

# Irish Schools' Athletic Association

---

*Cumann Luthchleas Scoileanna na hEireann*



## Handbook 2012

# Irish Schools' Athletic Association

---

**PRESIDENT:**

**Mr. Michael Hunt,  
Rathmines College,  
Townhall,  
Rathmines,  
Dublin 6.  
Tel: 01 - 496 6693**

**DEPUTY PRESIDENT**

**Mr. Sean Nyhan,  
16 Sweetbriar Lane,  
Ballincollig,  
Co. Cork.  
Tel: 087 - 9598168**

**VICE PRESIDENTS:**

**Mrs. Mary Ashe,  
Mr. Padraig Griffin,  
Fr. Barney King, SM,  
Mr. Robert Stevenson**

**Mr. Padraig Callaghan  
Mr. Bill Hyland,  
Mr. Graham Moffett  
Fr Ailbe O'Murchu**

**NATIONAL CHILDREN'S OFFICER:**

**Ms. Mary Barrett,  
Vocational School, Loughrea, Co. Galway.  
Tel: 091 - 842 145  
e-mail: marybarrettpe@hotmail.com**

**FINANCIAL DIRECTOR:**

**Mr Derek Clements,  
14 Springfield Lane, Dungannon, Co. Tyrone.  
Tel: 048 8772 2421  
e-mail:clementsjd@hotmail.com**

**COMPETITIONS DIRECTOR:**

**Mr. Billy Delaney,  
Presentation College, Askea, Carlow.  
Tel: 059 - 9144433**

**INT. COMPETITIONS DIRECTOR:**

**Mr. George Barclay,  
25 Lissan Road, Cookstown, Co. Tyrone BT80 8EN  
Tel: 048 867 63234  
e-mail:georgebarclayuk2002@yahoo.co.uk**

**MARKETING/PRO DIRECTOR:**

**Mr. Liam Moggan,  
8 Tudor Grove, Ashbourne, Co Meath.  
Tel: 087 2252 064**

**ADMINISTRATIVE DIRECTOR:**

**Mr. John Shields,  
Athletics Ireland, Unit 19 Northwood Court, Santry, Dublin 9.  
Tel: 01 - 8869933      Mobile: 087 - 2633 376  
e-mail: johnshields@athleticsireland.ie**

# Irish Schools' Athletic Association

---

## CONSTITUTION

### 1. Title:

Irish Schools' Athletic Association

Cumann Luthchleas Scoileanna na hEireann.

### 2. Objectives:

2.1 To promote and encourage track and field athletics, including race-walking and cross-country running in Post Primary schools.

2.2 That the ISAA upholds the fundamental principle that the welfare of the child is paramount and that all structures, systems, rules and procedures are based on that premise.

2.3 That the ISAA favours an ethical approach to sport and the promotion of good practice and fair play in schools athletics.

The ISAA ensures that all participating schools are affiliated to it;

that all provincial associations abide by its rules;

that all affiliated schools abide by the rules and regulations of the ISAA;

that in the selection of staff, both paid and voluntary, proper selection procedures will be put in place;

that the ISAA abides by the principle that if a complaint is made against a committee member or staff or coach, s/he should stand down while the complaint is being examined;

that the roles and responsibilities of teachers connected with schools athletics are clearly defined;

that proper disciplinary, complaints and appeals procedures are in place and adhered to by all;

and that a register of all teachers involved in schools athletics is kept.

### **3. Membership:**

The Association is the governing body for Post-Primary Schools athletics in Ireland and as such is the controlling body of schools athletics. It is made up of the provincial associations in Connacht, Leinster, Munster and Ulster.

### **4. A.G.M.:**

The Annual General Meeting shall be called not later than the first Friday in January, each year, and shall:

1. Elect the officers.
2. Receive the Executive's report on the year's work.
3. Receive the audited financial statement.
4. Consider amendments to the Constitution.
5. Discuss any other business relevant to the work of the Association.

Amendments to the Constitution can be made only by a two-thirds majority of the Annual General Meeting. Notice of proposed Amendments shall be submitted in writing to the Administrative Director not later than 1st December.

### **5. Management:**

This shall be vested in the officers of the Association as designated below. They shall be elected at the A.G.M. to which each Provincial Association shall be entitled to send five representatives.

Officers shall be elected for one year, but shall be eligible for re-election. They shall not be elected en bloc, and shall have limited terms of office.

The officers shall have power to act in an emergency not provided for in the rules.

The A.G.M. shall set up such sub-committees as are deemed necessary.

When electing the officers, each delegate or officer present at the A.G.M. shall have one vote, and the President shall have a casting vote. When deciding other matters, each Province shall have one vote, and the President shall have a casting vote.

### **6. Trustees:**

Three trustees may be elected at the Annual General Meeting. No person shall be entitled to stand for election as both an officer and a trustee and no person may hold an office and be a trustee at the same time. Retirement from teaching shall not be a bar from being elected as a trustee. The trustees

shall hold office until their retirement or removal from office. Any trustee may be removed from office by a vote of 2/3 (two thirds) of the delegates present at a General Meeting.

( N.B. Changes in the trustees may require a Deed of Appointment of new trustees.)

## **7. Officers:**

7(i) The officers of the Association shall be President, Deputy President, Vice-Presidents, Financial Director, Competitions Director, International Competitions Director, National Children's Officer, Marketing/PRO Director and one representative from the Executive of each of the provinces which are not already represented. These officers in addition to any person nominated under article 7(iv) shall form the Executive Committee. Trustees may also be appointed to control the Association's capital.

7(ii) The President, Deputy Presidents and Trustees may if re-elected serve for more than one term of office. The other officers should normally serve for four consecutive terms of office. However, each of these officers may be elected for a second four consecutive terms.

7(iii) The Vice-Presidency is intended to keep the Executive in touch with the expertise of the senior members. Retirement from teaching shall not be a bar to office.

7(iv) In the event of a Province not being represented among the officers below the rank of Deputy President, such Province is entitled to nominate one person to the Executive Committee.

7(v) The Administrative Director shall be appointed by the Executive Committee.

S/he shall attend all Executive Committee and General meetings but shall not have a vote at such meetings.

## **8. Meetings:**

All meetings shall be convened by the Administrative Director, and each representative entitled to be present shall receive fourteen days notice of such meetings, together with a statement of the business to be transacted. An extraordinary general meeting may be called by the officers, or within twenty-eight days of the receipt of a written requisition for such a meeting by a Provincial Committee. This written requisition is to be accompanied by a copy of the proposals to be submitted at such a meeting.

## **9. Quorum:**

Twelve shall be the quorum at the A.G.M., and at all General Meetings. Four shall be the quorum at Executive Committee Meetings.

**10. Finance:**

The Trustees shall control all assets and all capital sums accruing to the Association, and the officers shall control all other moneys accruing to the Association, and shall allocate such funds for the furtherance of its aims. Each Provincial Council shall pay an annual subscription to the Association by June 1st each year, the amount of such subscriptions to be fixed at the A.G.M.

**11. Drugs:**

(a) The Association is bound by the IAAF Rules on control of drug abuse.

(b) Athletes taking part in our competitions may be tested for drugs.

(c) The Association shall be entitled to enforce any suspension imposed by another sports Association.

# Irish Schools' Athletic Association

---

## **RULES OF COMPETITION GENERAL**

### **1. RULES:**

The I.A.A.F. Rule-book shall be used unless otherwise stated. In the event of any conflict between the rules of the I.A.A.F. and the rules set out herein, these rules shall have precedence.

### **2. AGE-GROUPS**

Age groups for boys and girls shall be as follows:

<b>Minor</b>	<b>Under 14 on 1<sup>st</sup> July in the year of competition</b>
<b>Junior:</b>	<b>Under 15 on 1<sup>st</sup> July in the year of competition;</b>
<b>Intermediate:</b>	<b>Under 17 on 1<sup>st</sup> July in the year of competition;</b>
<b>Senior:</b>	<b>Under 19 on 1<sup>st</sup> January in the year of competition.</b>

### **3. DRUGS:**

- (a) The Association is bound by the IAAF Rules on the control of drug abuse.
- (b) Athletes taking part in our competitions may be tested for drugs.
- (c) The Association shall be entitled to enforce any suspension imposed by another sports Association.

### **4. DRESS:**

Acceptable dress is a white or plain singlet, or a school singlet. Club singlets, International singlets, fancy T-shirts or unacceptable logos may not be worn. No ipods or any other communication device may be used. Athletes may not run in bare feet.

### **5. ORGANISATION:**

The Irish Schools' Athletic Association is the governing body for schools' athletics on the island. All decisions made at the Annual General Meeting of the Irish Schools' Athletic Association shall apply to all its activities, including regions/districts and provinces.

The island shall be divided into regions/districts. There shall be 14 regions/districts as follows:

Connacht:	North Connacht and South Connacht.
Leinster:	North Leinster, South Leinster, East Leinster, West Leinster.
Munster:	North Munster, South Munster, East Munster.
Ulster:	A District, B District, C District, D District, E District.

Qualification from each region/district for cross country and track & field should be based on the number of regions/districts in a province and should include as many as is practical.

Each Region/District shall have an executive committee made up of at least a Chairman, Secretary, and Treasurer. No one person may occupy more than one position on the committee. Each Region/District shall hold an Annual General Meeting at which the business

of the region/district shall be discussed. The financial statement of the region/district shall be presented at the meeting and sent on to the provincial treasurer.

Each Province shall have an executive committee elected each year at the Annual General Meeting of the province. Each Province shall have an executive committee made up of at least a Chairman, Secretary, and Treasurer. No one person may occupy more than one position on the committee. Each Province shall have a Child Welfare Officer elected at the AGM. The financial statement of the province shall be presented at the meeting and sent on to the ISAA Financial Director.

## **Cross Country Championships**

### **1. DATE:**

The All-Ireland Cross Country Championships shall be held on a date in March approved a year in advance by the Irish A.G.M. The championships, where possible, shall be hosted by each Province in turn and shall start at 1pm. Where possible the championships shall be held in conjunction with the Universities' Championships and at a venue approved by both associations.

The provincial championships will be held at least two weeks prior to the All-Ireland Championships and each Region/District shall hold their championships before the provincial.

### **2. DISTANCES**

The distances for the All-Ireland shall be as follows:

<b>Minor Girls</b>	<b>2,000m</b>	<b>Minor Boys</b>	<b>2,500m</b>
<b>Junior Girls</b>	<b>2,500m</b>	<b>Junior Boys</b>	<b>3,500m</b>
<b>Intermediate Girls</b>	<b>3,500m</b>	<b>Intermediate Boys</b>	<b>5,000m</b>
<b>Senior Girls</b>	<b>2,500m</b>	<b>Senior Boys</b>	<b>6,000 - 6,500m</b>

The distances for the provinces and regions/districts may be slightly less but should still be recognised cross country distances.

### **3. THE COURSE**

The following are the recommended procedures:

1. The course should be marked with ropes or tapes. It is advisable to tape all parts of the course on the inside.
2. A start-line of adequate width should be roped into pens, one for each team, and at least four for individual runners. In the All-Ireland Championships there shall be two pens per province for the individual runners.
3. There should be a clear run of at least 200 metres before any turn or obstruction at the start.
4. There should be at least a 200m clear run into the finish.
5. The finishing-funnel should be adequate for a race of 200 runners finishing close together. The funnel should be doubled if necessary.
6. A minimum of 6 stewards should be at the finish line to ensure that good order is maintained.



#### **4. TEAMS:**

In the Minor, Junior, Intermediate and Senior a Boys' team consists of up to eight runners, of whom the first four shall count.

In the Minor, Junior, Intermediate and Senior a Girls' team consists of up to six runners, of whom the first three shall count.

#### **5. RULES**

**1. Athletes must run in their own age-group except in the team event where one athlete from the age group immediately below may complete a team.**

**2. No athlete may run in more than one race.**

**3. In the event of a tie in the team competition, the last scoring runner who finishes nearer the first place shall determine the result.**

#### **6. ENTRIES:**

For the All-Ireland each Province may nominate the following for each Race:

(a) The first three teams in the Provincial Championship;

(b) Any runner who finished in the first fifteen in the Provincial Championship.

In the Provincial and Region/District Championships a similar qualification system should be put in place to maximise the numbers taking part.

Qualification from each Region/District for Cross Country should be based on the number of Regions/Districts in a province and should include as many as is practical.

#### **7. SUBSTITUTIONS:**

(a) A school may make substitutions within its own team.

(b) Only a Province may substitute for an entire team.

(c) Substitutions should be handed to the organisers in writing at least one hour before the start of the race.

(d) In exceptional circumstances the Irish or Provincial, Executive may invite an athlete or athletes to participate in the competition.

#### **8. NUMBERS:**

Each athlete must wear on their front the number provided, secured by four safety-pins.

#### **9. PROTESTS:**

All protests must be made verbally by a school representative or an official of the province or Region/District before the presentation of medals and then in writing within 30 minutes of the end of the specific event. Schools should be told of this procedure in advance by the Secretaries.

#### **JURY OF APPEAL:**

**In the All-Ireland if either party engaged in dealing with a protest is dissatisfied, the matter shall be referred to a Jury of Appeal, consisting of one representative of each Province and the President of the ISAA. The decision of the Jury of Appeal shall be final.**

**In the Province if either party engaged in dealing with a protest is dissatisfied, the matter shall be referred to a Jury of Appeal, consisting of one representative of each**

**Region/District and the Chairman of the Province. The decision of the Jury of Appeal shall be final.**

#### **10. RESULTS:**

The organisers should make every effort to provide a full set of results for distribution on the day of the Championships.

#### **11. TROPHIES:**

In the All-Ireland the winning team in each race receives a trophy. Medals are awarded to the first three teams and the first six individuals.

The *Brother Clarke Trophy* is awarded to the Boys' team with the lowest score of the day, and the *Maeve Kyle Trophy* to the Girls' team with the lowest score.

Each Province may award trophies to the winning teams in the provincial championships.

## **Track & Field Championships**

#### **1. DATE AND VENUE:**

The All-Ireland Championships should be held on a date to be approved a year in advance by the Irish A.G.M. The date will normally be the Saturday immediately before the Certificate Examinations in the Republic of Ireland.

The Provincial Championships should normally be held two weeks before this date and the Region/District Championships should be held two weeks before the provincial championships.

#### **2. PROGRAMME:**

The provisional timetable for the Championships will be circulated on the day of the Cross-Country Championships.

Each province should circulate a timetable at least one month before their championships.

#### **3. The events shall be:**

**Girls Junior:** 100m 200m 800m 1500m 4 x 100m Relay 75m Hurdles High Jump Long Jump Triple Jump Pole Vault Shot (3.25Kg) Discus (0.75kg) Javelin (500g) Hammer(3.25g) 1200m Walk

**Under 16:** 1 mile

**Intermediate:** 100m 200m 300m 800m 1500m 3000m 1500m Steeplechase 80m Hurdles 4 x 100m Relay 300m Hurdles High Jump Long Jump Triple Jump Pole Vault Shot (4Kg) Discus (1Kg) Javelin (600g) Hammer (4kg) 2000m Walk.

**Senior:** 100m 200m 400m 800m 1500m 3000m 100m Hurdles 400m Hurdles 4 x 100m Relay High Jump Long Jump Triple Jump Pole Vault Shot (4Kg) Discus (1Kg) Javelin (600g) Hammer (4Kg) 3000m Walk.

**Wheelchair:** 100m Shot Discus.

**Boys Junior:** 100m 200m 800m 1500m 80m Hurdles 4 x 100m Relay High Jump Long Jump Triple Jump Pole Vault Shot(4Kg) Discus(1Kg) Javelin(600g) Hammer(4Kg) 1200m Walk.

**Under 16:** 1 mile

**Intermediate:** 100m 200m 400m 800m 1500m 3000m 1500m Steeplechase 100m Hurdles 400m Hurdles 4 x 100m Relay High Jump Long Jump Triple Jump Pole Vault Shot(5Kg) Discus(1.5Kg) Javelin (700g) Hammer (5Kg) 2000m Walk.

**Senior:** 100m 200m 400m 800m 1500m 5000m 2000m Steeplechase 110m Hurdles 400m Hurdles 4 x 100m Relay High Jump Long Jump Triple Jump Shot(6Kg) Discus(1.75Kg) Javelin (800g) Pole Vault Hammer (6Kg) 3000m Walk.

**Wheelchair:** 100m Shot Discus

**The recommended events for Minor shall be as follows:**

**Girls Minor:** 80m 800m 1500m 4 x 100m Relay 75m Hurdles High Jump Long Jump Shot (2.72Kg) Javelin (500g)

**Boys Minor:** 80m 800m 1500m 75m Hurdles 4 x 100m Relay High Jump Long Jump Shot(3.25Kg) Javelin(500g))

**3. SPECIFICATIONS:**

**HURDLES:**

	DISTANCE	HEIGHT	NO.	APPROACH	INTERVAL	RUN-IN	
BOYS	Minor	75m	76.2cm	8	11.50m	7.50m	11.00m
	Junior	80m	83.8cm	8	12.00m	8.00m	12.00m
	Inter.	100m	91.4cm	10	13.00m	8.5m	10.5m
		400m	83.8cm	10	45.00m	35.00m	40.00m
	Senior	110m	99.0cm	10	13.72m	9.14m	14.02m
GIRLS	Minor	75m	76.2cm	8	11.50m	7.50m	11.00m
	Junior	75m	76.2cm	8	11.50m	7.50m	11.00m
	Inter.	80m	76.2cm	8	12.00m	8.00m	12.00m
		300m	76.2cm	7	50.00m	35.00m	40.00m
	Senior	100m	83.8cm	10	13.00m	8.5m	10.5m
		400m	76.2cm	10	45.00m	35.00m	40.00m

**STEEPLECHASE:** 2000m: There shall be 18 hurdles and 5 waterjumps  
 1500m: There shall be 13 hurdles and 3 waterjumps  
 The Girls' Steeplechase shall have barriers of 2'6".  
 The Boys' Steeplechase shall have barriers of 3'.

	WEIGHTS:	SHOT	DISCUS	JAVELIN	HAMMER
BOYS	Minor	3.25kg	0.75kg	500g	
	Junior	4.00kg	1.00kg	600g	4.00kg
	Inter.	5.00kg	1.50kg	700g	5.00kg
	Senior	6.00kg	1.75kg	800g	6.00kg
GIRLS	Minor	2.72kg	0.75kg	500g	
	Junior	3.25kg	0.75kg	500g	3.25kg
	Inter.	4.00kg	1.00kg	600g	4.00kg
	Senior	4.00kg	1.00kg	600g	4.00kg

**4. CONDUCT OF EVENTS:**

Athletes are required to check-in 15 minutes before the designated time for their event. Failure to do so may mean that the athlete may not be allowed to participate in the event.

Athletes reporting late in throwing or jumping events shall be allowed only whatever trials remain for the other athletes.

In the All-Ireland the 800 metre events will be run in lanes for the first bend.

In Throwing or Jumping for Distance, each competitor shall have three attempts, and the best six competitors two more attempts in the All-Ireland.

Personal throwing-implements must be submitted to the organisers beforehand for weighing and inspection.

The Rule for Starting will be Rule 162 of the old IAAF Handbook.

In the High Jump the bar shall be raised by 5cm twice and thereafter by 3cm.

### **STARTING HEIGHTS:**

	Girls' HJ	Boys' HJ	Boys' PV	Girls' PV
Junior	1.35m	1.45m	2.30m	1.50m
Intermediate	1.40m	1.55m	2.75m	1.80m
Senior	1.40m	1.60m	2.80m	1.80m

N.B. Rule 182 s10 and Rule 183 s12 of the I.A.A.F. Handbook 2008, referring to specifications for international competition landing mats for High Jump and Pole Vault shall not apply. Officials shall ensure that landing mats in these events shall be adequate for the age and standard of the competitors.

### **5. ENTRIES:**

In the All-Ireland each Province may nominate THREE competitors in each event, except for track events of 400m or less, in which TWO may be entered.

In the Provincial championships each Region/District may nominate THREE competitors in each event, except for track events of 400m or less, in which TWO may be entered.

### **EXTRA ENTRIES:**

In the All-Ireland where space permits, an extra entry may be submitted to the Director of the Meeting in order to resolve a tie or some other unusual circumstance at Provincial level. It is normal to notify the other Provinces through the Irish Executive.

In the Provincial Championships where space permits, an extra entry may be submitted to the Director of the Meeting in order to resolve a tie or some other unusual circumstance at Region/District level.

### **RELAY ENTRIES:**

The names of each Relay team in the order of running shall be handed to the Marksman before the start of each race.

### **RESTRICTIONS:**

**(a) No competitor may compete in more than two events, plus a Relay.**

**(b) No School may have more than two competitors in any event.**

**(c) Each competitor must compete in their own age-group except in the Relay where one athlete from the age group immediately below may complete a team.**

**(d) In the Minor and Junior age groups an athlete may not compete in two or more middle distance events.**

**(e) In the Junior Girls' and Junior Boys' Triple Jump the athlete must start the run-up no further than 12 metres from the board.**

**(f) A minor athlete may compete at Minor or Junior level in Track & Field but not in the same event in both age groups**

**(g) Leinster Schools' only: An Under 16 athlete may choose to compete at U/16 or U/17 level and must remain in that category for individual events only.**

## **6. NUMBERS:**

Each athlete must wear the correct number, secured by four safety-pins. Runners in events up to 400m must wear two numbers.

## **7. SUBSTITUTIONS:**

In the All-Ireland these may be submitted only by the Provincial Secretary to the Director of the Meeting. The substitute athlete, where eligible, will receive a special number.

In the Provincial Championships these may be submitted only by the Region/District Secretary to the Director of the Meeting. The substitute athlete, where eligible, will receive a special number.

## **8. SCORING**

Scoring in all events:

1st 9 pts., 2nd 7pts., 3rd 6pts., 4th 5pts., 5th 4pts., 6th 3pts., 7th 2pts., 8th 1pt.

## **9. PROTESTS**

In the All-Ireland all protests must be made verbally by a school representative or an official of the province before the presentation of medals and then in writing within 30 minutes of the end of the specific event. Schools should be told of this procedure in advance by the Provincial Secretaries.

In the Provincial Championships all protests must be made verbally by a school representative before the presentation of medals and then in writing within 30 minutes of the end of the specific event. Schools should be told of this procedure in advance by the Provincial Secretaries.

## **JURY OF APPEAL:**

**If either party engaged in dealing with a protest is dissatisfied, the matter shall be referred to a Jury of Appeal, consisting of one representative of each Province and the President of the ISAA. The decision of the Jury of Appeal shall be final.**

**In the Provincial Championships if either party engaged in dealing with a protest is dissatisfied, the matter shall be referred to a Jury of Appeal, consisting of one representative of each Region/District and the Chairman of the Province. The decision of the Jury of Appeal shall be final.**

## **10. MEDALS**

Medals shall be awarded to the first three in each event.

## **TROPHIES**

In the All-Ireland trophies are awarded:

To the winning school in each age group  
and to the runner-up in the Senior Boys' event  
to the winning team in each Relay;  
to the winners of the following events:  
Senior Boys' 5000m, Shot, Discus, Pole Vault, High Jump;  
Intermediate Boys' Shot;  
and for the best performance in the Girls' Long Jump.

# Rules of Competition for *the* Tailteann Interprovincial

## *“Held in the perpetual memory of Jack Sweeney”*

### 1. ENTRIES:

This is a competition for boys and girls Under 17 years of age on 1st September in the year of competition. It is an Interprovincial competition.

### 2. EVENTS:

**Girls’ - Inter:** 100m 200m 300m 800m 1500m 3000m 80m Hurdles 4 x 100m Relay  
4x300m Relay 300m Hurdles High Jump Long Jump Triple Jump Pole Vault Shot (4Kg)  
Discus (1Kg) Javelin (600g) Hammer(4kg) 2000m Walk.

**Boys’ - Inter:** 100m 200m 400m 800m 1500m 3000m 1500m Steeplechase 100m  
Hurdles 400m Hurdles 4 x 100m Relay 4x400m Relay High Jump Long Jump Triple  
Jump Shot(5Kg) Discus(1.5Kg) Javelin (700g) Pole Vault Hammer (5Kg) 2000m Walk.

### 3. SPECIFICATIONS:

#### HURDLES:

	DISTANCE	HEIGHT	NO.	APPROACH	INTERVAL	RUN-IN
BOYS Inter.	100m	91.4cm	10	13.00m	8.5m	10.5m
	400m	83.8cm	10	45.00m	35.00m	40.00m
GIRLS Inter.	80m	76.2cm	8	12.00m	8.00m	12.00m
	300m	76.2cm	7	50.00m	35.00m	40.00m

**STEEPLECHASE:** 1500m: There shall be 13 hurdles and 3 waterjumps

WEIGHTS:		SHOT	DISCUS	JAVELIN	HAMMER
BOYS	Inter.	5.00kg	1.50kg	700g	5.00kg
GIRLS	Inter.	4.00kg	1.00kg	600g	4.00kg

### 4. CONDUCT OF EVENTS:

The Rules applying are as for the Track & Field event except the following:

In Throwing or Jumping for Distance, each competitor shall have five attempts.

#### STARTING HEIGHTS:

Girls' High Jump	Boys' High Jump	Boys' PV	Girls' PV
1.40m	1.55m	2.75m	1.50m

### 5. ENTRIES:

Each Province may nominate THREE competitors in each event, except for track events of 400m or less, in which TWO may be entered.

### 6. TROPHIES:

The following Trophies will be awarded after the event:

Fr. Lonergan Trophy - for the best boy and girl athlete competing at the Interprovincial.

Michael Farnan Memorial Trophy - to the best boy or girl athlete in the Long Jump event.

Harold Osborn Trophy - to the best boy or girl in the High Jump event.

Jack Sweeney Memorial Trophy - to the best boy or girl in 1500m event

Roisin O’Callaghan Memorial Trophy - to the best boy or girl in the walks event.

# Rules of Competition for the Schools' Combined Events

## 1. ENTRIES:

This is a competition for boys and girls Under 15, 17 years of age on 1st September and Under 19 on 1<sup>st</sup> January in the year of competition.

Competitors must compete in their own age-group;

Each Province may nominate four competitors in each age-group.

## 2. EVENTS:

<b>Girls:</b>	Junior:	80m Hurdles, High Jump, Shot, Long Jump, 800m
	Intermediate:	80m Hurdles, High Jump, Shot, Long Jump, 800m
	Senior:	100m Hurdles, High Jump, Shot, Long Jump, 800m
<b>Boys:</b>	Junior:	200m 80m Hurdles, Long Jump, Shot, High Jump, 800m
	Intermediate:	200m 100m Hurdles, Long Jump, Shot, High Jump, 800m
	Senior:	200m 110m Hurdles, Long Jump, Shot, High Jump, 800m

## ORDER OF EVENTS:

Where possible, all age-group competitions will begin with the sprint hurdles races. All age-group competitions will end with the 800m races. Where possible, two throwing events or two jumping events will not be held in succession.

## 3. SCORING:

Performances will be scored using the I.A.A.F. scoring tables for the particular event, with the exception of the 80m Hurdles, where separate tables will be used, and the Intermediate Boys' 100m Hurdles, where the Girls' 100m Hurdles tables will be used.

## 4. EVENT RULES WHICH DIFFER FROM INDIVIDUAL EVENTS:

- (a) In all Track Events each athlete will be permitted two false starts with disqualification on a third offence.
- (b) Each competitor will be allowed a maximum of three trials in each of the Field Events, except the High Jump.
- (c) In the High Jump the bar will be raised by increments of 3cm only. The starting height will be at the discretion of the competitors.
- (d) In the 800m there will be one race for each age-group.

## 5. FAILING TO SCORE IN AN EVENT:

- (a) If a competitor attempts an event and fails to score:  
e.g. falls in the Hurdles or has 3 No Jumps etc. he/she may progress to the next event in his/her competition.
- (b) If a competitor makes no attempt at an event, he/she will be deemed to have withdrawn from the competition, and will not be permitted to take any further part in the competition.
- (c) If a competitor starts in the 800m but does not finish, he/she will receive 0 points for that event, but will be placed according to his/her points total.

## 6. TIES FOR ANY PLACE:

In the event of two or more competitors having the same final score, the tie shall be resolved as follows: The winner shall be the person scoring higher in a majority of events. If this fails to separate the competitors, the winner is the person with the highest points for any individual event.