

# Athletics Louth

## Competition Program 2023

### 1. Juvenile Pre Championship Event

Sunday 16<sup>th</sup> April

Lourdes Stadium, Drogheda; 11:00am

(Entry Fee €2.50 Per Event)

Gate: €2 Adult, €1 Child, €6 Family

### 2. Juvenile Track and Field Championships

Saturday 6<sup>th</sup> May, Bush Track, Glenmore; 10:00am

Sunday 7<sup>th</sup> May, Bush Track, Glenmore; 10:00am

Wednesday 24<sup>th</sup> May, Lourdes Stadium, Drogheda; 6:30pm

Entry Fee: €3 Per Event

Gate: No Gate

### 3. Senior Junior Master Track & Field Championships

Thursday 20th July,

Lourdes Stadium, Drogheda; 6:30pm

(Entry fee €5 Per Event)

Gate: No Gate

### 4. Setanta Games

Saturday 5<sup>th</sup> August,

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	2015	Under 9 – U9
8-9	2014	Under 10 – U10
9-10	2013	Under 11 – U11
10-11	2012	Under 12 – U12
11-12	2011	Under 13 – U13
12-13	2010	Under 14 – U14
13-14	2009	Under 15 – U15
14-15	2008	Under 16 – U16
15-16	2007	Under 17 – U17
16-17	2006	Under 19 – U19
17-18	2005	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	1988-1983	Over 35
40-44	1983-1978	Over 40
45-49	1978-1973	Over 45
50-54	1973-1968	Over 50
55-59	1968-1963	Over 55
60-64	1963-1958	Over 60
65-69	1958-1953	Over 65
70-74	1953-1948	Over 70
75-79	1948-1943	Over 75
80-84	1943-1938	Over 80

**Pre Championship Event**  
**Lourdes Stadium, Drogheda**  
**Sunday 16th 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

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

**ENTRIES TO:** <https://entry.athleticsireland.ie/#/> by Wednesday 12<sup>th</sup> 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 ATHLETES MUST BE REGISTERED**

**Non-registered athletes will not be allowed to enter or compete, there will be no exception.**

**Louth County Championships Day 1**  
**Bush Track Glenmore**  
**Saturday 6th of May**  
**10:00am Start.**

Entries to: <https://entry.athleticsireland.ie/#/> by Sunday 30<sup>th</sup> of April

TRACK			FIELD			
Time	Event		Javelin	Long Jump	High Jump	Shot Put
10.00			U19			
10.30			U17/U18	U12		
11.15			U16			U13
11.30	Sprint Hurdles U12-U19	Girls & Boys				
11.45			U15	U13		
12.15			U14			U12
12.45	Sprint 200m HEATS U14 – U19	Girls & Boys	U13			
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 7th of May**  
**10:00am Start.**

Entries to: <https://entry.athleticsireland.ie/#/> by Sunday 30<sup>th</sup> of April

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/U18
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

**Louth County Relay Championships**  
**Lourdes Stadium Drogheda**  
**Wednesday 24<sup>th</sup> 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](mailto:athleticslouthcompetition@gmail.com) by Friday 18<sup>th</sup> of May

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

## Track & Field Championships Rules 2023

1. Juvenile Entry Fee €3 per athlete per event.
2. Relay Teams €5 per team.
3. Entries to: <https://entry.athleticsireland.ie/#/> by **Sunday 30<sup>th</sup> of April**
4. Entries received after these dates will be charged €5 per event per athlete.
5. Late entries accepted up to 30 minutes prior to the commencement of the entire juvenile program.
6. Payment for event entries are to be with the Treasurer by Friday 29<sup>st</sup> of April 2022.
7. Club Colours must be worn.
8. In all field events athletes must be technically competent.
9. Objection procedure, written with fee of €10 within 30 minutes of the completed event.
10. 4 events maximum per juvenile athlete plus relays.
11. Long Jump & Turbo Javelin under 9, 10, 11 - 3 trials only.
12. Long Jumps will be measured from the take-off board.
13. Individual throws are measured in the Turbo javelin.
14. Relays - Athletes may move up one age group only, 2 athletes must be of the correct age.
15. In the interest of Health and Safety clubs are requested to only have athletes competing in the various throwing events present at the area.
16. 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.
17. Timetable and order of events are for guidance only, Athletics Louth reserve the right to alter if necessary.
18. No coaches, parents or spectators are allowed at any stage on the infield
19. Long Hurdle events will only be run where there are pre entries.
20. Please study the timetable carefully as there may be clashing events for some athletes.

### Events Available Juvenile County Championships 2022

		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	√	√		√	√
	U18						100m					√	√
	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	√	√		√	√
	U18						110m	400m				√	√
	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
<b>BOYS</b>	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/18	5.00kg	700g
	u/19	6.00kg	800g
	Junior U/20	6.00kg	800g
	<b>MEN</b>	Senior	7.26kg
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	
<b>GIRLS</b>	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/18	3.00kg	500g	
	u/19	4.00kg	600g	
	Junior U/20	4.00kg	600g	
	<b>Women</b>	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 U18	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 U18	110m	91.4cm 3'0"	10	13.72m	9.14m	14.20m
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	400m	84.0cm 2'9"	10	45m	35m	40m
Boys U19	400m	91.4cm 3'0"	10	45m	35m	40m

## **Junior, Senior & Masters Track & Field Championships**

### **Lourdes Stadium Drogheda**

**Thursday 20<sup>th</sup> of July 2022**

**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: <https://entry.athleticsireland.ie/#/> by Friday 14<sup>th</sup> July
- 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	
<b>6.30pm</b>	Fit for Life 1 Mile	Men & Women	<b>6.30pm</b>	Shot Putt	Women
				Shot Putt	Men
<b>6.45pm</b>	200m	Women			
	200m	Men			
<b>7.15pm</b>	1500m	Women	<b>7.15</b>	Long Jump	Women
	1500m	Men		Long Jump	Men
<b>7.45pm</b>	400m	Women			
	400m	Men			
<b>8.00pm</b>	3000m	Women	<b>8.00pm</b>	Javelin	Women
	3000m	Men		Javelin	Men
<b>8.25pm</b>	100m	Women			
	100m	Men			
<b>8.55pm</b>	800m	Women			
	800m	Men			

**Setanta Games**  
**Lourdes Stadium, Drogheda**  
**Saturday 5<sup>th</sup> August**  
**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.