

Athletics Louth Competition Program 2019

1. Juvenile Pre Championship Event

Saturday 13th April
Bush Track, Glenmore; 11:00am
(Entry fee €1 per athlete per event)
Gate: €2 Adult, €1 Child, €6 Family

2. Juvenile Track and Field Championships

9th May, Lourdes Stadium, Drogheda; 6:30pm
11th May, Bush Track, Glenmore, Drogheda; 10:00am
12th May, Bush Track, Glenmore; 10:00am
(Entry fee €1 per event)
Gate: €2 Adult, €1 Child, €6 Family
No Gate on 9th of May

3. Senior Junior Master Track & Field Championships

Thursday 4th July,
Lourdes Stadium, Drogheda; 6:30pm
(Entry fee €5 per athlete per event)
Gate: No Gate

4. Setanta Games

Saturday 27th July,
Lourdes Stadium, Drogheda; 11:00am
No event entry fee
Gate: €2 per Person

Age Categories

JUVENILES

Age categories calculated from 31st December in the year of competition.

No athlete may obtain a birthday in the year of competition and compete in that age.

Juvenile Athletes Age	Year Born	Age Category
7-8	2011	Under 9 – U9
8-9	2010	Under 10 – U10
9-10	2009	Under 11 – U11
10-11	2008	Under 12 – U12
11-12	2007	Under 13 – U13
12-13	2006	Under 14 – U14
13-14	2005	Under 15 – U15
14-15	2004	Under 16 – U16
15-16	2003	Under 17 – U17
16-17	2002	Under 19 – U19
17-18	2001	Under 19 – U19

JUNIORS, SENIORS & MASTERS

Junior Athlete must be 16 years of age on 31st December in the year of competition and under 20 on 31st December in the year of competition.

Senior athletes must be 16 years of age on the 31st December in the year of competition.

Master Athletes attain eligibility on their 35th Birthday. Age Category is changed on the relevant Birthday.

Master Athletes Age	Year Born	Age Category
35-39	1984-1979	Over 35
40-44	1979-1974	Over 40
45-49	1974-1969	Over 45
50-54	1969-1964	Over 50
55-59	1964-1959	Over 55
60-64	1959-1954	Over 60
65-69	1954-1949	Over 65
70-74	1949-1944	Over 70
75-79	1944-1939	Over 75
80-84	1939-1934	Over 80

Pre Championship Event
Bush Track, Glenmore
Saturday 13th April
11:00 AM Start.

Age Category	SPRINT	DISTANCE	TURBO	LONG JUMP	SHOT
Girls & Boys U8	60m	300m	Turbo Javelin	move up to	
Girls & Boys U9	60m	300m	move up to	Long Jump	
Girls & Boys U10	60m	500m	Turbo Javelin	move up to	
Girls & Boys U11	60m	600m	move up to	Long Jump	
Girls & Boys U12	60m	600m	Turbo Javelin	move up to	
Girls & Boys U13	80m	600m		Long Jump	move up to
Girls & Boys U14	80m	800m		move up to	Shot Put
Girls & Boys U15	100m	800m		Long Jump	move up to
Girls & Boys U16	100m	800m		move up to	Shot Put
Girls & Boys U17	100m	800m		Long Jump	Shot Put
Girls & Boys U19	100m	800m		Long Jump	Shot Put

<u>Relays 4 x 100m:</u>	
Girls: U9, 11, 13, 15, 17, 19	Boys: U10, 12, 14, 16, 19

ENTRIES TO: athleticslouthcompetition@gmail.com **by Friday 5th of April**

- Athletes may compete in 2 track events in their own age group
- 2 field events - athletes may move up one age group 9 – 16
- 1 Relay - athletes may move up one age group for relays
- All field events - 3 trials only-Turbo Javelin three throws, furthest is measured.
- Age groups 17/19 - one field event only where possible, Boys compete together, Girls compete together

ALL ATHETES MUST BE REGISTERED

Entries will be scrutinized, clubs will be notified on Friday prior to event of any athlete entered who is not registered. Non-registered athletes will not be allowed to compete, there will be no exception.

Louth County Relay Championships
Lourdes Stadium Drogheda
Thursday 9th of May
6:30pm Start.

Please Note Relay teams must be entered in advance. No entry on the day.

Entry is 5 euro per team.

Entries to: athleticslouthcompetition@gmail.com by Friday 26th of April

The Team must be named including one substitute.

If there are no sufficient team numbers for heats, finals will be run in place of the heat.

Athletes may move up one age 2 Athletes must be of the correct Age Group.

No U8 Athletes are permitted to run in an U9 Team.

U17 athletes cannot move up to U19.

Order of Events:

Relays 4 x 100m:

Girls U9	Girls U10
Boys U9	Boys U10
Girls U11	Girls U12
Boys U11	Boys U12
Girls U13	Girls U14
Boys U13	Boys U14
Girls U15	Girls U16
Boys U15	Boys U16
Girls U17	Girls U19
Boys U17	Boys U19

Louth County Championships Day 1
Bush Track Glenmore
Saturday 11th of May
10:00am Start.

TRACK			FIELD			
Time	Event		Javelin	Long Jump	High Jump	Shot Put
10.00			U19			
10.30			U17	U12		
11.15			U15			U13
11.30	Sprint Hurdles U12-U19	Girls & Boys				
11.45			U14	U13		
12.15			U13			U12
12.45	Sprint 200m HEATS U14 – U19	Girls & Boys				
13.00				U16	U14	
14.00	Distance 1500m U14-U19	Girls & Boys		U17	U15	U14
14.30	200m FINALS	Girls & Boys			U16	
15.00	Long Hurdles U15-U19	Girls & Boys		U19		

Please Note:

Generally, Girls Events first.

Times indicated are approximate. Please ensure that you are there 1 hour prior to your event as the competition director reserves the right to move events forward.

IF STRAIGHT FINALS, RACES WILL BE RUN AT HEAT TIMES

Louth County Championships Day 2
Bush Track Glenmore
Sunday 12th of May
10:00am Start.

TRACK			FIELD			
Time	Event		Turbo	Long Jump	High Jump	Shot Put
10.00			U11	U15		
10.30				U14		U19
11.00	Sprint HEATS U9 – U19	Girls & Boys				
11.15						U17
11.45			U9	U10		
12.15	Sprint FINALS				U17	U16
13.30	400m U17-U19	Girls & Boys	U12		U19	U15
14.00	Distance U9-U19	Girls & Boys		U11		
14.30					U12	
15.00			U10	U9	U13	

Please Note:

Generally, Girls Events first.

Times indicated are approximate. Please ensure that you are there 1 hour prior to your event as the competition director reserves the right to move events forward.

IF STRAIGHT FINALS, RACES WILL BE RUN AT HEAT TIMES

Track & Field Championships Rules 2019

1. Juvenile Entry Fee €1 per athlete per event.
2. Relay Teams €5 per team.
3. Entries to: athleticslouthcompetition@gmail.com
4. Closing date for receipt of entries **Wednesday 1st May 2019**.
5. Entries received after these dates will be charged €5 per event per athlete.
6. Late entries accepted up to 30 minutes prior to the commencement of the entire juvenile program.
7. Payment for event entries are to be with the Treasurer by Wednesday 1st of May 2019.
8. Club Colours must be worn.
9. In all field events athletes must be technically competent.
10. Objection procedure, written with fee of €10 within 30 minutes of the completed event.
11. 4 events maximum per juvenile athlete plus relays.
12. Long Jump & Turbo Javelin under 9, 10, 11 - 3 trials only.
13. Long Jumps will be measured from the take-off board.
14. Individual throws are measured in the Turbo javelin.
15. Relays - Athletes may move up one age group only, 2 athletes must be of the correct age.
16. In the interest of Health and Safety clubs are requested to only have athletes competing in the various throwing events present at the area.
17. Clubs are required to nominate officials to assist with the smooth running of the program. Please submit the names of the officials at May County Meeting.
18. Timetable and order of events are for guidance only, Athletics Louth reserve the right to alter if necessary.
19. No coaches, parents or spectators are allowed at any stage on the infield
20. Long Hurdle events will only be run if there is a minimum pre entry of three athletes.
21. Please study the timetable carefully as there may be clashing events for some athletes.

Events Available Juvenile County Championships 2019

		TRACK						FIELD					
Gender	Age Group	Sprint			Distance		Hurdles		Long Jump	High Jump	Turbo Javelin	Shot Put	Javelin
Girls	U9	60m			300m				√		√		
	U10	60m			500m				√		√		
	U11	60m			600m				√		√		
	U12	60m			600m		60m		√	√	√	√	
	U13	80m			600m		60m		√	√		√	√
	U14	80m	200m		800m	1500m	75m		√	√		√	√
	U15	100m	200m		800m	1500m	80m	250m	√	√		√	√
	U16	100m	200m		800m	1500m	80m	250m	√	√		√	√
	U17	100m	200m	400m	800m	1500m	100m	300m	√	√		√	√
	U19	100m	200m	400m	800m	1500m	100m	400m	√	√		√	√
Boys	U9	60m			300m				√		√		
	U10	60m			500m				√		√		
	U11	60m			600m				√		√		
	U12	60m			600m		60m		√	√	√	√	
	U13	80m			600m		60m		√	√		√	√
	U14	80m	200m		800m	1500m	75m		√	√		√	√
	U15	100m	200m		800m	1500m	80m	250m	√	√		√	√
	U16	100m	200m		800m	1500m	100m	250m	√	√		√	√
	U17	100m	200m	400m	800m	1500m	100m	300m	√	√		√	√
	U19	100m	200m	400m	800m	1500m	110m	400m	√	√		√	√

Blue shaded events are on Saturday, Red shaded events are on Sunday

Table of Throwing Implements

	Age Group	SHOT	JAVELIN
BOYS	u/12	2.00kg	n/a
	u/13	2.00kg	400g
	u/14	2.72kg	400g
	u/15	3.00kg	500g
	u/16	4.00kg	600g
	u/17	5.00kg	700g
	u/19	6.00kg	800g
	Junior U/20	6.00kg	800g
MEN	Senior	7.26kg	800g
	M35-49	7.26kg	800g
	M50+	6.00kg	700g
	M60+	5.00kg	600g
	M70+	4.00kg	500g
	M80+	3.00kg	400g

	Age Group	SHOT	JAVELIN	
GIRLS	u/12	2.00kg	n/a	
	u/13	2.00kg	400g	
	u/14	2.00kg	400g	
	u/15	2.72kg	400g	
	u/16	3.00kg	500g	
	u/17	3.00kg	500g	
	u/19	4.00kg	600g	
	Junior U/20	4.00kg	600g	
Women	Senior	4.00kg	600g	
	W35-49	4.00kg	600g	
	W50+	3.00kg	500g	
	W60+	3.00kg	400g	
	W75+	2.00kg	400g	

Hurdle Heights and Distances

SPRINT HURDLES

Age Group	Distance	Height	No	Approach	Interval	Finish
Girls U12/13	60m	68.6cm 2'3"	6	11m	7.25m	12.75m
Girls U14	75m	68.6cm 2'3"	8	11.5m	7.5m	11m
Girls U15/16	80m	76.2cm 2'6"	8	12m	8m	12m
Girls U17	100m	76.2cm 2'6"	10	13m	8.5m	10.5m
Girls U19	100m	84.0cm 2'9"	10	13m	8.5m	10.5m
Boys U12/13	60m	68.6cm 2'3"	6	11m	7.25m	12.75m
Boys U14	75m	76.2cm 2'6"	8	11.5m	7.5m	11m
Boys U15	80m	84.0cm 2'9"	8	12m	8m	12m
Boys U16	100m	84.0cm 2'9"	10	13m	8.5m	10.5m
Boys U17	100m	91.4cm 3'0"	10	13m	8.5m	10.5m
Boys U19	110m	99.0cm 3'3"	10	13.72m	9.14m	14.02m

LONG HURDLES

Age Group	Distance	Height	No	Approach	Interval	Finish
Girls U15/16	250m	68.6cm 2'3"	6	35m	35m	40m
Girls U17	300m	76.2cm 2'6"	7	50m	35m	40m
Girls U18/19	400m	76.2cm 2'6"	10	45m	35m	40m
Boys U15/16	250m	76.2cm 2'6"	6	35m	35m	40m
Boys U17	300m	76.2cm 2'6"	7	50m	35m	40m
Boys U18/19	400m	91.4cm 3'0"	10	45m	35m	40m

Junior, Senior & Masters Track & Field Championships

Lourdes Stadium Drogheda

Thursday 4th of July 2019

6:30pm Start.

Events Available:

TRACK:

Fit for Life 1 mile

100m, 200m, 400m, 800m, 1500m, 3000m

FIELD:

Javelin, Shot Putt, Long Jump

Event Notes:

- Junior and Masters events may be incorporated with Senior.
- Order of events, Women events first.
- Entry Fee 5 Euro per event per athlete.
- Competition commencing at 6.30pm, sharp.
- Entries in advance to: athleticslouthcompetition@gmail.com
- Entries on the day up to 30 min before start of entire event.

Order of Events

Junior, Senior & Masters Track & Field Championships

Times are approximate

TRACK			FIELD		
Time	Event		Time	Event	
6.30pm	Fit for Life 1 Mile	Men & Women	6.30pm	Shot Putt	Women
				Shot Putt	Men
6.45pm	200m	Women			
	200m	Men			
7.15pm	1500m	Women	7.15	Long Jump	Women
	1500m	Men		Long Jump	Men
7.45pm	400m	Women			
	400m	Men			
8.00pm	3000m	Women	8.00pm	Javelin	Women
	3000m	Men		Javelin	Men
8.25pm	100m	Women			
	100m	Men			
8.55pm	800m	Women			
	800m	Men			

Setanta Games
Lourdes Stadium, Drogheda
Saturday 27th July
11:00 AM Start.

Age Category	SPRINT	DISTANCE	TURBO	LONG JUMP	SHOT
Girls & Boys U8	60m	300m	move up to	Long Jump	
Girls & Boys U9	60m	300m	Turbo Javelin	move up to	
Girls & Boys U10	60m	500m	move up to	Long Jump	
Girls & Boys U11	60m	600m	Turbo Javelin	move up to	
Girls & Boys U12	60m	600m		Long Jump	move up to
Girls & Boys U13	80m	600m		move up to	Shot Put
Girls & Boys U14	80m	800m		Long Jump	move up to
Girls & Boys U15	100m	800m		move up to	Shot Put
Girls & Boys U16	100m	800m		Long Jump	move up to
Girls & Boys U17	100m	800m		move up to	Shot Put
Girls & Boys U19	100m	800m		Long Jump	Shot Put

<u>Relays 4 x 100m:</u>	
Girls: U10, 12, 14, 16, 19	Boys: U9, 11, 13, 15, 17, 19

- Athletes may compete in 2 track events in their own age group
- 2 field events - athletes may move up one age group 9 – 16
- 1 Relay - athletes may move up one age group for relays
- All field events - 3 trials only
- Age groups 17/19 - one field event only where possible, Boys compete together, Girls compete together

This is an open event; anybody is welcome to participate and try any disciplines.

Star award points and will be awarded to Louth County Athletes in order of finishing position, eliminating all external competitors.