

Rules:

Closing Date: 1st February for both weekends

An athlete may compete in 3 individual events plus the relay.

Entry Fee: €3.00 per EVENT and €10 per relay team with entries.

The first 3 from each event qualify for National Championships

All athletes must wear allocated competition number

Call room will be in operation for track events

Photo finish in operation for finals

Middle distance races 600, 800,1500m and Relays are run on times

Medals will be awarded to the first three athletes in each event

Senior athletes will have their own competition where numbers are sufficient

Senior medals will not be presented on the day.

Each Club MUST have 3 officials present on day of competitions.

Regulations:

- 1. NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIP.**
- 2. 3 OFFICIALS FROM EACH CLUB COMPETING MUST BE PRESENT FOR COMPETITION TO COMMENCE.**
3. Individual Track & Field Championships for Boys and Girls ages 12-19.
4. Club Singlets must be worn.
5. Athletes are confined to their own age group.
6. In the Indoor Relays an athlete may move up one age group.
7. At least 2 members of a competing relay team, participating in that event on that day must be of the correct age ,exception 17,18,19 age groups where no limitation applies
8. Call room will be in operation for track events Field athletes check in at their event when event is called
- 9. ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP.**
- 10. NEW FALSE START RULE APPLIES** from U16 upwards one false start leads to disqualification, in sprints, hurdles, middle distance, relays.
- 11. Hurdles are compulsory for U16 upwards and may be used from U12**
12. Athlete must leave the arena when their event is complete.
13. Medals to the first three athletes in each event.
14. Coaches and parents are ***not allowed*** on the track at any time.
15. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
- 16. ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
17. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships, ***entries through the Regional Secretary***
- 18. Photo finish will be in operation for finals of sprints**
- 19. All middle distance races are on times (600, 800, 1500, relays)**
- 20. Regional Competition Secretary must be present on days of National competition.**
21. Please have respect for the stadium and its environs.
22. Please do not leave your personal belongings unattended.
23. The programme may vary at the discretion of the organising committee.