



Athletic Association of Ireland

COMPETITION

Rules Booklet

2010

**IAAF rules of competition apply in AAI championships
except where otherwise specifically stated**

Indoor Championships

Senior Indoor

Senior Indoor Combined Events

Senior Indoor Relays

Master Indoor

Master Combined Event

Junior Indoor

Junior Indoor Combined Event

Juvenile Indoor

Juvenile Indoor Combined Events

Irish Universities Indoor

Cross Country Championships

Senior Cross Country Inter Clubs

Senior Cross Country Inter County

Intermediate Cross Country

Novice Cross Country

Under 23 Cross Country

Masters Cross Country

Junior Cross Country Inter Club

Junior Cross Country Inter County

Juvenile Cross Country

Juvenile B Cross Country

Schools Cross Country

Irish Universities Cross Country

Track & Field Championships

Senior Track & Field
Senior Track & Field Combined Events
Senior Track & Field Relays
Track & Field League
Under 23 Track & Field
Master Track & Field
Masters Track & Field Combined Events
Junior Track & Field
Junior Track & Field Combined Events
Juvenile Track & Field
Juvenile Track & Field Combined Events
Juvenile B Track & Field
Schools Track & Field
Schools Combined Events
Irish Universities

Road Championships

Senior Road Walking
Senior & Masters Marathon
Senior & Masters Half Marathon
Senior & Masters 10 K
Irish Universities Road Relays

**IAAF rules of competition apply in AAI championships
except where otherwise specifically stated**

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AGES

1. Senior athletes must be 16 years of age on the 31st December in the year of competition
2. Senior Cross Country athletes must be 18 years of age on the 31st December in the year of competition
3. Under 23 athletes must be aged 20 and under 23 years on the 31st December in the year of competition
4. Intermediate Cross Country athletes must be 20 years or over on the 31st December in the year of competition
5. Novice Cross Country athletes must be 19 years of age or over on the 31st December in the year of competition
6. Junior athletes must be 16 years on the 31st December in the year of competition and under 20 years on the 31st December in the year of competition
7. Juvenile Athletes 9 -19 years, No athlete may obtain a birthday in the year of competition and compete in that age.
8. Master athletes both male and female attain eligibility on their 35th birthday Track & Field,
9. Masters athletes both male and female attain eligibility on their 40th birthday for events outside of stadiums ie Cross Country, Road Relays, Road , Race Walking
10. Athletes must be 18 years and over to compete in events of 10,000m or over
11. Celtic Track & Field Under 16 & 18 on 31st December in the year of competition
12. Celtic Cross Country Under 17 on 31st December in the year of competition

13. Tailteann Games

Boys and Girls Under 17 years of age on 1st September in the year of competition

14. Schools Ages

Junior: Under 15 on 1st July in the year of competition;

Intermediate: Under 17 on 1st July in the year of competition;

Senior: Under 19 on 1st January in the year of competition.

15. For all SIAB (i.e. International) competition:

Schools Indoor

Under 16 Under 16 on 1st September in the year of competition

Cross Country

Junior Under 15 on 1st September in the year of competition;

Intermediate Under 17 on 1st September in the year of competition

Track & Field

Intermediate Under 17 on 1st September in the year of competition

Combined Events

Junior Under 15 on 1st September in the year of competition;

Intermediate Under 17 on 1st September in the year of competition

MEMBERSHIP & ENTRY Regulations

1. All athletes must be registered members of affiliated clubs of the Athletic Association of Ireland
2. An athlete may register with the association and run unattached for a maximum of six months while choosing a club
3. Chair of High Performance in consultation with Chair of Competition may accept entry in specific competitions.
4. No entry accepted by fax or email
5. Master athletes may compete in 5 events maximum
6. Club , team or county colours ***must*** be worn
7. Athletes are allowed to use their own implements provided that they are checked and marked by the organising committee before the competition and made available to all athletes, exception javelin & vaulting pole
8. IAAF False start rule applies to individual events from u 16 upwards to include juveniles
Any athlete responsible for a false start shall be disqualified, note this rule applies to all races
9. In Combined Events, and Juvenile Events 12 - 15 years any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified.
10. **University Championships** Those entitled to compete as per IUAA Constitution
 - (i) Entered by the Member to which they are attached. **and**
 - (ii) Be a registered student as defined at Section 6.2.1. **or**
 - (iii) Be a student who may be repeating an examination as allowed under the regulations of their respective university/college/institute. **or**
 - (iv) Be a person who has completed a course of study as described in Section 7.2 (ii) in the academic year immediately prior to a particular Championship. **or**
 - (v) Be a registered full-time student of a foreign university/college/institute pursuing a course of study in part-fulfilment of their qualification at a Member university/college/institute.

An athlete entering any of the University Championships under category 8.2 (iv), shall:-

 - (i) Only declare for one Member university/college/institute during a particular Academic year.
 - (ii) Provide on request, proof of registration for the academic year immediately prior to a particular Championship.

For further details on University Rules <http://www.iuaa.org/Overview/constitution.pdf>

CHAMPIONSHIP BEST PERFORMANCES / RECORDS

- **National Record Holder**

An athlete who is eligible and has declared for Ireland

- **Championship Best Performance**

An athlete whose performance exceeds the current CBP and who is entitled / eligible to compete in National Championships

- **Title Holder**

An athlete who is a registered member of an athletic club on the Island of Ireland

Or

Eligible to represent Ireland

Juvenile

Championship Best Performance

An athlete whose performance exceeds the current CBP and who is entitled/ eligible to compete in National Championships

Track & Field Championships

TRACK EVENTS

1. Senior competition: in the event of heats proving unnecessary, finals will be held at final times
2. Junior and Masters competition: in the event of heats proving unnecessary, finals will be held at heat times
3. Track & Field Relays: in the event of heats proving unnecessary, finals will be held at heat times
4. Athletes must check in at least 60 minutes before their event, 90 minutes pole vault
5. Athletes ***must*** wear their official club singlet, a plain white vest with no logos may be permitted in certain circumstances with permission of meet manager / director
6. Lane draws and seeding as per IAAF in semi finals and finals (Rule 166)
7. Every athlete will be provided with a number which during the competition must be worn visibly, these numbers must be worn as issued and may not be cut folded or obscured in any way (Rule 143.8)
8. When photo finish equipment is in operation the athlete may be required to wear an additional number on the side of their shorts or leg
9. Starting blocks shall be used for all races up to and including 400m (Rule 161.1)
10. Only starting blocks provided by the Organising Committee may be used. (Rule 161.3)
11. IAAF False start rule applies, Any athlete responsible for a false start shall be disqualified. (Rule 162.7) ***Note this rule applies to all race distances.***
12. In Combined Events, any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified. (Rule 162.7)
13. 10,000 m team event for Men 6 to run 3 to score (incorporated in 10,000m Senior Track & Field Championship)
14. 5,000m team event for Men 6 to run 3 to score (Track and Field Relays)
15. An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where:
 - (a) a final confirmation was given that the athlete would start in an event but then failed to participate;
 - (b) an athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further. (Rule 142.4)

JUVENILE SPECIFIC REGULATIONS

1. The first four (4) from each region **qualify** for the National Championships. Exception 600m first three (3) qualify due to safety regulations.
2. Team Competition Three (3) teams per event per region, qualifying through Regional/Provincial Secretary.
3. Three (3) relay inter club teams per county per age group, **Teams qualify from the County.**
4. One (1) County relay team per age group
5. Athletes are confined to their own age group.
6. Ages 12,13, 14, 15 and 16 are limited to 3 events plus relay.
7. Ages 17, 18 and 19 are limited to 4 events plus relay
8. At least 2 members of a competing relay team, participating in that event on that day must be of the correct age with the exception of ages 17, 18, 19
9. All entries must come through the Regional Secretary.
10. IAAF False start rule applies to juvenile individual events from u 16 upwards
Any athlete responsible for a false start shall be disqualified. (Rule 162.7)

Note this rule applies to all race distances

11. In Combined Events, and Juvenile Events 12 - 15 years any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified. (Rule 162.7)
12. Athletes from U13 upwards **must** use Starting Blocks , from 2010 Track season
13. Athletes U9 – U11 **may** use crouch position, two false starts apply
14. Athletes U12 **must** use crouch position
15. In schools competition if an athlete is responsible for two false starts, he shall be disqualified.
16. Only Starting blocks provided by the organising committee may be used.
17. 60m, 80m, 300m, 500m, 600m are on times no finals, in U9,10,11
18. U9,10 Long Jump competition, athletes may jump anywhere from the sand.
19. U9,10, 11 Long Jump three (3) Jumps only per athlete.
20. Ball throw U9, 10 , 11 three (3) throws only

FIELD EVENTS

1. In Senior Men Shot Discus and Hammer athletes must be 18 years or over to compete
2. The implements used shall comply with IAAF specifications
3. Athletes are allowed to use their own implements provided that they are checked and marked by the organising committee before the competition and made available to all athletes, exception javelin & vaulting pole
4. An athlete shall not use gloves except in the hammer throw (Rule 187.4(b))
5. In order to obtain a better grip an athlete may use a suitable substance on hands, in addition hammer throwers may use such substance on their gloves and shot putters may use such substances on their neck In addition, in the Shot Put and Discus Throw , athletes may place chalk or a similar substance on the implement (Rule 187.4(c))
6. The following will not be considered assistance. Any kind of personal safeguard (bandage, tape , belt , support etc) for protection or medical purposes (Rule 144.2 (f))
7. An athlete may not spray nor spread any substance in the circle or on his shoes nor roughen the surface of the circle. (Rule 187.8)
8. An athlete shall not leave the circle until the implement has touched the ground (Rule 187.17)
9. Athletes must check in at least 60 minutes before their event, Pole Vault 90 minutes
10. Athletes must wear their official club singlet
11. Senior and Junior competition: where there are more than eight (8) competitors each athlete shall be allowed three(3) trials and the eight (8)athletes with the best performances will be allowed an additional three (3) trials
12. Where there are (8) athletes or fewer each athlete shall be allowed six (6) trials
13. In Combined Events competition athletes shall be allowed three (3) trials only
14. In Masters competition an athlete has four (4) trials
15. In Track & Field Relays each athlete has four (4) trials
16. An athlete may request upon completion of their trials in field events to leave the competition required for medal presentation.
17. Competing under protest in Field Events – If one or more athlete(s) is permitted by the referee to continue in a competition under protest (Rule 146.4 (b)), these athletes shall compete in all subsequent rounds before all other athletes and in the relative order according to the original competition (Rule 180.5 Note (ii))
18. High Jump and Pole Vault in the case of a tie for any place, including first place the tie shall remain in AAI competition, This rule will not apply to combined events (Rule 181.8 (d))

Track and Field Championship Events

	Senior Men	Senior W	Junior Men	Junior W	U 23 Men	U 23 W	Master Men	Master W	IUAA Men	IUAA W
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100m H		✓		✓		✓				✓
110m H	✓		✓		✓				✓	
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m H	✓	✓	✓	✓	✓	✓			✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1,500m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3,000m				✓		✓		✓		✓
5,000m	✓	✓	✓				✓		✓	✓
10,000m *	✓								✓	
3000m W				✓		✓		✓	✓	
5000m W		✓	✓		✓		✓			
10000m W	✓						✓			
1500m W										✓
3000m S C	✓	✓	✓	✓	✓	✓			✓	✓
Triple J	✓	✓	✓	✓	✓	✓			✓	✓
Long J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pole Vault	✓	✓	✓	✓	✓	✓			✓	✓
Shot	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Discus	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Javelin	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hammer	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Weight H	✓									
Weight D	✓						✓		✓	✓
4 x 100m			✓	✓	✓	✓	✓	✓	✓	✓
4 x 400m			✓	✓	✓	✓	✓	✓	✓	✓

* Team Race (6 to run, 3 to score) incorporated

JUVENILE

	B 13	B 14	B 15	B 16	B 17	B 18	B 19	B 12	G 12	G 13	G 14	G 15	G 16	G 17	G 18	G 19
60m H	✓									✓						
75m H		✓									✓					
80m H			✓									✓	✓			
100m H				✓	✓									✓	✓	✓
110m H						✓	✓									
250m H			✓	✓								✓	✓			
300m H					✓									✓	✓	
400m H						✓	✓									✓
2000m W		✓	✓								✓	✓	✓			
3000m W				✓	✓									✓	✓	✓
5000m W						✓	✓									
80m	✓	✓						✓	✓	✓	✓					
100m			✓	✓	✓	✓						✓	✓	✓	✓	✓
200m		✓	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓
300m														✓	✓	
400m					✓	✓	✓									✓
600m	✓							✓	✓	✓						
800m		✓	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓
1500m		✓	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓
3000m				✓	✓	✓	✓								✓	✓
1200M SC														✓		
1500m SC					✓										✓	
2000m SC						✓	✓									✓
Javelin	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Putt	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Discus		✓	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓
Hammer		✓	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pole Vault			✓	✓	✓	✓	✓						✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump			✓	✓	✓	✓	✓							✓	✓	✓
4 x 100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4 x 300m													✓		✓	✓
4 x 400m					✓	✓	✓									✓
4 x 100m Inter County	✓		✓		✓		✓		✓		✓		✓		✓	

TEAM COMPETITION

	60m	300m	500m	600m	Long Jump	Ball Throw	4 x 100m
Boys under 9	✓	✓			✓	✓	✓
Boys under 10	✓		✓		✓	✓	✓
Boys under 11	✓			✓	✓	✓	✓
Girls under 9	✓	✓			✓	✓	✓
Girls under 10	✓		✓		✓	✓	✓
Girls under 11	✓			✓	✓	✓	✓

B INDIVIDUAL CHAMPIONSHIPS

	80m	100m	600m	800m	Long Jump	High Jump	Shot
Boys under 13	✓		✓		✓	✓	✓
Boys under 14		✓		✓	✓	✓	✓
Boys under 16		✓		✓	✓	✓	✓
Girls under 13	✓		✓		✓	✓	✓
Girls under 14		✓		✓	✓	✓	✓
Girls under 16		✓		✓	✓	✓	✓

IRISH SCHOOLS

	Girls				Boys			
	Junior	Inter	Senior	Wheelchair	Junior	Inter	Senior	Wheelchair
75m H	✓							
80m H		✓			✓			
100m H			✓			✓		
110m H							✓	
300m H		✓						
400m H			✓			✓	✓	
1200m W	✓				✓			
2000m W		✓				✓		
3000m W			✓					
100m	✓	✓	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓		✓	✓	✓	
300m		✓						
400m			✓			✓	✓	
800m	✓	✓	✓		✓	✓	✓	
1500m	✓	✓	✓		✓	✓	✓	
3000m		✓	✓			✓		
5000m							✓	
2000m S/C							✓	
Javelin	✓	✓	✓		✓	✓	✓	
Shot Putt	✓	✓	✓	✓	✓	✓	✓	✓
Discus	✓	✓	✓	✓	✓	✓	✓	✓
Hammer	✓	✓	✓		✓	✓	✓	
High Jump	✓	✓	✓		✓	✓	✓	
Pole Vault	✓	✓	✓		✓	✓	✓	
Long Jump	✓	✓	✓		✓	✓	✓	
Triple Jump	✓	✓	✓		✓	✓	✓	
4 x 100m	✓	✓	✓		✓	✓	✓	

Track & Field Combined Events

SENIOR, JUNIOR, MASTERS

	Senior Men	Senior Women	Junior Women	Junior Men	Masters M 35-49	Masters M 50+	Masters W35-49	Masters W 50+
	Decath	Hep	Hep	Decath	Pen	Quad	Quad	Quad
100m	✓			✓		✓	✓	✓
Long J	✓	✓	✓	✓	✓	✓	✓	✓
Shot	✓	✓	✓	✓	✓	✓	✓	✓
High J	✓	✓	✓	✓	✓			
200m		✓	✓					
400m	✓			✓				
100m H		✓	✓		✓			
110m H	✓			✓				
Discus	✓			✓				
Pole V	✓			✓				
Javelin	✓	✓	✓	✓				
1500m	✓			✓	✓	✓		
800m		✓	✓				✓	✓

Normal Masters step down rule will allow athletes 0/50 to compete Pentathlon

JUVENILE Combined Events

	B14	B15	B16	B17	B18	B19	G14	G15	G16	G17	G18	G19
	Pen	Pen	Pen	Oct	Oct	Oct	Pen	Pen	Pen	Hep	Hep	Hep
75m H	✓						✓					
80m H		✓						✓	✓			
100/ 110m H			✓	✓	✓	✓				✓	✓	✓
High J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m				✓	✓	✓				✓	✓	✓
Javelin				✓	✓	✓				✓	✓	✓
Pole Vault				✓	✓	✓						
800m	✓	✓	✓				✓	✓	✓	✓	✓	✓
1000m				✓	✓	✓				✓	✓	✓

UNIVERSITIES PENTATHLON

Men	110m H	Shot	High Jump	Long Jump	1500m	
Women	100m H	Shot	High Jump	Long Jump	800m	

IRISH SCHOOLS Combined Events

Boys	Junior	Inter	Senior	Girls	Junior	Inter	Senior
80m H	✓				✓	✓	
100m H		✓					✓
110m H			✓				
200m	✓	✓	✓		✓	✓	✓
High J	✓	✓	✓		✓	✓	✓
Long J	✓	✓	✓		✓	✓	✓
Shot	✓	✓	✓		✓	✓	✓
800m	✓	✓	✓		✓	✓	✓

National Track & Field League 2010

1. Team Composition

Teams can be either

a. Club Teams from a single club

- With maximum of 2 members registered with other clubs from within their county affiliated to the Athletic Association of Ireland
- These athletes shall be stated clearly on the initial entry, and no changes will be allowed from the close of entries
- Members of these teams may not take part in any other team.

b. Composite Teams

- More than one club and greater than 2 athletes per club, from within their county affiliated to the Athletic Association of Ireland
- The names of the clubs and athletes must be given on the initial entry, and no changes will be allowed from the close of entries.
- Members of these teams may not take part in any other team.
- The composite team may compete under a suitable area name .
- **Team colours must be declared**

c. County Teams

- Entered by a County Board.
- Names of clubs and athletes must be provided on the entry form, and members named of these clubs may not take part in any other team.
- Note: A County may enter a team made up of a number of clubs from within their county affiliated to the Athletic Association of Ireland, even though other clubs in the county enter separately or as a composite unit.
- By agreement of the county, athletes who are not selected to compete on the county team can participate as guests with clubs within their county

2. Club Secretary or Chairman ***must*** sign the entry of team to which the club is committed.

3. Club members may compete only on the team nominated by the club official.

4. Teams will declare an identifying singlet in advance, which must be worn in all competition. Failure to wear it will result in disqualification and loss of points for all events in which the infringement occurs.
5. Team Managers
 - a. Declare their teams 1 hour before the start of the competition., Note Pole Vault 90 minutes
 - b. Individual athletes need only report to the site of competition.
 - c. No changes in the original team declaration may be made without the consent of the event referee and subsequent notification to the meet organiser.
6. All athletes must be bona fide registered members of the club for which they compete
7. Members of composite teams must be registered athletes
8. Members of County teams must be registered athletes from within their county
9. All athletes must be 16 years or over on 31st December in the year of competition.
10. In Senior Men Shot, Discus and Hammer athletes must be 18 years and over to compete
11. Athletics Northern Ireland clubs entering the league must furnish a list of their athletes to the AAI Office by the closing date. Additional athletes 2 in total, if used, must be from the County of the competing club.
12. 2 top teams in final of Division 1 will be promoted to Premier Division men & women
13. Demotion will be the bottom 2 teams following rounds 1 & 2 in both divisions.
14. A team not competing in the league for 2 years will be automatically demoted

Structure and Format

Division 1

Rounds 1, 2 and Final will consist of full programme with both men and women counting 15 best events.

Premier Division

Rounds 1, 2 and Final will consist of full programme with both men and women counting 17 best events.

IAAF Rules of Competition will apply

1. In general every effort will be made to locate teams at the one most convenient to them, and men's and women's teams from the same club at the same venue. However the need to balance the strength of the groups means that this cannot be guaranteed.
2. The Referee will decide all matters of fact. Appeals (in writing) to the League co-ordinator or Deputy on the day as per IAAF
3. Clubs who compete as part of composite or county teams who gain promotion will remain part of that team for a minimum of one further season.
4. Scoring for events shall remain as heretofore,

1 st Place –	9 points,
2 nd place –	7 points
3 rd Place -	6 points
4 th place -	5 points
5 th place -	4 points
6 th place -	3 points
7 th place -	2 points
8 th place -	1 point
5. Qualification for the final is by total number of points scored over rounds 1 & 2.
6. Teams qualifying for the final will carry forward to the final points equivalent to their position
..... 1st place – 9 pts, 2nd place –7pts, 3rd place – 6pts etc.

7. Each athlete may take part in two track and one field event, or two field and one track event, plus relays on each day.
8. Teams shall nominate two officials on the entry form for each round including final, together with details of their events if applicable. The named officials may be changed on the team declaration, but failure to attend will result in deduction of the lowest counting event points on the day.
9. Team managers will certify that competitors are physically fit and technically competent to take part in their events.
10. The referee shall, on recommendation of officials, remove from competition anybody whom through lack of fitness, ability or technique constitutes a danger to himself or other competitors.
11. Non scoring guests athletes may be accommodated in qualifying rounds at the discretion of the Official in charge at the venue, but will not be allowed in the final
12. In Field events where applicable 4 trials will be allowed
13. Competitors must bring their own Pole Vault which may not be shared without permission from the owner
14. Starting Height Pole Vault Men 2.00m Women 1.55m

Track & Field Relay

	Men	Women		Team
Shot	✓ 7.26kg	✓ 4.00kg		2
Long Jump	✓	✓		2
High Jump	✓	✓		2
Triple Jump	✓	✓		2
Discus	✓ 2.00kg	✓ 1.00kg		2
4 x 100m	✓	✓		4
4 x 400m	✓	✓		4
3 x 800m	✓	✓		3
3 x 1500m	✓	✓		3
5000m Team	✓		6 to Enter	3 to count
56lbs	✓			2

1. 3 x 5000m each athlete allocated a number , accumulative finishing positions ,
6 to enter 3 to count

2. 3 x 1500m ,3 x 800m, 4 x 400m, 4 x 200m
Competition is in the format of a traditional relay with athletes running legs of the event

3. 2 x Field Events
Competition is accumulative of both athletes performance, distance thrown or jumped each athlete has 4 trials, exception High Jump

Indoor Championships

TRACK EVENTS

1. Senior competition: in the event of heats proving unnecessary, finals will be held at final times
2. Junior and Masters competition: in the event of heats proving unnecessary, finals will be held at heat times
3. Track & Field Relays in the event of heats proving unnecessary, finals will be held at heat times
4. Athletes must check in at least 60 minutes before their event, 90 minutes pole vault
5. Athletes must wear their official club singlet, a plain white vest with no logos may be permitted in certain circumstances with permission of meet manager / director
6. Lane draws and seeding as per IAAF in semi finals and finals (Rule 214.10)
7. Every athlete will be provided with a number which during the competition must be worn visibly, these numbers must be worn as issued and may not be cut folded or obscured in any way (Rule 143.8)
8. When photo finish equipment is in operation the athlete may be required to wear an additional number on the side of their shorts or leg
9. Starting blocks shall be used for all races up to and including 400m (Rule 161.1) Only Starting blocks provided by the organising committee may be used.
10. IAAF False start rule applies, Any athlete responsible for a false start shall be disqualified. (Rule 162.7) **Note this applies to all race distances**
11. In Combined Events, any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified. (Rule 162.7)
12. An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where:
 - (a) a final confirmation was given that the athlete would start in an event but then failed to participate;
 - (b) an athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further. (Rule 142.4)

JUVENILE SPECIFIC REGULATIONS

1. The first three (3) from each region **qualify** for the National Championships.
2. An athlete may compete in three individual events plus the relay.
3. Athletes are confined to their own age group.
4. In the Indoor Relays an athlete may move up one age group.
5. At least 2 members of a competing relay team, participating in that event on that day must be of the correct age with the exception of ages 17, 18, 19
6. All entries must come through the Regional Secretary.
7. Relay teams qualify from region, 3 teams per region
8. Athletes from U13 upwards **must** use Starting Blocks from the 2010 Track Season
9. Athletes U12 **must** use crouch position
10. IAAF False start rule applies to juvenile individual events from u 16 upwards
Any athlete responsible for a false start shall be disqualified. (Rule 162.7)
11. In Combined Events, and Juvenile Events 12 - 15 years any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified. (Rule 162.7) This applies to all races
12. Only Starting blocks provided by the organising committee may be used.

FIELD EVENTS

1. In Senior Men, Shot, and Weights athletes must be 18 years or over to compete
1. The implements used shall comply with IAAF specifications
2. Athletes are allowed to use their own implements provided that they are checked and marked by the organising committee before the competition and made available to all athletes
3. In order to obtain a better grip an athlete may use a suitable substance on hands, shot putters may use such substances on their neck. In addition, in the Shot Put and Discus Throw , athletes may place chalk or a similar substance on the implement (Rule 187.4(c))
4. The following will not be considered assistance. Any kind of personal safeguard (bandage, tape , belt , support etc) for protection or medical purposes (Rule 144.2 (f))
5. An athlete may not spray nor spread any substance in the circle or on his shoes nor roughen the surface of the circle
6. An athlete shall not leave the circle until the implement has touched the ground (Rule 187.17)
7. Athletes must check in at least 60 minutes before their event, pole vaulting 90 minutes
8. Athletes must wear their official club singlet
9. Senior and Junior competition where there are more than eight (8) competitors each athlete shall be allowed three(3) trials and the eight (8)athletes with the best performances will be allowed an additional three (3) trials
10. Where there are eight (8)athletes or fewer all each athlete shall be allowed six (6) trials
11. In Combined Events competition athletes shall be allowed three (3) trials only
12. In Masters competition an athlete has four (4) trials
13. In Track & Field Relays each athlete has four (4) trials
14. An athlete may request upon completion of their trials in field events to leave the competition area, all such athletes will be escorted together from the area at an appropriate time unless required for medal presentation
15. Competing under protest in Field Events – If one or more athlete(s) is permitted by the referee to continue in a competition under protest (Rule 146.4 (b)), these athletes shall compete in all subsequent rounds before all other athletes and in the relative order according to the original competition Rule 180.5 Note (ii)
16. High Jump and Pole Vault in the case of a tie for any place, including first place the tie shall remain in AAI competition, This rule will not apply to combined events

Indoor Championship Events

	Senior M	Senior W	Junior M	Junior W	Master M	Master W	IUAA M	IUAA W
60m	✓	✓	✓	✓	✓	✓	✓	✓
60m H	✓	✓	✓	✓			✓	✓
200m	✓	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓
1,500m	✓	✓	✓	✓	✓	✓	✓	✓
3,000m	✓	✓	✓	✓		✓	✓	✓
3,000m W			✓	✓	✓	✓		
5,000m W	✓	✓						
2000m W	✓	✓	✓	✓	✓	✓	✓	
1500m W	✓	✓	✓	✓	✓	✓		✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓			✓	✓
High Jump	✓	✓	✓	✓	✓	✓	✓	✓
Shot	✓	✓	✓	✓	✓	✓	✓	✓
Pole Vault	✓	✓	✓	✓			✓	✓
35 lbs Dist			✓				✓	
56 lbs Dist	✓							
17.5 lbs Dist								✓
4 x 200m							✓	✓
Medley Rel							✓	✓

BOYS

JUVENILES

GIRLS

Boys	12	13	14	15	16	17	18	19	12	13	14	15	16	17	18	19
60m H		✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓
1000m W			✓	✓							✓	✓				
1500m W					✓	✓	✓	✓					✓	✓	✓	✓
60m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m					✓	✓	✓	✓					✓	✓	✓	✓
300m														✓	✓	
400m							✓	✓								✓
600m	✓	✓							✓	✓						
800m			✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓
1500m					✓	✓	✓	✓					✓	✓	✓	✓
Shot P	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple J							✓	✓							✓	✓
4 X 100m	✓	✓	✓						✓	✓	✓					
4 X 200m				✓	✓	✓	✓	✓				✓	✓	✓	✓	✓

Combined Events Indoor

Normal Masters step down rule will allow athletes 0/50 to compete in Pentathlon

SENIOR , JUNIOR , MASTERS, UNIVERSITIES

	Senior Men	Senior Women	Junior Women	Junior Men	Men 35-49	Men 50+	Women 35-49	Women 50 +	IUAA Men	IUAA Women
60m						✓		✓	✓	✓
Long J	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High J	✓	✓	✓	✓	✓		✓		✓	✓
60m H	✓	✓	✓	✓	✓		✓		✓	✓
800m		✓	✓				✓	✓		✓
1000m	✓			✓	✓	✓			✓	

JUVENILE

Pentathlon Indoor

	B 14	B 16	B 18	G 14	G 16	G 18
60m H	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
Shot	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓

Indoor Relays

	Men	Weight	Women	Weight	Team
2 x Shot	✓	7.26kg	✓	4.00kg	2
Long Jump	✓		✓		2
High Jump	✓		✓		2
Triple Jump	✓		✓		2
60m Hurdles	✓		✓		2
4 x 200m	✓		✓		4
4 x 400m	✓		✓		4
3 x 800m	✓		✓		3
3000m Team	✓			6 to Enter 3 to count	
56lbs	✓				2

4. 3 x 3000m each athlete allocated a number , accumulative finishing positions ,

6 to enter 3 to count

5. 3 x 800m, 4 x 400m, 4 x 200m

Competition is in the format of a traditional relay with athletes running legs of the event

6. 2 x 60m Shuttle Hurdles

Teams starts at the finish line, second athlete starts from the 60m start line , best time wins

7. 2 x Field Events

Competition is accumulative of both athletes performance, distance thrown or jumped each athlete has 4 trials , exception High Jump

Road Championships

Road Relay Championships

Athletes must wear club singlet

In team events athletes may only score in the category for which they declare

Championships medals will only be awarded to registered athletes

Presently a lap is 1 mile approximately

	Score	2 laps	1 lap	3 laps	2 laps	1 lap
Senior Men	4	✓	✓	✓	✓	
Senior Women	3		✓		✓	✓
Masters Men	3		✓		✓	✓
Masters Women	3		✓		✓	✓

University Road Relays

Approx distances

A university /college /institute may enter more than one team

	Score	1 st Leg	2 nd Leg	3 rd Leg	4 th Leg	5 th Leg
Men	5	1500m	3000m	4500m	3000m	1500m
Women	4	1500m	3000m	3000m	1500m	-

10 K Road Championships

Club singlet preferable alternatives permitted in certain circumstances with permission of meet manager / director

Athletes must be 18 years and over to compete in events of 10,000m or over

In team events athletes may only score in the category for which they declare

Team positions calculated on finishing times of each athlete

Championships medals will only be awarded to registered athletes

	Score	Individuals 35,40,45..	Club Teams
Senior Men	4	First 3	First 3
Senior Women	3	First 3	First 3
Masters Men	3	First 3	First 3- M40+ M50+
Masters Women	3	First 3	First 3 – W40+ W50+50

Half Marathon Championships

Club singlet preferable alternatives permitted in certain circumstances with permission of meet manager / director

Athletes must be 18 years and over to compete in events of 10,000m or over

In team events athletes may only score in the category for which they declare

Team positions calculated on finishing times of each athlete

Championships medals will only be awarded to registered athletes

	Score	Individuals 40, 45	Club Teams
Senior Men	4	First 3	First 3
Senior Women	3	First 3	First 3
Masters Men	3	First 3	First 3 - M40 + M50+
Masters Women	3	First 3	First 3 - W40 + W50+

Marathon Championships

Club singlet preferable alternatives permitted in certain circumstances with permission of meet manager / director

In team events athletes may only score in the category for which they declare

Athletes must be 18 years and over to compete in events of 10,000m or over

Team positions calculated on finishing times of each athlete

Championships medals will only be awarded to registered athletes

	Score	Individuals 40, 45	Club Teams
Senior Men	4	First 3	First 3
Senior Women	3	First 3	First 3
Masters Men	3	First 3	First 3 - M40 + M50+
Masters Women	3	First 3	First 3 - W40 + W50+

Walks Championships

Club singlet preferable, a plain white vest with no logos may be permitted in certain circumstances with permission of meet manager / director

Athletes must be 18 years and over to compete in events of 10,000m or over

Championships medals will only be awarded to registered athletes

	Distance	Individuals
Senior Men	20 k	First 3
Senior Women	20 k	First 3
Senior Men	35 k	First 3

Cross Country Championships

REGULATIONS

1. All competitors must wear official team colours.
2. In Inter County Competition (Senior and Junior) all athletes **must** wear county colours
3. In Inter County Competition (Senior and Junior) all entries must be approved by relevant County Board
4. Graded teams within a competition, the last finishing team in a grade shall not be relegated where there exists in that grade a team that has not competed within that grade. Such non-competing teams shall be relegated instead. If there is more than one such team, lots shall be drawn to determine the team to be relegated.

SENIOR

An athlete must be 18 years or over to compete in Senior Cross Country

NOVICE

1. Novice athletes must be 19 years of age or over on the 31st December in the year of competition
2. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at the National Novice Championships.
3. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Intermediate Championships
4. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Senior Grade A Championship
5. An athlete who has never been an individual medal winner at National level in any senior track indoor or outdoor at 1500m and upwards.
6. An athlete who has never been an individual medal winner at National level in road event at 1500m and upwards, or
7. An athlete who is a scoring member of the winning club or county team at National Senior Grade A, Road, Cross Country or Track Championships
8. An athlete who has never represented Ireland at any IAAF or EAA Senior International Championship.
9. Status of an athlete will not be altered during a cross country season (September to April) other than in the case of an individual win.

INTERMEDIATE

1. Intermediate athletes must be 20 years of age or over on the 31st December in the year of competition
2. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Intermediate Championships
3. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Senior Grade A Championships
4. An athlete who has never been an individual medal winner at National level in any senior track indoor or outdoor at 1500m and upwards.
5. An athlete who has never been an individual medal winner at National level in road event at 1500m and upwards, or a scoring member of the winning club or county team at National Senior Grade A Championships
6. An athlete who has never been on a representative team at Senior International Level.
7. Status of an athlete will not be altered during a cross country season (September to April) other than in the case of an individual win

UNDER 23 (in conjunction with Senior Inter County)

1. Under 23 athletes must be aged between 20 and under 23 years on the 31st December in the year of competition
2. Under 23 athletes must declare and must indicate correctly on entry form

JUNIOR

1. Junior athletes must be 16 years on the 31st December in the year of competition and under 20 years on the 31st December in the year of competition

JUVENILE A

1. Qualification Four (4) County teams from each Province, and one (1) Team from the Region of Dublin
2. Qualification Four (4) club teams from each Province and Region 13 -16 age group
3. In the 17-19 age groups open entry will apply provided the athlete has competed in the Provincial/ Regional Cross Country Championships., entries through provincial secretary ONLY
4. Athletes may move up one age group
5. Entries County through county, Club through club, provincial through province

JUVENILE B

1. Open to athletes who **HAVE NOT WON** an Individual, Regional, County or Club National Cross Country
2. Entries through club secretary, county through county secretary
3. Entries through county secretary for Inter County Relay, county singlets must be worn
4. Athletes **may not** compete in B Cross Country Championships and Inter County Relay on the same day.

	Distance	No to Run	No to Score	No to Run	No to Score
Inter Club		Club	Club		
Senior Men	12,000m	8	4	-----	-----
Senior Women	8,000m	8	4	-----	-----
Junior Men	8,000m	8	4	-----	-----
Junior Women	6,000m	8	4	-----	-----
IUAA Men	8000m	16	6		
IUAA Women	5000m	14	4		
Inter County				County	County
Senior Men	10,000m	-----	-----	12	6
Senior Women	8,000m	-----	-----	8	4
Junior Men	6,000m	-----	-----	12	6
Junior Women	4,000m	-----	-----	8	4
Inter Club & County		Club		County	
Novice Men	6,000m	8	4	12	6
Novice Women	3,000m	8	4	8	4
Intermediate Men	10,000m	8	4	12	6
Intermediate Wom	4,000m	8	4	8	4
Masters Men	7,000m	8	4	12	6
Masters Women	4,000m	8	4	8	4

Juveniles			Club		County		Provincial	
	Ages	Distances	Run	Score	Run	Score	Run	Score
B&G	11	800m	6	4	10	6	12	6
B&G	12	1000m	6	4	10	6	12	6
Girls	13	1000m	6	4	10	6	12	6
Boys	13	1200m	6	4	10	6	12	6
Girls	14	1200m	6	4	10	6	12	6
Boys	14	1500m	6	4	10	6	12	6
Girls	15	1500m	6	4	10	6	12	6
Boys	15	2000m	6	4	10	6	12	6
Girls	16	2000m	6	4	10	6	12	6
Boys	16	3000m	6	4	10	6	12	6
Girls	17	2000m	6	4	10	6	12	6
Boys	17	4000m	6	4	10	6	12	6
Girls	18	3000m	6	4	10	6	12	6
Boys	18	5000m	6	4	10	6	12	6
Girls	19	3500m	6	3	10	6	12	6
Boys	19	6000m	6	4	10	6	12	6

IRISH SCHOOLS Cross Country								
			Run	Score				
Junior	Girls	2,000m	6	3				
Junior	Boys	3,500m	8	4				
Inter	Girls	3,500m	6	3				
Inter	Boys	5,000m	8	4				
Senior	Girls	2,500m	6	3				
Senior	Boys	6,500m	8	4				

B Cross Country

		Club			County	
		Distances	Run	Score	Run	Score
B&G	11	800m	6	4	10	6
Girls	13	1000m	6	4	10	6
Boys	13	1200m	6	4	10	6
Girls	15	1500m	6	4	10	6
Boys	15	2000m	6	4	10	6
Girls	17	2000m	6	4	10	6
Boys	17	4000m	6	4	10	6
Girls	19	3000m	6	3	10	6
Boys	19	5000m	6	4	10	6

Individuals		Inter Clubs	Inter County
Senior Men	First 3	First 3 Teams Grade A,B,C	First 3 Teams Grade A, B,C
Senior Women	First 3	First 3 Teams Grade A, B	First 3 Teams Grade A, B
Junior Men	First 3	First 3 Teams	First 3 Teams
Junior Women	First 3	First 3 Teams	First 3 Teams
Juvenile A	First 12	First 3 Teams	First 3 County teams
Juvenile B	First 10	First 3 teams	First 3 County teams
Masters Men	First 3	First 3 Teams	
Masters Women	First 3	First 3 Teams	
SCHOOLS			
All Categories	First 6	First 3 Teams	

- Senior Inter County and Inter Club Cross Country Competition
- There are three (3) Grades within the competition for Senior Men , two (2) for Senior Women
- Relegation will apply, first team Grade B and C promoted
- The last finishing team in a grade shall not be relegated where there exists in that grade a team that has not competed within that grade. Such non-competing teams shall be relegated instead. If there is more than one such team, lots shall be drawn to determine the team to be relegated.
- Teams who are awarded 2nd or 3rd positions cannot be demoted
- Club and County teams who do not compete for (2) two consecutive years ***may*** be demoted

Throwing Implements

MALE	Shot kg	Hammer kg	Discus kg	Javelin gr	Weight lbs
Senior	7.26	7.26	2.00	800	56
IUAA	7.26	7.26	2.00	800	35
U23	7.26	7.26	2.00	800	
Junior	6.00	6.00	1.75	800	35
Masters 35-49	7.26	7.26	2.00	800	56
Masters 50-59	6.00	6.00	1.50	700	35
Masters 60-69	5.00	5.00	1.00	600	35
Masters 70-79	4.00	4.00	1.00	500	28
Masters 80+	3.00	3.00	1.00	400	28
Under 19	6.00	6.00	1.75	800	-----
Under 18	5.00	5.00	1.50	700	-----
Under 17	5.00	5.00	1.50	700	-----
Under 16	4.00	4.00	1.00	600	-----
Under 15	3.25	3.25	1.00	500	-----
Under 14	2.72	2.50 sw	0.75	400	-----
Under 13&12	2.00	-----	-----	400	-----
FEMALE					
Senior	4.00	4.00	1.00	600	-----
IUAA	4.00	4.00	1.00	600	8kg
U23	4.00	4.00	1.00	600	-----
Junior	4.00	4.00	1.00	600	-----
Masters 35-49	4.00	4.00	1.00	600	
Masters 50-59	3.00	3.00	1.00	500	
Masters 60-79	3.00	3.00	1.00	400	
Masters 80+	3.00	3.00	0.75	400	
Under 19	4.00	4.00	1.00	600	-----
Under 18	4.00	4.00	1.00	600	-----
Under 17	3.25	3.25	1.00	600	-----
Under 16	3.25	3.25	1.00	500	-----
Under 15	2.72	2.50 sw	0.75	400	-----
Under 14	2.00	2.50 sw	0.75	400	-----
Under 13/12	2.00	-----	-----	400	-----

IRISH SCHOOLS Weights

BOYS	Shot kg	Hammer kg	Discus kg	Javelin gr	
Junior	4.00	4.00	1.00	600	
Intermediate	5.00	5.00	1.50	700	
Senior	6.00	6.00	1.75	800	

GIRLS	Shot kg	Hammer kg	Discus kg	Javelin gr	
Junior	3.25	3.25	0.75	500	
Intermediate	4.00	4.00	1.00	600	
Senior	4.00	4.00	1.00	600	

Hurdle Specifications

Hurdle Specification						
Age Group	Distance	Height	No.	Approach	Interval	Finish
Girls 13	60m	68.6cm 2' 3	6	11.00m	7.25m	12.75m
Girls 14	75m	68.6cm 2' 3	8	11.50m	7.50m	11.00m
Girls 15	80m	76.2cm 2' 6	8	12.00m	8.00m	12.00m
Girls 15	250m	68.6cm 2' 3	6	35.00m	35.00m	40.00m
Girls 16	80m	76.2cm 2' 6	8	12.00m	8.00m	12.00m
Girls 16	250m	68.6cm 2' 3	6	35.00m	8.00m	40.00m
Girls 17	100m	76.2cm 2' 6	10	13.00m	8.50m	10.50m
Girls 17	300m	76.2cm 2' 6	7	50.00m	35.00m	40.00m
Girls 18	100m	76.2cm 2' 6	10	13.00m	8.50m	10.50m
Girls 18	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m
Girls 19	100m	83.8cm 2' 9	10	13.00m	8.50m	10.50m
Girls 19	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m
Junior Women	100m	83.8 cm 2' 9	10	13.00m	8.50m	10.50m
	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m
Senior Women	100m	83.8 cm 2' 9	10	13.00m	8.50m	10.50m
	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m
IUAA Women	100m	83.8 cm 2' 9	10	13.00m	8.50m	10.50m
	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m

Hurdle Specifications

Boys 13	60m	68.6cm 2' 3	6	11.00m	7.25m	12.75m
Boys 14	75m	76.2cm 2' 6	8	11.50m	7.50m	11.50m
Boys 15	80m	83.8cm 2' 9	8	12.00m	8.00m	12.00m
Boys 16	100m	83.8cm 2' 9	10	13.00m	8.50m	10.50m
Boys 15	250m	76.2cm 2' 6	6	35.00m	35.00m	40.00m
Boys 16	250m	76.2cm 2' 6	6	35.00m	35.00m	40.00m
Boys 17	100m	91.4cm 3' 0	10	13.00m	8.50m	10.50m
Boys 17	300m	76.2cm 2' 6	7	50.00m	35.00m	40.00m
Boys 18	110m	91.4cm 3' 0	10	13.72m	9.14m	14.02m
Boys 18	400m	83.8cm 2' 9	10	45.00m	35.00m	40.00m
Boys 19	110m	99.1cm 3' 3	10	13.72m	9.14m	14.02m
Boys 19	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m
Junior Men	110m	99.1cm 3' 3	10	13.72m	9.14m	14.02m
	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m
Senior Men	110m	106.7cm 3' 6	10	13.72m	9.14m	14.02m
	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m
IUAA Men	110m	106.7cm 3' 6	10	13.72m	9.14m	14.02m
	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m
Masters Women Indoor						
W35-39	60m	83.8cm 2' 9	5	13m	8.5m	13m
Masters Women Outdoor						
W35-39	100m	83.8cm 2' 9	10	13m	8.5m	10.5m
Masters Men Indoor						
M35-49	60m	99.1cm 3' 3	5	13.72m	9.14m	9.72m
Masters Men Outdoor						
M 35-49	110m	99.1cm 3' 3	10	13.72m	9.14m	14.02m

INDOOR Hurdle Specifications

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	83.8cm 2' 9	5	13.00m	8.50m	13.00m
Junior Women	60m	83.8cm 2' 9	5	13.00m	8.50m	13.00m
Senior Women	60m	83.8cm 2' 9	5	13.00m	8.50m	13.00m
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	83.8cm 2' 9	5	12.00m	8.00m	16.00m
Boys 16	60m	83.8cm 2' 9	5	13.00m	8.50m	13.00m
Boys 17	60m	91.4cm 3' 0	5	13.00m	8.50m	13.00m
Boys 18	60m	91.4cm 3' 0	5	13.72m	9.14m	9.72m
Boys 19	60m	99.1cm 3' 3	5	13.72m	9.14m	9.72m
Junior Men	60m	99.1cm 3' 3	5	13.72m	9.14m	9.72m
Senior Men	60m	106.7cm 3' 6	5	13.72m	9.14m	9.72m

SCHOOLS Hurdle Specifications

BOYS						
Junior	80m	83.8cm 2' 9	8	12.00m	8.00m	12.00m
Intermediate	100m	91.4cm 3' 0	10	13.00m	8.50m	10.50m
Intermediate	400m	83.8cm 2' 9	10	45.00m	35.00m	40.00m
Senior	110m	99.1cm 3' 3	10	13.72m	9.14m	14.02m
Senior	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m
GIRLS						
Junior	75m	76.2cm 2' 6	8	11.50m	7.50m	11.00m
Intermediate	80m	76.2cm 2' 6	8	12.00m	8.00m	12.00m
Intermediate	300m	76.2cm 2' 6	7	50,00m	35.00m	40.00m
Senior	100m	83.8cm 2' 9	10	13.00m	8.50m	10.50m
Senior	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m

STEEPLE CHASE

	Distance	Height	Hurdle Jumps	Water Jumps	Jumps per lap
Senior Men	3000m	91.4cm 3' 0	28	7	5
Senior Women	3000m	76.2cm 2' 6	28	7	5
Junior Men	3000m	91.4cm 3' 0	28	7	5
Junior Women	3000m	76.2cm 2' 6	28	7	5
Girls 17	1200m	76.2cm 2' 6	10	3	5
Girls 18	1500m	76.2cm 2' 6	13	3	5
Girls 19	2000m	76.2cm 2' 6	18	5	5
Boys 17	1500m	91.4cm 3' 0	13	3	5
Boys 18,19	2000m	91.4cm 3' 0	18	5	5
SCHOOLS					
Senior	2000m	91.4cm 3' 0	18	5	5
Intermediate	1500m	91.4cm 3' 0	13	3	5