



Athletics Leinster
2024 Indoor Championships

Athletics Leinster

2024

Indoor

Championships

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2024 Indoor Championships

**PLEASE PAY PARTICULAR ATTENTION
TO RULES OF ENTRY.**

**UP-TO-DATE TIMETABLES WILL BE
PUBLISHED ON THE WEBSITE PRIOR
TO EACH COMPETITION.**

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster 2024 Indoor Championships

Table of Contents

2023 Track & Field Policies	4
Entry & Competition Rules.....	8
2023 Athletics Leinster Indoor Programme.....	10
Indoors DAY 1.....	11
Indoors DAY 2.....	14
Indoors DAY 3.....	17
Indoors DAY 4.....	Error! Bookmark not defined.
Appendices.....	23
1. Technical Specifics	24
Hurdles	24
Shot Putt	25
Weight.....	25
Starting Blocks.....	25
2. Relay Team Amendment Form	26
3. Appeals.....	27
4. National Entries.....	29
5. 2023 Athletics Leinster Executive	30



Athletics Leinster

2024 Indoor Championships

2024 Track & Field Policies

Athletics Leinster wish to advise clubs of the following **Policies for the 2024 Indoor T&F Championships**. It is the intention of Athletics Leinster to **strictly** enforce these policies for the 2024 season.

Officials

IT IS THE RESPONSIBILITY OF ALL CLUBS, WITH NO EXCEPTIONS, TO PROVIDE OFFICIALS FOR COMPETITION.

A minimum of one official per club per day must be made available and there will be no infield coaching allowed from this official. Failure of a club to provide officials will result in a club's athletes not being permitted to compete. All Clubs that enter athletes in a competition must provide officials on the day of competition. Officials must sign in at the check-in desk on the day of competition and be available to officiate for the duration of the competition. Officials will be provided with a Hi-Viz vest which must be on display at all times. Where nominated officials are not in attendance on the day of competition, alternate officials **must** be made available.

It is the intention of Athletics Leinster to wholly prohibit participation of offending clubs in competition.

ALL clubs will be expected to provide one official for every ten athletes entered in ALL competitions which they have athletes competing in.

Entries

- **All Entries will be online at <https://entry.athleticsireland.ie/#/>**
- **An athlete cannot be entered on the system unless they have a current valid 2024 AAI registration number.**
- **Any CLUB found not to be providing officials run the risk of having their numbers confiscated. Clubs are expected to provide one official per every 10 athletes entered.**
- **Card payments only will be accepted.**

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2024 Indoor Championships

STRICTLY NO INDIVIDUAL ON THE DAY ENTRIES OR EVENT AMENDMENTS WILL BE ACCEPTED. There will be sufficient time for clubs to arrange and review entries in advance of each championship.

Relay amendments are acceptable, WITHIN REASON where entries were previously processed. Relay amendments must be written out and presented on the supplied sheet. Such amendments **MUST** be processed **EARLY** on the day of competition.

Entry Fees

The following fees will apply for non-athlete/non-official entrance:

- €6 per adult for a single day if purchased in advance online.
- €7 per adult for a single day if purchased on the day either online or by card at the gate
- €5 per adult per day if purchasing tickets for multiple days in advance in one transaction online - this discount will not apply if purchasing multiple tickets for the same day online.

Car Parking

In the Athlone International Arena TUS Midlands there is no car parking fee unless you use the underground or designated paid parking spaces (€5 per Day), we (Athletics Leinster) do not receive any of this money.

Athletic Proficiency

ATHLETIC PROFICIENCY FOR PARTICIPATION IS NOT OPTIONAL. 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. In the event an athlete fails to exhibit the required or expected level of proficiency in a discipline, a coach or parent may be contacted and the athlete sympathetically requested to desist from competition.

In-Field Coaching

COACHES AND PARENTS ARE STRICTLY NOT ALLOWED ON THE TRACK OR INFIELD AT ANY TIME.

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2024 Indoor Championships

The infield is for Officials & Competing Athletes. Parents & Coaches are not allowed on the infield, those found to be in violation of this guideline risk disqualification of their athletes and possible their club. Please stay outside of the perimeter fencing at all venues.

Warm up Area

In the Athlone International Arena TUS Midlands, this is an area upstairs overlooking the arena. This area is to be accessed by **athletes only** and they will be allowed entry to this area 60 minutes prior to their event.

Photography

In line with the recommendation in Athletics Ireland's Code of Conduct, Athletics Leinster request that any person(s) wishing to engage in any video, zoom or close-range photography should register their details with Indoor Secretary prior to commencing. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent/guardian.

Valid Competition

Pertaining to Masters Competitions, AN EVENT WHICH HAS LESS THAN 3 COMPETITORS WILL NOT BE HELD. An event must have a minimum of three competitors to constitute a valid competition as there is no competition without competitors, in this event the **STEP-DOWN RULE WILL APPLY and will be strictly adhered to.**

THIS APPLIES TO ALL MASTERS CATEGORIES.

Leinster Juvenile Combined Events will run as part of the National Indoor Combined Event Championships with the top 3 Leinster Athletes (U14-U16s) receiving medals.



Athletics Leinster 2024 Indoor Championships

2024 Age Groups

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.

Please note all ages in this booklet should be read as UNDER the stated age.

Under 12's – Born in 2013	Under 13's – Born in 2012
Under 14's – Born in 2011	Under 15's – Born in 2010
Under 16's – Born in 2009	Under 17's – Born in 2008
Under 18's – Born in 2007	Under 19's – Born in 2006
Under 20 – Born Between 2005 - 08	Senior – Born Before 2009
Master OXX – Either XX or over on the day of competition	

Policy Statement for the Athletic Association of Ireland

The Athletic Association of Ireland is fully committed to safeguarding the wellbeing of all of its members. Every individual in Athletics Ireland should at all times show respect and understanding for member's 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.

This is an extract from the Policy Statement from the Code of Ethics and acts as a guide for all rules. The Code has been distributed to all clubs and is readily available from Athletics Ireland website here:

<http://www.athleticsireland.ie/juvenile/child-welfare/safeguarding-statement-plan/>

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Entry & Competition Rules

- WA Rules will apply unless otherwise stated ([rules can be found here](#))
- Athletes are allowed to compete in individual events as follows:

Age Category	# of Events
U12 – U19	3 Events + Relay
U20, Senior & Master	5 Events + Relay

- All Athletes are **strictly** confined to their own age groups. A fine of €75 will be levied where this rule is broken.
 - Only in the Indoor Relays an athlete may move up one age group.
 - At least 2 members of a competing relay team, participating in that event on that day must be of the correct age, exception U17, 18, 19 age groups where no limitation applies
- All entries must be made online and come through the club secretary for Juveniles.
- There is no limit on the number of athletes a club may enter per individual event.
- **Check-In:**
 - All athletes must collect a competition number, minimum one hour prior to their event.
 - Track Athletes must check-in at where they collect their numbers. **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.** They then must report to the call room when their event is called and check-in with the call room official.
 - Field Athletes can check-in at event when it is called. It will be called at least 15 minutes before starting. No call room is in operation for field events.
- 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. National Apparel is not to be worn either at Athletics Leinster Championships and doing so risks disqualification.
- 5mm spikes **ONLY** will be allowed on track.
- False Start Rules apply.
 - U12 to U15; one false start allowed and a second leads to disqualification.
 - U16 upwards; a false start leads to disqualification.



Athletics Leinster

2024 Indoor Championships

- **Athletes must leave the arena when their event is complete.**
- There will be three attempts allowed in all field events, with a further three attempts for the top eight competitors (with the exception of the High Jump & the Pole Vault).
- U12 & U13 Athletes may use starting blocks but must do a crouch start, U14 athletes upwards **MUST** use starting blocks.
- Where a heat is listed, if insufficient competitors check in a FINAL will be held **at heat time.**
- Winning athletes must report for medal presentation 20 minutes after their event where possible or when called from the Public Address System.
- Athletes are not permitted to carry/use electronic or transmission equipment (i.e. Phones, iPods, Media Players etc.) in the competition area. Note: The competition area starts at the assembly/call room.
- Warm-up marks for field events should be completed where possible before the time schedule, **WARM-UP MARKS SHOULD NOT INVOLVE PINS OR CHALK.**
- Please have respect for the stadium and its environs.
- Please do not leave your personal belongings unattended. Athletics Leinster accepts no responsibility for items lost at its competitions.
- A PROVISIONAL TIMETABLE WILL BE AVAILABLE ONLINE ON THE WEEK OF COMPETITIONS ALONG WITH LIST OF REGISTERED ATHLETES FOR EACH EVENT. Athletics Leinster reserves the right to alter the timetables. Any alterations to the programme will be published on the Athletics Leinster website, www.athleticsleinster.org
- Athletes are advised that events may run up to one hour earlier than in timetable.
- Please direct any queries to the Athletics Leinster Indoor Track & Field competition Secretary at Athleticsleinsterindoorsec@gmail.com



Athletics Leinster

2024 Indoor Championships

2024 Athletics Leinster Indoor Programme

Date	Start Time	Age Category	Venue	Closing Date	Late Entry Closing Date
Saturday 2 nd March	09:30	Juvenile Indoors Day 1 (Sprints)	Athlone International Arena TUS Midlands	22:00 Wednesday 21 st February	22:00 Monday 26 th February
Sunday 3 rd March	09:30	Juvenile Indoors Day 2 (Hurdles)	Athlone International Arena TUS Midlands	22:00 Wednesday 21 st February	22:00 Monday 26 th February
Saturday 9 th March	09:30	U20, Senior & Masters	Athlone International Arena TUS Midlands	22:00 Wednesday 28 th February	22:00 Monday 4 th March
Sunday 10 th March	09:30	Juvenile Indoors Day 3 (Relays + Some Juvenile Field Events)	Athlone International Arena TUS Midlands	22:00 Wednesday 28 th February	22:00 Monday 4 th March

ONLINE REGISTRATION ONLY

Clubs can enter Athletes & Teams here: <https://entry.athleticsireland.ie/#/>

Leinster Juvenile Combined Events will run as part of the National Indoor CE Champs, with the top 3 Leinster Athletes (U14-U16s) receiving medals.

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster
2024 Indoor Championships

Indoors DAY 1
Saturday, 2nd March 2024

Juvenile
Championships
Sprints

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2024 Indoor Championships

Indoor Championships Day 1 - Schedule of Events

**Athlone International Arena
TUS Midlands**

Saturday, 2nd March 2024

Provisional Start Time: 09:30am

Track					
Gender	Age Category	Event	Gender	Age Category	Event
Girls	U14 / U15	1km Walk	Boys	U14 / U15	1km Walk
Girls	U16 – U19	1.5km Walk	Boys	U16 – U19	1.5km Walk
Girls	U16	400m	Boys	U16	400m
Girls	U17	400m	Boys	U17	400m
Girls	U18	400m	Boys	U18	400m
Girls	U19	400m	Boys	U19	400m
Girls	U16	1500m	Boys	U16	1500m
Girls	U17	1500m	Boys	U17	1500m
Girls	U18	1500m	Boys	U18	1500m
Girls	U19	1500m	Boys	U19	1500m
All 400m Finals			All 400m Finals		
Girls	U12	60m	Boys	U12	60m
Girls	U13	60m	Boys	U13	60m
Girls	U14	60m	Boys	U14	60m
Girls	U15	60m	Boys	U15	60m
All 60m Semis			All 60m Semis		
Girls	U16	60m	Boys	U16	60m
Girls	U17	60m	Boys	U17	60m
Girls	U18	60m	Boys	U18	60m
Girls	U19	60m	Boys	U19	60m
All 60m Finals			All 60m Finals		

INDIVIDUAL ENTRY FEE: €4 per event (U12-U16)

€5 per event (U17-U19)

€20 per entry for either Pentathlon Women or Heptathlon Men (Youth, Masters, U20 & Senior)

ONLINE REGISTRATION ONLY

CLUBS can enter Athletes & Teams here: <https://entry.athleticsireland.ie/#/>

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

MAIN CLOSING DATE: 22:00 on Wednesday 21st February, 2024

DOUBLE FEES APPLY THEREAFTER: - LATE CLOSING DATE: 22:00 on Monday 26th February, 2024

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2024 Indoor Championships

Provisional Start Time: 09:30am

Field					
Gender	Age Category	Event	Gender	Age Category	Event
			Boys	U12	High Jump
Girls	U16	High Jump	Boys	U16	High Jump
Girls	U14	High Jump	Boys	U14	High Jump
Girls	U13	Long Jump	Boys	U19	Long Jump
Girls	U15	Long Jump	Boys	U17	Long Jump
Girls	U17	Long Jump	Boys	U15	Long Jump
Girls	U19	Long Jump	Boys	U13	Long Jump
Girls	U14	Shot Putt	Boys	U14	Shot Putt
Girls	U12	Shot Putt	Boys	U16	Shot Putt
Girls	U16	Shot Putt			

INDIVIDUAL ENTRY FEE: €4 per event (U12-U16)

€5 per event (U17-U19)

ONLINE REGISTRATION ONLY

CLUBS can enter Athletes & Teams here: <https://entry.athleticsireland.ie/#/>

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

MAIN CLOSING DATE: 22:00 on Wednesday 21st February, 2024

DOUBLE FEES APPLY THEREAFTER

LATE CLOSING DATE: 22:00 on Monday 26th February 2024

OFFICIALS NAMES MUST BE SENT ON TO THE ATHLETICS LEINSTER INDOOR SECRETARY BEFORE THE DAY OF COMPETITION.

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster
2024 Indoor Championships

Indoors DAY 2
Sunday, 3rd March 2024

Juvenile
Championships
Hurdles

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2024 Indoor Championships

**Indoor Championships Day 2 - Schedule of Events
Athlone International Arena
TUS Midlands**

Sunday, 3rd March 2024

Provisional Start Time: 09:30am

Track					
Gender	Age Category	Event	Gender	Age Category	Event
Girls	U16	200m	Boys	U16	200m
Girls	U17	200m	Boys	U17	200m
Girls	U18	200m	Boys	U18	200m
Girls	U19	200m	Boys	U19	200m
Girls	U12	600m	Boys	U12	600m
Girls	U13	600m	Boys	U13	600m
Girls	U14	800m	Boys	U14	800m
Girls	U15	800m	Boys	U15	800m
Girls	U16	800m	Boys	U16	800m
Girls	U17	800m	Boys	U17	800m
Girls	U18	800m	Boys	U18	800m
Girls	U19	800m	Boys	U19	800m
All 200m Finals			All 200m Finals		
Girls	U12	60mH	Boys	U12	60mH
Girls	U13	60mH	Boys	U13	60mH
Girls	U14	60mH	Boys	U14	60mH
Girls	U15	60mH	Boys	U15	60mH
Girls	U16	60mH	Boys	U16	60mH
Girls	U17	60mH	Boys	U17	60mH
Girls	U18	60mH	Boys	U18	60mH
Girls	U19	60mH	Boys	U19	60mH
All 600m Finals			All 600m Finals		
ALL 800m Finals			ALL 800m Finals		
ALL 60mH Finals			ALL 60mH Finals		

INDIVIDUAL ENTRY FEE: €4 per event (U12-U16); €5 (U17-U19);

ONLINE REGISTRATION ONLY

CLUBS can enter Athletes & Teams here: <https://entry.athleticsireland.ie/#/>

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

MAIN CLOSING DATE: 22:00 on Wednesday 21st February 2024

DOUBLE FEES APPLY THEREAFTER: - LATE CLOSING DATE: 22:00 on Monday 26th February 2024

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2024 Indoor Championships

Field					
Gender	Age Category	Event	Gender	Age Category	Event
Girls	U15	High Jump	Boys	U15	High Jump
Girls	U12	High Jump			
Girls	U13	High Jump	Boys	U13	High Jump
Girls	U12	Long Jump	Boys	U12	Long Jump
Girls	U14	Long Jump	Boys	U14	Long Jump
Girls	U16	Long Jump	Boys	U16	Long Jump
Girls	U18	Long Jump	Boys	U18	Long Jump
Girls	U13	Shot Putt	Boys	U13	Shot Putt
			Boys	U12	Shot Putt
Girls	U15	Shot Putt	Boys	U15	Shot Putt

INDIVIDUAL ENTRY FEE: €4 per event (U12-U16)

€5 per Event (U17-U19)

ONLINE REGISTRATION ONLY

CLUBS can enter Athletes & Teams here: <https://entry.athleticsireland.ie/#/>

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

MAIN CLOSING DATE: 22:00 on Wednesday, 21st February 2024

DOUBLE FEES APPLY THEREAFTER

LATE CLOSING DATE: 22:00 on Monday, 26th February 2024

OFFICIALS NAMES MUST BE SENT ON TO THE ATHLETICS LEINSTER INDOOR SECRETARY BEFORE THE DAY OF COMPETITION.

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2024 Indoor Championships

Indoors DAY 3

Saturday, 9th March 2024

U20, Senior & Masters

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2024 Indoor Championships

Indoor Championships Day 3 - Schedule of Events

**Athlone International Arena
TUS Midlands
Saturday 9th March 2024**

Provisional Start Time: 09.30am

Track			
Gender	Event	Gender	Event
Women (CE)	60mH	Men (CE)	60m
Women	60m	Men	60m
Women	1500m	Men	1500m
Women	60m Final	Men	60m Final
Women	3000m Walk	Men	3000m Walk
Women	60mH	Men	60mH
Women	200m	Men	200m
Women	800m	Men	800m
Women	200m Final	Men	200m Final
Women	3000m	Men	3000m
Women	400m	Men	400m
Women (CE)	800m		
Women	4x200m	Men	4x200m
Women	4x400m	Men	4x400m

Track Events will occur in the following order:

- U20 Women, Senior Women
- Master Women O35-O45, Master Women O50+
- U20 Men, Senior Men
- Master Men O35-O45, Master Men O50+
- Heats & Finals in the 60m / 200m are for U20 & Senior Athletes Only, everyone else is on time trials

Field			
Gender	Event	Gender	Event
Women & (CE)	High Jump	Men & (CE)	High Jump
Women & (CE)	Long Jump	Men & (CE)	Long Jump
Women	Triple Jump	Men	Triple Jump
Women	Pole Vault	Men	Pole Vault
Women & (CE)	Shot Putt	Men & (CE)	Shot Putt
Women	20l/28lbs for Distance	Men	35lb/56lb for Distance

EVENT ENTRY FEE:

€20 per entry for either Pentathlon Women or Heptathlon Men (U18, U20, U20, Senior & Masters)

€8 per event – U20

€12 per event – SENIOR & MASTER

€15 per Relay Team (€20 Entry on the Day)

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2024 Indoor Championships

ONLINE REGISTRATION ONLY
MAIN ENTRIES OPEN UNTIL 22:00hrs Wednesday, 28th February 2024
Late Fees apply thereafter
LATE FEES CLOSING DATE 22:00hrs Monday, 4th March 2024

PBs / SBs needed for all Track Events for seeding purposes.

Final Timetable will be released at the latest Wednesday, 6th March 2024

CLUBS can enter Athletes here: <https://entry.athleticsireland.ie/#/>

Athletes (U20, Senior, & Master) can also enter here:

<https://entry.athleticsireland.ie/#/>

Guest Athletes for U20, Senior & Master

Please Note:

All guests are very welcome to attend and compete, but as you will appreciate, this is the Athletics Leinster Championships and Leinster athletes must therefore take precedent. All attending athletes will be accommodated but depending on the number of guests in an event we may have separate races. Guest Athletes do not receive medals

U20s, Seniors and Masters Athletes PLEASE NOTE:

- To compete as a U20, the athlete must be over 16 and under 20 in the year of competition.
- To compete as a Master, the athlete must be over the age of the category on the day of competition.
- Competitors are limited to **FIVE** events plus a relay at Athletics Leinster Championships. No Exceptions will be accepted, athlete caught entering more than five events with forfeit their entry fees for the extra events.
- Entries for the 4x200m Relay and the 4x400m Relay will take place on the day of competition. Sheet will be available at check-in. They must be submitted before 14:00 on day of competition along with entry fee of €20 to the Athletics Leinster Indoor Secretary or Check-in Officials.

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

**CLUB RELAY TEAM ENTRIES CAN BE SUMITTED ON THE DAY OF COMPEITION BEFORE 15:00 TO
EITHER CHECKIN OFFICALS OR INDOOR SECRETARY**

**YOU WILL BE UNABLE TO ENTER ONLINE WITHOUT CORRECT & VALID ATHLETE REGISTRATION
NUMBERS**

**OFFICALS NAMES MUST BE SUBMITTED ON TO THE ATHLETICS LEINSTER INDOOR SECRETARY
BEFORE THE DAY OF COMPEITIION.**

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2024 Indoor Championships

Indoors DAY 4

Sunday 10th March 2024

Juvenile Relays & Day 3 Juvenile Championships

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2024 Indoor Championships

Indoor Championships Day 4 - Schedule of Events

Athlone International Arena

TUS Midlands

Sunday 10th March 2024

Provisional Start Time: 09:30am

Track					
Gender	Age Category	Event	Gender	Age Category	Event
			Men (CE)	YJSM	60Mh
Girls	U13	4x200m Relay	Boys	U13	4x200m Relay
Girls	U15	4x200m Relay	Boys	U15	4x200m Relay
Girls	U17	4x200m Relay	Boys	U17	4x200m Relay
Girls	U19	4x200m Relay	Boys	U19	4x200m Relay
Odd Relay Finals			Odd Relay Finals		
Girls	U12	4x200m Relay	Boys	U12	4x200m Relay
Girls	U14	4x200m Relay	Boys	U14	4x200m Relay
Girls	U16	4x200m Relay	Boys	U16	4x200m Relay
Girls	U18	4x200m Relay	Boys	U18	4x200m Relay
			Men (CE)	YJSM	1000m
Even Relay Finals			Even Relay Finals		

ENTRY FEE:

RELAYS: €12 per team

ONLINE REGISTRATION ONLY

MAIN ENTRIES OPEN TIL 22:00hrs Wednesday, 28th February 2024

Late fees apply thereafter

LATE ENTRIES OPEN TIL 22:00hrs Monday, 4th March 2024

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

CLUB RELAY TEAM ENTRIES MUST BE SUBMITTED BY COMPETITION CLOSING DATE, SOME AMMENDMENTS WILL BE ALLOW ON THE DAY OF COMPEITION PROVIDED THE TEAM WAS ENTERED BEFORE THE CLOSING DATE.

CLUBS can enter Athletes here: <https://entry.athleticsireland.ie/#/>

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster

2024 Indoor Championships

Field					
Gender	Age Category	Event	Gender	Age Category	Event
Girls	U17	High Jump	Boys	U17	High Jump
Girls	U18	High Jump	Boys	U18	High Jump
Girls	U19	High Jump	Boys	U19	High Jump
Girls	U17	Shot Putt	Boys	U17	Shot Putt
Girls	U18	Shot Putt	Boys	U18	Shot Putt
Girls	U19	Shot Putt	Boys	U19	Shot Putt
Girls	U14-U19	Triple Jump	Boys	U14-U19	Triple Jump
			Men (CE)	YJSM	Pole Vault
Girls	U13-U19	Pole Vault	Boys	U13-U19	Pole Vault

ENTRY FEE:

€4 per event (U14-U16)

€5 per event (U17-U19)

ONLINE REGISTRATION ONLY

MAIN ENTRIES OPEN TIL 22:00hrs Wednesday, 28th February 2024

Late fees apply thereafter

LATE ENTRIES OPEN TIL 22:00hrs Monday, 4th March 2024

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

OFFICIALS NAMES MUST BE SENT ON TO THE ATHLETICS LEINSTER INDOOR SECRETARY BEFORE THE DAY OF COMPETITION.

CLUBS can enter Athletes & Teams here: <https://entry.athleticsireland.ie/#/>

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



Athletics Leinster
2024 Indoor Championships

**Athletics Leinster Indoor
Championships**
Appendices

UPDATE 18th JANUARY 2024

<http://www.athleticsleinster.org>
<https://www.facebook.com/AthleticsLeinster>



1. Technical Specifics

Hurdles

Age	Distance	Heights	# Hurdles	Lead	Distance	Final
Girls 12	60mH	68.6cm = 2' 3	5	11.00m	7.25m	20.00m
Girls 13	60mH	68.6cm = 2' 3	5	11.00m	7.25m	20.00m
Girls 14	60mH	68.6cm = 2' 3	5	11.50m	7.50m	18.50m
Girls 15	60mH	76.2cm = 2' 6	5	12.00m	8.00m	16.00m
Girls 16	60mH	76.2cm = 2' 6	5	12.00m	8.00m	16.00m
Girls 17	60mH	76.2cm = 2' 6	5	13.00m	8.50m	13.00m
Girls 18	60mH	76.2cm = 2' 6	5	13.00m	8.50m	13.00m
Girls 19	60mH	83.8cm = 2' 9	5	13.00m	8.50m	13.00m
U20 W	60mH	83.8cm = 2' 9	5	13.00m	8.50m	13.00m
Senior W	60mH	83.8cm = 2' 9	5	13.00m	8.50m	13.00m
Master W O35-39	60mH	83.8cm = 2' 9	5	13.00m	8.50m	13.00m
Master W O40-49	60mH	76.2cm = 2' 6	5	12.00m	8.00m	16.00m
Master W O50-59	60mH	76.2cm = 2' 6	5	12.00m	7.00m	16.00m
Master W O60+	60mH	68.6cm = 2' 3	5	12.00m	7.00m	16.00m
Boys 12	60mH	68.6cm = 2' 3	5	11.00m	7.25m	20.00m
Boys 13	60mH	68.6cm = 2' 3	5	11.00m	7.25m	20.00m
Boys 14	60mH	76.2cm = 2' 6	5	11.50m	7.50m	18.50m
Boys 15	60mH	84.0cm = 2' 9	5	12.00m	8.00m	16.00m
Boys 16	60mH	84.0cm = 2' 9	5	13.00m	8.50m	13.00m
Boys 17	60mH	91.4cm = 3' 0	5	13.00m	8.50m	13.00m
Boys 18	60mH	91.4cm = 3' 0	5	13.72m	9.14m	9.72m
Boys 19	60mH	99.0cm = 3' 3	5	13.72m	9.14m	9.72m
U20 M	60mH	99.0cm = 3' 3	5	13.72m	9.14m	9.72m
Senior M	60mH	106.7cm = 3' 6	5	13.72m	9.14m	9.72m
Master M O35-49	60mH	99.0cm = 3' 3	5	13.72m	9.14m	9.72m
Master M O50-59	60mH	91.4cm = 3' 0	5	13.00m	8.50m	13.00m
Master M O60-69	60mH	84.0cm = 2' 9	5	12.00m	8.00m	16.00m
Master M O70-79	60mH	76.2cm = 2' 6	5	12.00m	7.00m	16.00m
Master M O80+	60mH	68.6cm = 2' 3	5	12.00m	7.00m	16.00m



Shot Putt

Boys / Men	AGES	Girls / Women
2 kg	U12	2 kg
2 kg	U13	2 kg
2.72 kg	U14	2 kg
3kg	U15	2.72 kg
4 kg	U16	3 kg
5 kg	U17	3 kg
5 kg	U18	3 kg
6 kg	U19	4 kg
6 kg	U20	4 kg
7.26 kg	Senior	4 kg
7.26 kg	Master O35-045	4 kg
6 kg	Master O50-055	3 kg
5 kg	Master O60-065	3 kg
4 kg	Master O70	3 kg
4 kg	Master O75	2 kg
3 kg	Master O80+	2 kg

Weight

Men	AGES	Women
35 lb (15.88kg)	U20	20lb (9.07kg)
56lb (25.4kg)	Senior	28lb (12.7kg)
56lb (25.4kg)	Master O35-045	28lb (12.7kg)
35 lb (15.88kg)	Master M50-69 / W50-74	20lb (9.07kg)
28lb (12.7kg)	Master M70+ / W75+	16lbs (7.26kg)

Starting Blocks

Boys & Girls U12,13	Optional	One False Start Allow, following false start is a DQ
Boys & Girls U14 – U15	Compulsory	One False Start Allow, following false start is a DQ
Boys & Girls U16+	Compulsory	IAAF False Start Rule Applies R162.7
Masters – (WMA Rules)	Optional	One False Start Allow, following false start is a DQ



2. Relay Team Amendment Form

Club:				
Sex / Age Category:				
	Name	D.O.B	Reg. #	Bib
1				
2				
3				
4				
S1				
S2				
Sex / Age Category:				
	Name	D.O.B	Reg. #	Bib
1				
2				
3				
4				
S1				
S2				

Club:				
Sex / Age Category:				
	Name	D.O.B	Reg. #	Bib
1				
2				
3				
4				
S1				
S2				
Sex / Age Category:				
	Name	D.O.B	Reg. #	Bib
1				
2				
3				
4				
S1				
S2				



3. Appeals

Athletics Leinster Appeals Procedure

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 finish of the event.

If the athlete or club official does not agree with their decision, they have the right to appeal to a Jury of Appeal accompanied by a fee of €20. (refundable in the case of a successful appeal).

This appeal must be presented using an official appeal form available in this booklet and upon request at 'Check-In', within 20 minutes of the outcome of the initial appeal to the relevant referee.

The appeal will only be accepted when presented by a competent club official citing basis for appeal and any backup evidence.

The Jury of Appeal shall, in the first instance, be composed of the Athletics Leinster Chairperson, the relevant Athletics Leinster Track & Field Secretary and the Track or Field Referee on the day.

In the case of a conflict of interest on any particular matter, an alternate shall replace the conflicted member(s) for the determination of that issue.

In the event that any member/alternate of first instance is unavailable on the day of competition, they may be substituted by the Athletics Leinster Vice-Chairman, the Athletics Leinster Treasurer or such other Athletics Leinster officers as are present on the day, as appropriate.

All appeals will be dealt with on the day. The ruling of the Jury of Appeal shall be final.



Athletics Leinster
2024 Indoor Championships

Appeals Form

Date:	Time:
Athlete Name:	
Club:	
Event:	
Details	
Club Official:	Role:
Appeal Fee 20€ (refundable in the case of a successful appeal)	

Please direct any queries to the Athletics Leinster Indoor Competition Secretary
by email at Athleticsleinsterindoorsec@gmail.com



Athletics Leinster

2024 Indoor Championships

4. National Entries

The first four (4) in each event qualify for the National Championships, **except in the 600m** where 3 qualify.

Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Athletics Leinster Indoor Championships, ***entries through the Athletics Leinster Indoor Secretary by closing date via online entry system.***

U12 Hurdles, U14 to U15 Triple Jump, U13 to U14 Pole Vault and U16 400m are not National Events and therefore there is no qualification.

Entries will be done through Athletics Leinster Indoor Secretary via online entry system. Therefore, any athlete unable to attend please notify your coach who in turn is responsible for notifying the Indoor secretary via email on Athleticsleinsterindoorsec@gmail.com



Athletics Leinster

2024 Indoor Championships

5. 2023 Athletics Leinster Executive

Chairperson	Catriona Duffy
Vice-Chairperson	Joe Walsh
Secretary & Registrar	Paul Archbold
Treasurer	Majella McGrath
Assistant Treasurer	Ciara Heneghan
PROs	Mary Daly & Adrian Martin
Outdoor Secretary	David Denieffe
Road & Cross-Country Secretary	Greg Duggan
Assistant Cross-Country Sec	Martin Heery
Indoor Secretary	Vacant
IT, Entries & Results Officer	Andrew Lynam
Coaching and Development	Vacant
Child Welfare Officers	Margaret Daly & Joe Walsh

Please read, the specific details of each competition carefully.

Please direct any errors, queries or concerns to the

Athletics Leinster Indoor Competition Secretary,

Athleticsleinsterindoorsec@gmail.com