

Athletics Louth

Competition Program 2024

1. **Juvenile Pre Championship Event**

Sunday 14th April
Bush Track, Glenmore - 11:00am
Entry Fee €2.50 Per Event

Gate Fee €3 per Adult

2. **Juvenile Track and Field Championships**

Saturday 11th May, Bush Track, Glenmore; 10:00am
Sunday 12th May, Bush Track, Glenmore; 10:00am
Wednesday 23rd May, Lourdes Stadium, Drogheda; 6:30pm

Entry Fee: €3 Per Event - €8 per relay team

Gate Fee €3 per Adult (Day 1 and 2 only)

3. **Senior Junior Master Track & Field Championships**

Tuesday 16th July,
Lourdes Stadium, Drogheda; 6:30pm

Entry fee €5 Per Event

4. **Setanta Games**

No Setanta in 2024 due to fixture congestion

Age Categories

JUVENILES

Age categories calculated from 31st December in the year of competition.

No athlete may obtain a birthday in the year of competition and compete in that age.

Juvenile Athletes Age	Year Born	Age Category
7-8	2016	Under 9 – U9
8-9	2015	Under 10 – U10
9-10	2014	Under 11 – U11
10-11	2013	Under 12 – U12
11-12	2012	Under 13 – U13
12-13	2011	Under 14 – U14
13-14	2010	Under 15 – U15
14-15	2009	Under 16 – U16
15-16	2008	Under 17 – U17
16-17	2007	Under 19 – U19
17-18	2006	Under 19 – U19

JUNIORS, SENIORS & MASTERS

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

Senior athletes must be 16 years of age on the 31st December in the year of competition.

Master Athletes attain eligibility on their 35th Birthday. Age Category is changed on the relevant Birthday.

Master Athletes Age	Year Born	Age Category
35-39	1989-1984	Over 35
40-44	1984-1979	Over 40
45-49	1979-1974	Over 45
50-54	1974-1969	Over 50
55-59	1969-1964	Over 55
60-64	1964-1959	Over 60
65-69	1959-1954	Over 65
70-74	1954-1949	Over 70
75-79	1949-1944	Over 75
80-84	1944-1939	Over 80

Pre Championship Event
Bush Track, Glenmore
Sunday 14th April
11:00 AM Start.

Age Category	SPRINT	DISTANCE	TURBO	LONG JUMP	SHOT
Girls & Boys U8	60m	300m	Turbo Javelin	move up to	
Girls & Boys U9	60m	300m	move up to	Long Jump	
Girls & Boys U10	60m	500m	Turbo Javelin	move up to	
Girls & Boys U11	60m	600m	move up to	Long Jump	
Girls & Boys U12	60m	600m	Turbo Javelin	move up to	
Girls & Boys U13	80m	600m		Long Jump	move up to
Girls & Boys U14	80m	800m		move up to	Shot Put
Girls & Boys U15	100m	800m		Long Jump	move up to
Girls & Boys U16	100m	800m		move up to	Shot Put
Girls & Boys U17	100m	800m		Long Jump	Shot Put
Girls & Boys U19	100m	800m		Long Jump	Shot Put

ENTRIES TO: <https://entry.athleticsireland.ie/#/> by Wednesday 10th of April.

- Athletes may compete in 2 track events in their own age group
- 2 field events - athletes may move up one age group 9 – 16
- All field events - 3 trials only-Turbo Javelin three throws, furthest is measured.
- Age groups 17/19 - one field event only where possible, Boys compete together, Girls compete together

ALL ATHLETES MUST BE REGISTERED

Non-registered athletes will not be allowed to enter or compete, there will be no exception.

Louth County Championships Day 1
Bush Track Glenmore
Saturday 11th of May
10:00am Start.

Entries to: <https://entry.athleticsireland.ie/#/> by Sunday 5th of May (late Fee to 7th May)

TRACK			FIELD			
Time	Event		Javelin	Long Jump	High Jump	Shot Put
10.00			U19			
10.30			U17/U18	U12		
11.15			U16			U13
11.30	Sprint Hurdles U12-U19	Girls & Boys				
11.45			U15	U13		
12.15			U14			U12
12.45	Sprint 200m HEATS U14 – U19	Girls & Boys	U13			
13.00				U16	U14	
14.00	Distance 1500m U14-U19	Girls & Boys		U17	U15	U14
14.30	200m FINALS	Girls & Boys			U16	
15.00	Long Hurdles U15-U19	Girls & Boys		U19		

Please Note:

Generally, Girls Events first.

Times indicated are approximate. Timetable maybe reissued prior to the event.

Please ensure that you are there 1 hour prior to your event as the competition director reserves the right to move events forward.

IF STRAIGHT FINALS, RACES WILL BE RUN AT HEAT TIMES

Louth County Championships Day 2

Bush Track Glenmore

Sunday 12th of May

10:00am Start.

Entries to: <https://entry.athleticsireland.ie/#/> by Sunday 5th of May (late Fee to 7th May)

TRACK			FIELD			
Time	Event		Turbo	Long Jump	High Jump	Shot Put
10.00			U11	U15		
10.30				U14		U19
11.00	Sprint HEATS U9 – U19	Girls & Boys				
11.15						U17/U18
11.45			U9	U10		
12.15	Sprint FINALS				U17	U16
13.30	400m U17-U19	Girls & Boys	U12		U19	U15
14.00	Distance U9-U19	Girls & Boys		U11		
14.30					U12	
15.00			U10	U9	U13	

Please Note:

Generally, Girls Events first.

Times indicated are approximate. Timetable maybe reissued prior to the event.

Please ensure that you are there 1 hour prior to your event as the competition director reserves the right to move events forward.

IF STRAIGHT FINALS, RACES WILL BE RUN AT HEAT TIMES

Louth Juvenile Relay Championships

Lourdes Stadium Drogheda

Thursday 23rd of May

6:30pm Start.

Please Note Relay teams must be entered in advance. No entry on the day.

Entry is 8 euro per team.

Entries to: : <https://entry.athleticsireland.ie/#/> by Saturday 18th of May

The Team must be named including any substitute(one per team).

If there aren't sufficient team numbers for heats, finals will be run in place of the heat.

Athletes may move up one age group and athletes must be of the correct Age Group.

No U8 Athletes are permitted to run in an U9 team.

U17 athletes cannot move up to U19.

Order of Events:

Relays 4 x 100m:

Girls U9

Boys U9

Girls U11

Boys U11

Girls U13

Boys U13

Girls U15

Boys U15

Girls U17

Boys U17

Girls U10

Boys U10

Girls U12

Boys U12

Girls U14

Boys U14

Girls U16

Boys U16

Girls U19

Boys U19

Juvenile Track & Field Championships Rules 2024

1. Juvenile Entry Fee €3 per athlete per event.
2. Relay Teams €8 per team.
3. Entries to: <https://entry.athleticsireland.ie/#/>
4. Late entries received will be charged €5 per event per athlete.
5. Club Colours must be worn.
6. In all field events athletes must be technically competent.
7. Objection procedure, written with fee of €10 within 30 minutes of the completed event.
8. 4 events maximum per juvenile athlete plus relays.
9. Long Jump & Turbo Javelin under 9, 10, 11 - 3 trials only.
10. Long Jumps will be measured from the take-off board.
11. Individual throws are measured in the Turbo javelin.
12. Relays - Athletes may move up one age group only, 2 athletes must be of the correct age.
13. In the interest of Health and Safety clubs are requested to only have athletes competing in the various throwing events present at the area.
14. Clubs are required to nominate officials to assist with the smooth running of the program. Please submit the names of the officials at May County Meeting.
15. Timetable and order of events are for guidance only, Athletics Louth reserve the right to alter if necessary.
16. No coaches, parents or spectators are allowed at any stage on the infield
17. Long Hurdle events will only be run where there are pre entries.
18. Please study the timetable carefully as there may be clashing events for some athletes.

Events Available Juvenile County Championships 2024

		TRACK							FIELD				
Gender	Age Group	Sprint			Distance		Hurdles		Long Jump	High Jump	Turbo Javelin	Shot Put	Javelin
Girls	U9	60m			300m				√		√		
	U10	60m			500m				√		√		
	U11	60m			600m				√		√		
	U12	60m			600m		60m		√	√	√	√	
	U13	80m			600m		60m		√	√		√	√
	U14	80m	200m		800m	1500m	75m		√	√		√	√
	U15	100m	200m		800m	1500m	80m	250m	√	√		√	√
	U16	100m	200m		800m	1500m	80m	250m	√	√		√	√
	U17	100m	200m	400m	800m	1500m	100m	300m	√	√		√	√
	U18						100m					√	√
U19	100m	200m	400m	800m	1500m	100m	400m	√	√		√	√	
Boys	U9	60m			300m				√		√		
	U10	60m			500m				√		√		
	U11	60m			600m				√		√		
	U12	60m			600m		60m		√	√	√	√	
	U13	80m			600m		60m		√	√		√	√
	U14	80m	200m		800m	1500m	75m		√	√		√	√
	U15	100m	200m		800m	1500m	80m	250m	√	√		√	√
	U16	100m	200m		800m	1500m	100m	250m	√	√		√	√
	U17	100m	200m	400m	800m	1500m	100m	300m	√	√		√	√
	U18						110m	400m				√	√
	U19	100m	200m	400m	800m	1500m	110m	400m	√	√		√	√

Blue shaded events are on Saturday, Red shaded events are on Sunday

Table of Throwing Implements

	Age Group	SHOT	JAVELIN
BOYS	u/12	2.00kg	n/a
	u/13	2.00kg	400g
	u/14	2.72kg	400g
	u/15	3.00kg	500g
	u/16	4.00kg	600g
	u/17	5.00kg	700g
	u/18	5.00kg	700g
	u/19	6.00kg	800g
	Junior U/20	6.00kg	800g
	MEN	Senior	7.26kg
M35-49		7.26kg	800g
M50+		6.00kg	700g
M60+		5.00kg	600g
M70+		4.00kg	500g
M80+		3.00kg	400g

	Age Group	SHOT	JAVELIN	
GIRLS	u/12	2.00kg	n/a	
	u/13	2.00kg	400g	
	u/14	2.00kg	400g	
	u/15	2.72kg	400g	
	u/16	3.00kg	500g	
	u/17	3.00kg	500g	
	U/18	3.00kg	500g	
	u/19	4.00kg	600g	
	Junior U/20	4.00kg	600g	
	Women	Senior	4.00kg	600g
W35-49		4.00kg	600g	
W50+		3.00kg	500g	
W60+		3.00kg	400g	
W75+		2.00kg	400g	

Hurdle Heights and Distances

SPRINT HURDLES

Age Group	Distance	Height	No	Approach	Interval	Finish
Girls U12/13	60m	68.6cm 2'3"	6	11m	7.25m	12.75m
Girls U14	75m	68.6cm 2'3"	8	11.5m	7.5m	11m
Girls U15/16	80m	76.2cm 2'6"	8	12m	8m	12m
Girls U17	100m	76.2cm 2'6"	10	13m	8.5m	10.5m
Girls U18	100m	76.2cm 2'6"	10	13m	8.5m	10.5m
Girls U19	100m	84.0cm 2'9"	10	13m	8.5m	10.5m
Boys U12/13	60m	68.6cm 2'3"	6	11m	7.25m	12.75m
Boys U14	75m	76.2cm 2'6"	8	11.5m	7.5m	11m
Boys U15	80m	84.0cm 2'9"	8	12m	8m	12m
Boys U16	100m	84.0cm 2'9"	10	13m	8.5m	10.5m
Boys U17	100m	91.4cm 3'0"	10	13m	8.5m	10.5m
Boys U18	110m	91.4cm 3'0"	10	13.72m	9.14m	14.20m
Boys U19	110m	99.0cm 3'3"	10	13.72m	9.14m	14.02m

LONG HURDLES

Age Group	Distance	Height	No	Approach	Interval	Finish
Girls U15/16	250m	68.6cm 2'3"	6	35m	35m	40m
Girls U17	300m	76.2cm 2'6"	7	50m	35m	40m
Girls U18/19	400m	76.2cm 2'6"	10	45m	35m	40m
Boys U15/16	250m	76.2cm 2'6"	6	35m	35m	40m
Boys U17	300m	76.2cm 2'6"	7	50m	35m	40m
Boys U18	400m	84.0cm 2'9"	10	45m	35m	40m
Boys U19	400m	91.4cm 3'0"	10	45m	35m	40m

Junior, Senior & Masters Track & Field Championships
Lourdes Stadium Drogheda
Tuesday 16th of July 2024
6:30pm Start.

Events Available:

TRACK:

Fit for Life 1 mile

100m, 200m, 400m, 800m, 1500m, 3000m

FIELD:

Javelin, Shot Putt, Long Jump

Event Notes:

- Junior and Masters events may be incorporated with Senior.
- Order of events, Women events first.
- Entry Fee €5 per event per athlete. Late entries €8
- Competition commencing at 6.30pm, sharp.
- Entries in advance to: <https://entry.athleticsireland.ie/#/> by Wednesday 10th July
- Late Entries in advance to: <https://entry.athleticsireland.ie/#/> by Saturday 13th July

Order of Events

Junior, Senior & Masters Track & Field Championships

Times are approximate.

TRACK			FIELD		
Time	Event		Time	Event	
6.30pm	Fit for Life 1 Mile	Men & Women	6.30pm	Shot Putt	Women
				Shot Putt	Men
6.45pm	200m	Women			
	200m	Men			
7.15pm	1500m	Women	7.15	Long Jump	Women
	1500m	Men		Long Jump	Men
7.45pm	400m	Women			
	400m	Men			
8.00pm	3000m	Women	8.00pm	Javelin	Women
	3000m	Men		Javelin	Men
8.25pm	100m	Women			
	100m	Men			
8.55pm	800m	Women			
	800m	Men			