

RULES OF COMPETITION

Events:

- 60m; 600m; 1200m; 60m Hurdles*; 4 x 200m Relay – All Grades
*(There are no Minor Girls/Boys Hurdles)
- High Jump: Junior/Intermediate ONLY
(starting heights Girls 1.40m – Boys 1.55m)
- Shot: All Grades
- Long Jump: All Grades

Age Groups:

Age groups for girls & boys shall be as follows:

- Minor: Under 14 on 1st July 2015
Junior: Under 15 on 1st July 2015
Intermediate: Under 17 on 1st July 2015

Athletes must compete in their own age group **EXCEPT** for relays.

Entry:

- **All Entries will be taken on the day of competition.**
- Fee shall be €5.00 per athlete/ €10 per Relay Team payable on the day of competition with entries.
- **Each competing school must furnish, on school notepaper, or on paper bearing the school stamp, a list of its competitors together with their dates of birth.**
- Entries will be accepted only on production of this list.
- Athletes must compete in their own age group except for relays.
- A school may not enter more than **three** athletes in any event.

Competition Wear:

Acceptable competition wear is a school singlet or a white or plain singlet. Club singlets, International singlets, fancy T-Shirts or unacceptable logos may not be worn. **Only 5mm spikes may be used.** Athletes may not run in bare feet.

Competition Area Rules:

- Athletes are not permitted to carry or use electronic recording or transmission equipment (eg. earphones, notebooks, tablets, I-Pods, smart phones etc) in the competition area.
- An athlete must leave the competition area when their event is complete.
- Teachers, coaches or parents are **NOT ALLOWED** in the competition area at any time.

Field Events:

Three attempts only at Long Jump and Shot. All Field Event athletes must be technically proficient & competent in the event in the interest of safety.

Outer Track Events:

600m, 1200m & 4 x 200m Relays will be decided on fastest times. There will be no heats & finals.

Relays:

For Relay competitions only, an athlete may compete out of his/her age category but may only compete in **ONE Relay on the day**.

Starting Heights in Junior/Intermediate High Jump:

Girls – 1.40m

Boys - 1.55m

Shot Putt Weights:

	CATEGORY	WEIGHT
BOYS	Minor	3.00kg
	Junior	4.00 kg
	Intermediate	5.00kg
GIRLS	Minor	2.72kg
	Junior	3.00kg
	Intermediate	3.00kg

Hurdles Specifications:

Category	Dist	Height	Flights		Approach	Interval	Finish
Junior Girls	60m	76.2cm	2' 6"	5	11.50m	7.50m	18.50m
Inter Girls	60m	76.2cm	2' 6"	5	12.00m	8.00m	16.00m
Junior Boys	60m	84.0cm	2' 9"	5	12.00m	8.00m	16.00m
Inter Boys	60m	91.4cm	3'0"	5	13.00m	8.50m	13.00m

Medals:

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

Arena Rules:

Please have respect for the Arena & its environs & adhere to all the rules of the Arena including those set out below:-

- Each competing school must take responsibility for the good behaviour of its athletes within the Arena.
- To this end, each school is asked to have present a teacher or designated adult charged with maintaining an acceptable level of behaviour from their athletes.
- Competitors will, at all times, obey stewards and officials of the meeting.
- Please do not leave your personal belongings unattended.