwing area)**
Girls ONLY - U14/U15 2.5K, U16/17/18 3K & U19 4K

- **Club vest must be worn**
- **Athlete must be registered for 2016 and are advised to be present 1 hr in advance of their event.**

NO LATE ENTRIES ACCEPTED

Dublin Juvenile Track & Field Championships
Tallaght - Sunday 5th June 2016 – DAY TWO

11:00am	Hurdles			
	U15 Girls	250m	2'6"	6 35.00m 35.00m 40.00m
	U16 Girls	250m	2'6"	6 35.00m 35.00m 40.00m
	U15 Boys	250m	2'6"	6 35.00m 35.00m 40.00m
	U16 Boys	250m	2'6"	6 35.00m 35.00m 40.00m
	U17 Girls	300m	2'6"	7 50.00m 35.00m 40.00m
	U17 Boys	300m	2'6"	7 50.00m 35.00m 40.00m
	U18 Girls	400m	2'6"	10 45.00m 35.00m 40.00m
	U19 Girls	400m	2'6"	10 45.00m 35.00m 40.00m
	U18 Boys	400m	2'9"	10 45.00m 35.00m 40.00m
	U19 Boys	400m	3'0"	10 45.00m 35.00m 40.00m

12:30pm **Finals of U12 & U13 600m from Fridays Heats.**
U14/15/16 Girls & Boys 800m Heats (Moved From Friday)

1:00pm	U12 Girls	60m	Heats
	U12 Boys	60m	Heats
	U13 Girls	80m	Heats
	U13 Boys	80m	Heats
	U14 Girls	80m	Heats
	U14 Boys	80m	Heats

Semi Finals/Finals of 60m & 80m

2:15pm	U15 Girls	100m	Heats
	U15 Boys	100m	Heats
	U16 Girls	100m	Heats
	U16 Boys	100m	Heats
	U17/18/19 Girls	100m	Heats
	U17/18/19 Boys	100m	Heats

Followed by semi-finals in same order

3:00pm **U14/15/16 800m Finals, If Any From Earlier Contests/Heats**

	U18 Girls	3000m
	U19 Girls	3000m
	U16 Boys	3000m
	U17 Boys	3000m
	U18 Boys	3000m
	U19 Boys	3000m

4:00pm **Finals of 100m**

Athletes must be registered for 2016 and are advised to be present 1hr in advance
Event order (subject to change to facilitate the smooth running of the programme)

Dublin Juvenile Track & Field Championships
Tallaght – Sunday 5th June 2016 – **DAY TWO**

Long Jump

Pit 1

11 am U/12 Girls
12 noon U/13 Girls
1pm U/14 Girls

Pit 2

U/12 Boys
U/13 Boys
U/14 Boys

Discus

11.00am U14 Boys **.75K**
11.30am U15/U14 Girls **.75K**
12.30 U15/16 Boys **1K**
1.30pm U19/18/17/16 Girls **1K**
2.30pm U19/18/17 Boys **1.5K/1.75K**

Shot Putt

11:00 am U/16 Boys **4K**
11:30 am U16/17 Girls **3K**
12:30 am U18/19 Girls **3K/4K**
1:30 pm U19 Boys **6K**
2:00 pm U17/18 Boys **5K**

High Jump

11am U17/18/19 Girls
12 noon U17/18/19 Boys
1pm U16 Boys
2pm U15 Boys
3pm U15 Girls
4pm U16 Girls

Athletes must be registered for 2016 and are advised to be present 1hr in advance

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

NO LATE ENTRIES ACCEPTED

Dublin Juvenile Uneven Age Relays & 1500m Championships 2015
Santry – Friday 10th June @ 7pm – DAY THREE

7:00pm	13	Girls	4 x 100m	Heats
	13	Boys	4 x 100m	Heats
	17	Girls	4 x 400m	FINAL
	19	Girls	4 x 400m	FINAL
	17	Boys	4 x 400m	FINAL
	19	Boys	4 x 400m	FINAL
	15	Girls	4 x 100m	FINAL
	15	Boys	4 x 100m	FINAL
	13	Girls	4 x 100m	FINAL
	13	Boys	4 x 100m	FINAL
	17	Girls	4 x 100m	FINAL
	17	Boys	4 x 100m	FINAL
	19	Girls	4 x 100m	FINAL
	19	Boys	4 x 100m	FINAL

Any Heats/Semi-Finals will be run first, followed by Finals.

Above order of events might change if more than 8 teams in U15 or any other age group.

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 and where there are 4 heats the winner and 4 fastest will qualify for the final. Where there are 2 heats of 4 or 5 the first 2 & 4 fastest.

Athletes may move up one age group only.

At least 2 members of the team must be in their correct age-group.

No restriction in U17/U18/U19 4X100m

Athletes born in **2000** may not compete in the **4X400m** relays

Teams qualifying for Finals **MUST ONLY** comprise of the same panel of runners entered in Heats/Semis.

All team names, reg numbers and DOB must be on entry sheets at closing date.

Spot checks may take place.

ALL qualifying teams (1st 3 in each age group) MUST be confirmed by Friday 19th

8.15pm	U14	Girls	1500m	Final
	U14	Boys	1500m	Final
	U15	Girls	1500m	Final
	U15	Boys	1500m	Final
	U16	Girls	1500m	Final
	U16	Boys	1500m	Final
	U17/18/19	Girls	1500m	Final
	U17/18/19	Boys	1500m	Final

EVEN AGE RELAYS ON FRIDAY 17th JUNE @ 7pm IN TALLAGHT

Dublin Juvenile Pole Vault & Boy's Hammer Championships 2016
Santry – Friday 10th June @ 6pm & 7pm – **DAY THREE**

HAMMER – 6PM (outside throwing area)

BOYS ONLY U/14 **2.5K**, U15 **3K**, U16 **4K**, U17/18 **5K**, U/19 **6K**

Pole Vault - 7pm

All Ages (permitted ages only)

- All athletes need to check in before 6.45pm for Pole Vault
- Club vest must be worn
- Athlete must be registered for 2016 and are advised to be present 1 hr in advance of their event.

NO LATE ENTRIES ACCEPTED

Dublin Juvenile Track & Field Championships
Irishtown – Saturday 11th June 2016 – DAY FOUR

10.30am	Girls U/17/18	400m	Heats
	Boys U/17/18/19	400m	Heats
	Girls U/19	400m	Heats

11.15am	Hurdles	Height	No	Appr.	Inter.	Finish
Heats	Girls U13	60m	2'3" (68.6cm)	6	11.00m	7.25m 12.75m
	Boys U13	60m	2'3"	6	11.00m	7.25m 12.75m
	Girls U14	75m	2'3"	8	11.50m	7.50m 11.00m
	Boys U14	75m	2'6" (76.2cm)	8	11.50m	7.50m 11.50m
	Girls U15	80m	2'6"	8	12.00m	8.00m 12.00m
	Girls U16	80m	2'6"	8	12.00m	8.00m 12.00m
	Boys U15	80m	2'9" (84.00cm)	8	12.00m	8.00m 12.00m
	Girls U17	100m	2'6"	10	13.00m	8.50m 10.50m
	Girls U18	100m	2'6"	10	13.00m	8.50m 10.50m
	Boys U16	100m	2'9"	10	13.00m	8.50m 10.50m
	Girls U19	100m	2'9"	10	13.00m	8.50m 10.50m
	Boys U17	110m	3'0" (91.4cm)	10	13.72m	9.14m 14.02m
	Boys U18	110m	3'0"	10	13.72m	9.14m 14.02m
	Boys U19	110m	3'3" (99.0cm)	10	13.72m	9.14m 14.02m

Finals of any of the above will follow

12.30pm

Finals of 400m, if any

12.45pm

Girls U/14	200m	Heats
Boys U/14	200m	Heats
Girls U/15	200m	Heats
Boys U/15	200m	Heats
Girls U/16	200m	Heats
Boys U/16	200m	Heats
Girls U/17	200m	Heats
Boys U/17	200m	Heats
Girls U/18	200m	Heats
Boys U/18	200m	Heats
Girls U/19	200m	Heats
Boys U/19	200m	Heats

1.45pm

Steeple Chase all 2K Girls 17.18/19 **(2.6")**
Boys U17/18/19 **(3'00")**

2.45pm

200m FINALS in age order

3.15pm

Walks G U14/15/16, B U14/15 – 2k G U17/18/19, B U16/17 3k & B U18/19 5K

Athletes must be registered for 2016 and are advised to be present 1hr in advance
Event Order (Subject to change to facilitate the smooth running of the programme)

Dublin Juvenile Track & Field Championships – Day 4
Irishtown – Saturday 11th June 2016 – DAY FOUR

Shot Putt

10:30am	U13 Girls 2K	U13 Boys 2K
11:30am	U15 Girls 2.72K	U15 Boys 3K
12:30pm	U14 Girls 2K	U14 Boys 2.72K
1:30pm	U12 Girls 2K	U12 Boys 2K

Long Jump

12:30pm	U15 Girls	U15 Boys
1:30pm	U17/18/19 Girls	U17/18/19Boys
2:30pm	U16 Girls	U16 Boys

Triple Jump

3:00pm	U15/16	Boys
4:00pm	U17/18/19	Boys & Girls

High Jump

10:30am	U12 Girls
11:15am	U13 Girls
12 noon	U12 Boys
12:45pm	U13 Boys
1:30pm	U14 Girls
2:15pm	U14 Boys

Javelin

1.30am	U14 Girls 400g	U14 Boys 400g
11.30am	U16 Girls 500g	U16 Boys 600g
12.30 pm	U13 Girls 400g	U13 Boys 400g
1.30 pm	U15 Girls 400g	U15 Boys 500g
2.30 pm	U17/18/19 Girls 500g/600g	U17/18/19 Boys 700g/800g

Turbo Javelin

11:00am	U12 Boys
12 noon	U12 Girls

Athletes must be registered for 2016 and are advised to be present 1hr in advance

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

NO LATE ENTRIES ACCEPTED