

Rules:

- An athlete may compete in 3 individual events plus the relay.
- **Closing Dates: Monday 6th February @ 18.00 & Monday 27th February @ 18.00**
- 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 of sprints.**
- **Heats & Semi Finals decided by judges**
- **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. The first three (3) from each region *qualify* for the National Championships.
6. An athlete may compete in 3 individual events plus the relay.
7. Athletes are confined to their own age group.
8. In the Indoor Relays an athlete may move up one age group.
9. 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
10. **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
11. Call room will be in operation for track events Field athletes check in at their event when event is called
12. **ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP.**
13. Only starting blocks provided by the organising committee may be used.
14. **Athletes from U13 upwards must use Starting Blocks**
15. **U16 upwards False Start Rules apply. One false start leads to disqualification. U12 to U15 one false start allowed and second leads to disqualification**
16. **Photo finish will be in operation for finals of sprints**
17. **All middle distance races are on times (600, 800, 1500, relays)**
18. Athlete must leave the arena when their event is complete.
19. Medals to the first three athletes in each event.
20. Winning athletes must report for medal presentation 20 minutes after their event where possible.
21. Coaches and parents are **not allowed** on the track **at any time**.
22. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
23. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
24. Where a heat is listed if insufficient competitors check in a FINAL will be held at **heat time**.
25. 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.***
26. **Regional Competition Secretaries must be present on days of competition.**
27. Please have respect for the stadium and its environs.
28. Please do not leave your personal belongings unattended.
29. The programme may vary at the discretion of the organising committee.