Bandon AC Junior Men Indoor Club Records

Last updated: 26 February 2018

Event	Result	Holder	Date	Venue
60m	6.97	Joe Gibson	29-01-2017	Athlone
200m	22.40	Darren Coughlan (U19)	26-03-2000	Nenagh
400m	49.23	Scott Gibson (U19)	22-03-2015	Athlone
800m	2.07.41	Ronan Duggan (U19)	24-02-2007	Nenagh
1000m	3.18.49	Tristan Chambers (U17)	20-01-2018	Athlone
1500m	4.20.92	Ronan Duggan (U19)	24-02-2007	Nenagh
3000m		No performance yet		
4x200 Relay	1.34.0	Darren O'Driscoll (U19), Ronan Harris (U18), Darren Coughlan (U18),	01-04-1999	Nenagh
60mH (99/13.72/9.14)	8.98	Shane Howard	10-02-2013	Athlone
Long Jump	6.77	Timothy Harrington (U19)	24-01-2009	Nenagh
Triple Jump	13.30	Promice Okafar	25-01-2015	Athlone
High Jump	1.78	Eric Stam (U17)	12-12-2010	Nenagh
Pole Vault	3.80	Davide Mazzali (U19)	26-01-2014	Athlone
Shot Putt (6 kg)	13.28	Patrick McSweeney	08-01-2012	Nenagh
(7.26 kg)	11.17	Gavin Hicks	12-02-2016	Athlone
35 lbWeight for Distance	8.00	Patrick McSweeney	08-01-2012	Nenagh
Pentathlon (60H, LJ, SP, HJ, 800m)	**3019** (9.31 (679), 6.25 (641), 10.59 (521), 1.72 (560), 2.18.90 (618))	Eric Stam (U19)	28-01-2012	Nenagh

Additional information and corrections are welcome.

Hand times and electronic times are compared as follows: 0.24 seconds added to hand times up to 400m and 0.14 seconds added for distances 400m and up.

Identical results are listed in order of decreasing age.

For Junior Indoor Combined Events, "Senior Men's and Women's IAAF Scoring Tables" are used, Ed. 2001.

Score=INT(A*(B-Time)**C)		A	B	C
60H		20.5173	15.5	1.9200
800m #		0.13279	235	1.85
Score=INT(A*(Distance-B)**C)				
Long Jump		0.143540	220	1.40
High Jump		0.84650	75	1.420

Shot Putt		51.3900	1.5	1.05

Time in seconds (electronic); Distance in centimeters for jumps and in meters for throws

*=multiplied by; **=raised to the power of

Scores to be rounded down to nearest whole number.

Ireland uses 800m for Youth and (sometimes) Juniors CE indoors

 for the 800m the IAUM senior indoor scoring table is used