



Athletics Leinster

2016 Indoor Championships

Athletics Leinster

2016

Indoor

Championships

Contact
Indoor Competition Secretary
Andrew Lynam
LeinsterAL@gmail.com

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



Athletics Leinster

2016 Indoor Championships

2016 Track & Field Policies

Athletics Leinster wishes to advise clubs of the following **Policies for Our 2016 Indoor T&F Championships**.

It is the intention of Athletics Leinster to **strictly** enforce these policies for the 2016 season.

Officials

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

These officials will be provided with a High-Viz vest which must be on display at all times. A minimum of one official per club 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 be for each club must be sent onto the Indoor Secretary ahead of the 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. 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 officials for **ALL** competitions which they have athletes competing in.

Entries

- **Entries are online at <https://events.athleticsireland.ie>**
- **An athlete cannot be entered on the system unless they have a current 2016 AAI registration number**
- **Any CLUB found not providing at least one officials to help at the events will not be able to collect their athlete's numbers until one or more officials are provided**

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

Relay amendments are accepted, 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.

Please Note that there will be a charge of €5 per non athlete entrance fee at the door of the arena.

Car parking in AIT **No** car parking fee unless you use the underground, we (Leinster Athletics) do not receive any of this money.



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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.

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. Please stay outside of the perimeter fencing at all venues.

Warm up Area.

In AIT this is an area upstairs overlooking the arena. This area is access by athletes **ONLY** and they will be allowed entry to this area 60 minutes prior to their event.

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 this year and will be strictly adhered too.**

THIS APPLIES TO ALL MASTERS CATEGORIES.



Athletics Leinster

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2016 Age Groups

1. Age categories calculated from 31st December in the year of competition.
2. No athlete may obtain a birthday in the year of competition and compete in that age.
3. Please note all ages in this booklet should be read as UNDER the stated age.

Under 9's - Born 2008

Under 10's - Born 2007

Under 11's - Born 2006

Under 12's - Born 2005

Under 13's - Born 2004

Under 14's - Born 2003

Under 15's - Born 2002

Under 16's - Born 2001

Under 17's - Born 2000

Under 18's - Born 1999

Under 19's - Born 1998

Policy Statement for the Athletic Association of Ireland

The Athletic Association of Ireland is fully committed to safeguarding the well being 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.

<http://www.iaaf.org/about-iaaf/documents/rules-regulations#rules>



Entry & Competition Rules

- Athletes are allowed to compete in individual events as follows:

Age Category	# of Events
U12 – U19	3 Events + Relay

- 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 Athletes are **strictly** confined to their own age groups. A fine of €75 will be levied where this rule is broken.
- There is no limit on the number of athletes a club may enter per individual event.
- Check-In:**
 - Track and field Athletes check-in when collecting their numbers, COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.
 - All athletes must collect a competition number, minimum one hour prior to their event.
- 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.
- 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.
- 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).
- U13 Athletes may use starting blocks, 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.

60m, and 60m Hurdles Qualifier's for Final are:

Heat's	Winners (Q)		Fastest Losers (q)		
2 (up to 16 athletes)	3		2		
3 (up to 24 athletes)	2		2		
	Semi Qualifiers		Final Qualifiers		
	Winners (Q)	Fast Losers (q)	Semi's	Winners (Q)	Fast Losers (q)
4 (up to 32 athletes)	3	4	2	4	0
5 (up to 40 athletes)	4	4	3	2	2
6 (up to 48 athletes)	3	6	3	2	2
7 (up to 56 athletes)	3	3	3	2	2
8 (up to 64 athletes)	2	8	3	2	2
9 (up to 72 athletes)	2	6	3	2	2
10 (up to 80 athletes)	2	4	3	2	2



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200m, 400m and Relays Qualifier's for Final are:

Heat's	Winners (Q)		Fastest Losers (q)	
2 (up to 12 athletes)	2		2	
3 (up to 18 athletes)	1		3	
4 (up to 24 athletes)	1		2	
5 (up to 30 athletes)	1		1	
	Semi		Final	
	Winners (Q)	Fast Losers (q)	Winners (Q)	Fast Losers (q)
6 (up to 36 athletes)	1	6	3	0

- 600m, 800m & 1500m Qualifiers will be determine one the day of competition according to the number of participants.
- Please have respect for the stadium and its environs.
- Please do not leave your personal belongings unattended. Athletics Leinster accepts no responsibility for items loss at it competitions.
- Athletes may move up **ONE** age group only for a relay, with the following exceptions:
 - Boys U16 CANNOT compete in the Boys U17 4 * 400m
- The first three (3) from each region qualify for the National Championships. (U12 Hurdles **u16, u17 triple jump** are not a National Event and therefore there is no qualification) **This will automatically be done by Indoor Leinster Secretary. Therefore, any athlete unable to attend please notify your coach who in turn is responsible for notifying Indoor secretary via email on LeinsterAL@gmail.com**
- **U17 – U19 ATHLETES, ENTERED FOR LEINSTER CHAMPIONSHIP BUT DO NOT COMPETE IN THESE CHAMPIONSHIPS DUE TO INJURY OR OTHER SPECIAL CIRCUMSTANCES MUST APPLY IN WRITING TO THE REGIONAL COMPETITION SECRETARY IF THEY WISH TO BE ENTERED FOR THE NATIONAL CHAMPIONSHIP.**
- **A PROVISIONAL TIMETABLE WILL BE AVAILABLE ON LINE 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
- Please direct any queries to the Athletics Leinster Indoor Track & Field competition secretary, Andrew Lynam at LeinsterAL@gmail.com



Athletics Leinster
2016 Indoor Championships

2016 Athletics Leinster Indoor Programme				
Date	Start Time	Age Category	Venue	Closing Date
Saturday 13 th February	10:00	Juvenile Indoor Relays and some Juvenile Events (please check these to ensure your athlete doesn't miss their event)	Athlone I.T	18:00 Wednesday 3 rd February
Sunday 14 th February	10.00	Juvenile Indoors (Hurdles)	Athlone I.T	18:00 Wednesday 3 rd February
Saturday 5 th March	10:00	Juvenile Indoors (Sprints)	Athlone I.T	18:00 Wednesday 24 th February
Sunday 6 th March	10:00	Junior, Senior & Master Indoors	Athlone I.T	18:00 Wednesday 24 th February

ONLINE REGISTRATION ONLY

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

Day 4 Athletes (Junior, Senior, & Master) can also enter here:
<https://events.athleticsireland.ie/ps/event/LeinsterIndoorChampionshipsDay4JuniorSeniorMaster>

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



Athletics Leinster

2016 Indoor Championships

Indoor DAY 1

**Saturday 13th
February**

Juvenile Club Relay (U12 – U19)

And some Juvenile Events

Championships



Athletics Leinster

2016 Indoor Championships

Indoor Championships Day 1 - Schedule of Events

Athlone I.T

Saturday 13th February 2016

Start Time: 10:00am

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	U13	4x100m Relay	Boys	U13	4x100m 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
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
Odd Relay Finals			Odd Relay Finals		
Girls	U12	4x100m Relay	Boys	U12	4x100m 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
All 800m Finals			All 800m Finals		
Even Relay Finals			Even Relay Finals		

RELAYS: €12 per team

INDIVIDUAL ENTRY FEE: €3.50 per event

ONLINE REGISTRATION ONLY

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



Athletics Leinster

2016 Indoor Championships

Field					
Gender	Age Category	Event	Gender	Age Category	Event
Girls	U18	High Jump	Boys	U18	High Jump
Girls	U19	High Jump	Boys	U19	High Jump
Girls	U18	Shot Putt	Boys	U18	Shot Putt
Girls	U19	Shot Putt	Boys	U19	Shot Putt
Girls	U15-U19	Pole Vault	Boys	U15-U19	Pole Vault
Girls	U16-U19	Triple Jump	Boys	U16-U19	Triple Jump

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

ENTRIES ONLY TAKEN UP UNTIL 18:00hrs on Wednesday the 3rd February 2016

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.

AVAILABLE & COMPETENT OFFICIALS FOR THE DAY OF COMPETITION MUST BE PROVIED TO THE LEINSTER SECRETARY BEFORE THE COMPEITION

Please add contact number and email for same

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



Athletics Leinster

2016 Indoor Championships

Relay Team Amendment Form

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



Athletics Leinster

2016 Indoor Championships

Relay Team Amendment Form

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



Athletics Leinster

2016 Indoor Championships

Indoor DAY 2

Sunday 14th February

Juvenile Championships



Athletics Leinster

2016 Indoor Championships

Indoor Championships Day 2 - Schedule of Events

Athlone I.T

Saturday 14th February 2016

Start Time: 10:00am

Track					
Gender	Age Category	Event	Gender	Age Category	Event
Girls	U18	200m	Boys	U18	200m
Girls	U19	200m	Boys	U19	200m
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
Girls	U12	600m	Boys	U12	600m
Girls	U13	600m	Boys	U13	600m
All 200m Finals			All 200m Finals		
All 60mH Finals			All 60mH Finals		
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 600m Finals			All 600m Finals		

ENTRY FEE:

€3.50 per event

ON LINE REGISTRATION ONLY

ENTRIES ONLY TAKEN UP UNTIL 18:00hrs on Wednesday the 3rd February 2016

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

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

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



Athletics Leinster

2016 Indoor Championships

Field					
Gender	Age Category	Event	Gender	Age Category	Event
Girls	U17	High Jump	Boys	U17	High Jump
Girls	U15	High Jump	Boys	U15	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	U15	Shot Putt	Boys	U15	Shot Putt
Girls	U17	Shot Putt	Boys	U17	Shot Putt
Girls	U13	Shot Putt	Boys	U13	Shot Putt

ENTRY FEE:

€3.50 per event

ENTRIES ONLY TAKEN UP UNTIL 18:00hrs on Wednesday the 3rd February 2016

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

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

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



Athletics Leinster

2016 Indoor Championships

Indoor DAY 3

Saturday 5th March

Juvenile Championships



Athletics Leinster

2016 Indoor Championships

Indoor Championships Day 3 - Schedule of Events

Athlone I.T

Saturday 5th March 2016

Start Time: 10:00am

Track					
Gender	Age Category	Event	Gender	Age Category	Event
Girls	U16	200m	Boys	U16	200m
Girls	U17	200m	Boys	U17	200m
Girls	U12	60m	Boys	U12	60m
Girls	U13	60m	Boys	U13	60m
Girls	U14	60m	Boys	U14	60m
Girls	U15	60m	Boys	U15	60m
200m Finals			200m Finals		
Girls	U18	400m	Boys	U18	400m
Girls	U19	400m	Boys	U19	400m
All 60m Semi's			All 60m Semi's		
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		
All 400m Finals			All 400m Finals		

ENTRY FEE:

€3.50 per event

ON LINE REGISTRATION ONLY

ENTRIES ONLY TAKEN UP UNTIL 18:00hrs Wednesday the 24th February 2016

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

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



Athletics Leinster

2016 Indoor Championships

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

ENTRY FEE:

€3.50 per event

ON LINE REGISTRATION ONLY

ENTRIES ONLY TAKEN UP UNTIL 18:00hrs Wednesday the 24th February 2016

STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR AMENDMENTS

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

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



Athletics Leinster

2016 Indoor Championships

Indoor DAY 4

Sunday 6th March 2016

**Junior,
Senior & Master**

Championships



Athletics Leinster

2016 Indoor Championships

Indoor Championships Day 4 - Schedule of Events

Athlone I.T

SUNDAY 6TH March 2016

Start Time: 10:00am

Track			
Gender	Event	Gender	Event
Women	200m Heats	Men	200m Heats
Women	3km Walk	Men	3km Walk
Women	200m Finals	Men	200m Finals
Women	800m	Men	800m
Women	60m Heats	Men	60m Heats
Women	1500m	Men	1500m
Women	60m Final	Men	60m Final
Women	400m Heats	Men	400m Heats
Women	60mH Heats	Men	60mH Heats
Women	3000m	Men	3000m
Women	60mH Finals	Men	60mH Finals
Women	400m Final	Men	400m Final
Women	4x200m Relays	Men	4x200m Relays
Women	4x400m Relays	Men	4x400m Relays

Field			
Gender	Event	Gender	Event
Women	High Jump	Men	High Jump
Women	Long Jump	Men	Long Jump
Women	Triple Jump	Men	Triple Jump
Women	Pole Vault	Men	Pole Vault
Women	Shot Putt	Men	Shot Putt

EVENT ENTRY FEE:

€6 per event

ON LINE REGISTRATION ONLY

Any registration sent to Navan will NOT be processed

ENTRIES ONLY TAKEN UP UNTIL 18:00hrs Wednesday the 24th February 2016

PB's needed for 3000m for seeding

Timetable will be released at the latest Wednesday the 2nd of March before the event



Athletics Leinster

2016 Indoor Championships

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

Day 4 Athletes (Junior, Senior, & Master) can also enter here:

<https://events.athleticsireland.ie/ps/event/LeinsterIndoorChampionshipsDay4JuniorSeniorMaster>

Guest Athletes for Master, Seniors and Juniors ONLY

Please Note:

All guests are very welcome to attend and compete, but as you will appreciate as this is the Leinster Championship's 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

Master, Seniors and Juniors PLEASE NOTE:

- To compete as a Junior, 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 at Athletics Leinster Championships. No Exceptions will be accepted!
- Master Hurdles will only have a competition on these age group O35 O40 O45.
- 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 12€ to the Leinster 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 14:00 TO CHECKIN OFFICALS OR INDOOR SECRETARY

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

OFFICALS NAMES MUST BE SENTED ON TO THE LEINSTER SECRETARY BEFORE THE DAY OF COMPEITIION.



Athletics Leinster

2016 Indoor Championships

Juvenile Championships

Hurdles & Weights



Athletics Leinster

2016 Indoor Championships

Hurdles

Age / Distance	Heights	# Hurdles	Lead	Distance	Final
Girls 12 60m	68.6cm = 2' 3	5	11.00m	7.25m	20.00m
Girls 13 60m	68.6cm = 2' 3	5	11.00m	7.25m	20.00m
Girls 14 60m	68.6cm = 2' 3	5	11.50m	7.50m	18.50m
Girls 15 60m	76.2cm = 2' 6	5	12.00m	8.00m	16.00m
Girls 16 60m	76.2cm = 2' 6	5	12.00m	8.00m	16.00m
Girls 17 60m	76.2cm = 2' 6	5	13.00m	8.50m	13.00m
Girls 18 60m	76.2cm = 2' 6	5	13.00m	8.50m	13.00m
Girls 19 60m	84.0cm = 2' 9	5	13.00m	8.50m	13.00m
Boys 12 60m	68.6cm = 2' 3	5	11.00m	7.25m	20.00m
Boys 13 60m	68.6cm = 2' 3	5	11.00m	7.25m	20.00m
Boys 14 60m	76.2cm = 2' 6	5	11.50m	7.50m	18.50m
Boys 15 60m	84.0cm = 2' 9	5	12.00m	8.00m	16.00m
Boys 16 60m	84.0cm = 2' 9	5	13.00m	8.50m	13.00m
Boys 17 60m	91.4cm = 3' 0	5	13.72m	9.14m	9.72m
Boys 18 60m	91.4cm = 3' 0	5	13.72m	9.14m	9.72m
Boys 19 60m	99.0cm = 3' 3	5	13.72m	9.14m	9.72m



Athletics Leinster

2016 Indoor Championships

Shot Putt

Boys	AGES	Girls
2 kg	12	2 kg
2 kg	13	2 kg
2.72 kg	14	2 kg
3kg	15	2.72 kg
4 kg	16	3 kg
5 kg	17	3 kg
5 kg	18	3 kg
6 kg	19	4 kg

Starting Blocks

Boys & Girls U12,13	Optional
Boys & Girls U14 +	* Compulsory

- Please see note relating to Athletic Proficiency.

Please read, the specific details of each competition carefully.

Please direct any errors, queries or concerns to the

Athletics Leinster Indoor Competition Secretary,

Andrew Lynam at LeinsterAL@gmail.com



Athletics Leinster

2016 Indoor Championships

2015-2016 Leinster Officers

Chairperson	Carmel Kelly
Secretary & Registrar	Mary Dwyer
Treasurer	Michael Tynan
Assistant Treasurer	Norah McDermott
Outdoor Secretary	Nicola Welsh
Road & Cross Country	Catriona Duffy
Indoor Secretary	Andrew Lynam
Development Officer	Bernie Kavanagh

Leinster Athletics AGM – 20:00, Thursday the 11th
February 2016

Keadeen Hotel, Newbridge, Co. Kildare