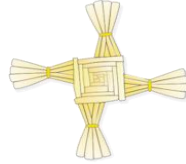


Athletics Louth



Track & Field Championships 2011

Saturday 7th May (12.00)

Saturday 14th May (11.30)

Sunday 15th May (11.30)

Senior Junior Masters and Juvenile Programme

**Bush Track
Glenmore
County Louth**

Entries to Comp Secretary

Georgina Drumm Sonas, Ballymascanlon, Dundalk, County Louth

georgina.drumm@gmail.com

AAI Louth Juvenile Championship Bests 2010

Long Jump

Girls U.8	Kim Murphy	Glenmore	2.40	2004
Girls U.9	Kate O'Connor	St Gerards	3.35	2008
Girls U.10	Kate O'Connor	St Gerards	3.47	2009
Girls U.11	Kate O'Connor	St Gerards	3.67	2010
Girls U.12	Joy Moses	St. Gerards	3.95	2008
Girls U.13	Annabelle Morris	Blackrock	4.15	2009
Girls U.14	Ciara O' Connor	St Gerards	4.70	2006
Girls U.15	Grace Rogers	Dunleer	4.57	2007
Girls U.16	Olivia McDonald	St. Peters	4.78	2005
Girls U.17	Hilary Kerr	St Peters	5.02	2007
Girls U.18	Hilary Kerr	St Peters	4.91	2008
Girls U.19	Hilary Kerr	St Peters	5.23	2009

Long Jump

Boys U.8	Dean Maguire	St. Gerards	2.83	2003
Boys U.9	Gabriel Bell	St Peters	3.20	2009
Boys U.10	Patrick Conlon	Ardee & District	3.65	2004
Boys U.11	Aaron McGuigan	Blackrock	3.75	2008
Boys U.12	Dylan O'Hanlon	St Gerards	4.01	2008
Boys U.13	Dean Maguire	St Gerards	4.42	2008
Boys U.14	Ruairi MacArtain	Glenmore	5.04	2009
Boys U.15	Mark Cunningham	Ardee & District	4.92	2006
Boys U.16	Patrick Duff	Ardee & District	5.41	2009
Boys U.17	Mark Cunningham	Ardee & District	5.71	2008
Boys U.18	Mark Cunningham	Ardee & District	5.98	2009
Boys U.19	Darren Tuite	St Peters	5.08	2010

Shot Putt

Girls U.12	Joy Moses	St Gerards	7.26	2008
Girls U.13	Grace Rogers	Dunleer	7.90	2005
Girls U.14	Lauren Finnegan	St. Peters	8.82	2010
Girls U.15	Frances Rogers	Dunleer	8.56	2005
Girls U.16	Frances Rogers	Dunleer	9.16	2006
Girls U.17	Frances Rogers	Dunleer	11.20	2007
Girls U.18	Frances Rogers	St Peters	9.52	2008
Girls U.19	Frances Rogers	St Peters	10.11	2009

Shot Putt

Boys U.12	Paddy Conlon	Ardee & District	7.25	2006
Boys U.13	Paddy Conlon	Ardee & District	10.34	2007
Boys U.14	Mark Rogers	St Peters	11.50	2009
Boys U.15	Mark Rogers	St Peters	11.58	2010
Boys U.16	Peter McDonald	St Peters	10.86	2002
Boys U.17	Paul Mc Donald	St Peters	10.62	2006
Boys U.18	Peter McDonald	St. Peters	12.86	2004
Boys U.19	Rory Kirwan	Dunleer	12.30	2009

Javelin

Girls U.12	Laura O'Neill	St. Peters	15.90	2003
Girls U.13	Laura O'Neill	St. Peters	19.64	2004
Girls U.14	Lauren Finnegan	St. Peters	28.18	2010
Girls U.15	Olivia McDonald	St. Peters	28.82	2004
Girls U.16	Laura O' Neill	St. Peters	29.39	2007
Girls U.17	Olivia Mc Donald	St Peters	27.60	2006
Girls U.18	Olivia Mc Donald	St.Peters	34.67	2007
Girls U.19	Olivia McDonald	St Peters	33.53	2008

Javelin

Boys U.12	Vincent Roe	Mountpleasant	17.36	2003
Boys U.13	Kevin Murray	Dunleer	24.80	2005
Boys U.14	Paul McDonald	St. Peters	30.30	2003
Boys U.15	Paul McDonald	St. Peters	31.40	2004
Boys U.16	Kevin Murray	Glenmore	41.60	2008
Boys U.17	Paul Marry	Dunleer	45.95	2002
Boys U.18	Kevin Murray	Dunleer	45.91	2010
Boys U.19	Peter McDonald	St. Peters	43.50	2005

AAI Louth Juvenile Championship Bests UPDATE 2010

Ball Throw

Girls U.8	Niamh Rice	Glenmore	18.28	2008
Girls U.9	Kim Murphy	Glenmore	19.68	2005
Girls U.10	Niamh Rice	Glenmore	28.28	2010
Girls U.11	Kate O Connor	St Gerards	30.17	2010
Girls U.12	Lauren Finegan	St Peters	29.65	2008
Girls U.13	Emma Fay	Ardee & District	24.66	2007

Ball Throw

Boys U.8	Fergal Malone	Glenmore	21.20	2006
Boys U.9	Conor Macken	St Gerards	28.95	2008
Boys U.10	Conor Kirwan	Dunleer	37.99	2007
Boys U.11	Dean Maguire	St Gerards	39.80	2006
Boys U.12	Liam Fitzpatrick	St Pats	42.40	2010
Boys U.13	Kevin Murray	Dunleer	57.85	2005

High Jump

Girls U.12	Niamh Kelly	Boyne	1.30	2009
Girls U.13	Emily Rogers	Dunleer	1.40	2006
Girls U.14	Amy Mc Teggart	Boyne	1.46	2009
Girls U.15	Emily Rogers	St Peters	1.49	2008
Girls U.16	Emily Rogers	St Peters	1.59	2009
Girls U.17	Emily Rogers	St Peters	1.55	2010
Girls U.18	Emer McTeggart	Boyne	1.30	2006
Girls U.18	Frances Rogers	St Peters	1.30	2008
Girls U.19	Emer McTeggart	Boyne	1.30	2007
Girls U.19	Frances Rogers	St Peters	1.30	2009

High Jump

Boys U.11	John McKenna	St. Peters	1.05	2002
Boys U.12	Aaron Clarke	St. Gerards	1.18	2004
Boys U.13	Mark Rogers	St Peters	1.35	2008
Boys U.14	Mark Rogers	St Peters	1.52	2009
Boys U.14	Bill Kenwright	Dunleer	1.40	2008
Boys U.15	Kevin McManus	St. Peters	1.50	2005
Boys U.16	Kevin Mc Manus	St Peters	1.70	2006
Boys U.17	Kevin Mc Manus	St Peters	1.65	2007
Boys U.17	Barry Faulkner	Ardee & District	1.65	2009
Boys U.19	Andrew Moore	Blackrock	1.40	2003

Hammer

Girls U.13	Ann Mc Carthy	St. Peters	16.54	2002
------------	---------------	------------	-------	------

Hammer

Boys U.13	Stephen O'Neill	St. Peters	14.50	2002
-----------	-----------------	------------	-------	------

Discus

Boys U.17	Marcus Kierans	Dunleer	19.85	2002
Boys U.16	Alan Gerard	Dunleer	19.89	2002

Track & Field Championships 2011

1. Juvenile Entry Fee €1 per athlete per event
2. Relay Teams €5 per team
3. Senior, Junior, Masters Entry Fee €5 for first event , €3 for each event thereafter, admission at gate for all
4. Senior, Junior, Masters Pre entry required, late entries or change of entry on the day accepted only between 12-1pm Day 1, 11-12noon Day 3
5. Senior, Junior , Masters field event entries must be submitted no later than Saturday 7th May, if no entries received by that date , the particular event will be cancelled, clubs will be notified of the event/s involved
6. Senior, Junior, Masters late entry fee €5 per event
7. Closing date for receipt of entries April 30th & May 7th
8. Entries received after that date will be charged €5 per event per athlete
9. Late entries accepted up to 30 minutes prior to the commencement of the juvenile programme
10. Entries will be accepted by email to georgina.drumm@gmail.com
11. Fees **must** be paid by 6th May, accepted at County Board Meeting
12. Fees not paid by that date will be charged double
- 13. Athletes must be registered members of AAI**
14. Date of Birth and Registration numbers **must** be supplied,
- 15. Entries will be scrutinised, clubs will be notified on Friday prior to championships of any athlete entered who is not registered. Non registered athletes will not be allowed to compete, there will be no exceptions**
16. Club Colours must be worn
17. In all field events athletes must be technically competent
18. Objection procedure, written with fee of €10 within 30 minutes of the completed event
19. 4 events maximum per juvenile athlete plus relays
20. Long Jump & Ball Throw under 9,10, 3 trials only
21. Relays, Athletes may move up one age group only, 2 athletes must be of the correct age
22. In the interest of Health and Safety clubs are requested to only have athletes competing in the various throwing events present at the area
23. No coach, parent or spectator is allowed at any stage on the infield
24. All athletes must enter the track from the gate near the 100m start and exit at the gate near the finish.
25. Clubs are required to nominate officials to assist with the smooth running of the programme, please submit the names of the officials and the preferred event on the form provided
- 26. Timetable and order of events are for guidance only, county board reserve the right to alter if necessary**
27. Senior, Junior, Masters one race where appropriate.
28. Junior Athlete must be 16 years of age in the year of competition and under 20
29. Senior Athlete must be 16 years of age in the year of competition
30. Master athletes attains eligibility on their 35th birthday

Saturday 7th May

12:00	Javelin	Girls	U13-U15
13:00	Javelin	Boys	U13-U14
14:00	Javelin	Girls	U16-U19
15:00	Javelin	Boys	U15-U19
12:00	High Jump	Boys	U15-U19
13:00	High Jump	Girls	U16-U19
14:00	High Jump	Boys	U12-U14
15:00	High Jump	Girls	U12-U15
12:00	Long Jump (Pit 1)	Boys	U12-U14
13:00	Long Jump (Pit 1)	Boys	U15-U19
14:00	Shot Putt (Circle 1)	Boys	U15-U19
15:00	Shot Putt (Circle 1)	Boys	U12-U14
12:00	Long Jump (Pit 2)	Girls	U16-U19
13:00	Long Jump (Pit 2)	Girls	U12-U15
14:00	Shot Putt (Circle 2)	Girls	U12-U15
15:00	Shot Putt (Circle 2)	Girls	U16-U19
12.00	Ball Throw	Girls	U12
13.00	Ball Throw	Boys	U12
13.30	200m 200m	Women Men	S,J,M S,J,M
13.45	1500m 1500m	Women Men	S,J,M S,J,M
14.15	400m 400m	Women Men	S,J,M S,J,M
14.45	3000m 3000m	Women Men	S,J,M S,J,M
15.15	100m 100m	Women Men	S,J,M S,J,M
15.35	800m 800m Relays	Women Men Mixed	S,J,M S,J,M S,J,M

Saturday 14th May

11.30	Long Jump	U9 Boys
11.30	Long Jump	U9 Girls
11.30	Ball Throw	U10 Boys
11.30	Ball Throw	U10 Girls
12.30	Long Jump	U11 Boys
12.30	Long Jump	U11 Girls
12.00	800m	U19 Boys
	800m	U19 Girls
	800m	U18 Boys
	800m	U18 Girls
	800m	U17 Boys
	800m	U17 Girls
	800m	U16 Boys
	800m	U16 Girls
	800m	U15 Boys
	800m	U15 Girls
	800m	U14 Boys
	800m	U14 Girls
	600m	U11 Boys
	600m	U11 Girls
	600m	U12 Boys
	600m	U12 Girls
	600m	U13 Boys
	600m	U13 Girls
13.00	200m	U17 Boys
	200m	U17 Girls
	200m	U18 Boys
	200m	U18 Girls
	200m	U19 Boys
	200m	U19 Girls
	200m	U9 Boys
	200m	U9 Girls
	200m	U10 Boys
	200m	U10 Girls
	Relays	9,11,13

Sunday 15th May

11.30	5000m	S,J,M
11.30	Long Jump	U10 Boys
11.30	Long Jump	U10 Girls
11.30	High Jump	S,J,M
11.30	Ball Throw	U9 Boys
11.30	Ball Throw	U9 Girls
12.30	Ball Throw	U11 Girls
12.30	Ball Throw	U11 Boys
12.30	Long Jump	S,J,M
12.00	60m H	U12 Boys
	60m H	U12 Girls
	60m H	U13 Boys
	60m H	U13 Girls
	75m H	U14 Boys
	75m H	U14 Girls
	80m H	U15 Boys
	80m H	U15 Girls
	80m H	U16 Boys
	80m H	U16 Girls
	100m H	U17 Boys
	100m H	U17 Girls
	100m H	U18 Boys
	100m H	U18 Girls
	100m H	U19 Boys
	100m H	U19 Girls
13.00	Relays	U10, U12
13.30	Shot	S,J,M
13.20	1500m	U14 Boys
	1500m	U14 Girls
	1500m	U15 Boys
	1500m	U15 Girls
	1500m	U16 Boys
	1500m	U16 Girls
	1500m	U17 Boys
	1500m	U17 Girls
14.30	Javelin	

14.30

300m	U17 Boys
300m	U17 Girls
300m	U18 Girls
400m	U18 Boys
400m	U19 Girls
400m	U19 Boys
Relays	15,17,19

14.30

60m	U9 Boys
60m	U9 Girls
60m	U10 Boys
60m	U10 Girls
60m	U11 Boys
60m	U11 Girls
80m	U12 Boys
80m	U12 Girls
80m	U13 Boys
80m	U13 Girls
80m	U14 Boys
80m	U14 Girls
100m	U15 Boys
100m	U15 Girls
100m	U16 Boys
100m	U16 Girls
100m	U17 Boys
100m	U17 Girls
100m	U18 Boys
100m	U18 Girls
100m	U19 Boys
100m	U19 Girls
Relays	U14, U16, U18

Athletics Louth 2011 Track & Field County Championships

ENTRY FORM Senior Junior Masters CLUB _____

DOB and registration numbers compulsory ,

Name	DOB	Reg	100m	200m	400m	800m	1500m	3000 m	Mixed Relay	Javelin	Shot	Long	High

Signature _____ Position held _____ Date _____

Athletics Louth 2011 Track & Field County Championships

ENTRY FORM BOYS CLUB _____ CONTACT NUMBER _____

DOB and Registration Numbers compulsory, Please place gender and age groups together

Name	Age	DOB	Reg	60	80	100	Hurd	200	300	400	800	1500	B.T	Shot	Jav	LJ	H.J

Signature _____ Position held _____ Date _____

Athletics Louth 2011 Track & Field County Championships

ENTRY FORM GIRLS CLUB _____ CONTACT NUMBER _____

DOB and Registration Numbers compulsory, Please place gender and ages together

Name	Age	DOB	Reg	60	80	100	Hurd	200	300	400	800	1500	B.T	Shot	Jav	LJ	HJ

Signature _____ Position held _____ Date _____

County Track & Field Programme 2011

Officials Declaration

Club _____

1 _____ **Event** _____

2 _____ **Event** _____

3 _____ **Event** _____

4 _____ **Event** _____

Availability Saturday 7th May

Saturday 14th May

Sunday May 15th

Table of Hurdle Specification

Age Group	Distance	Height	No.	Approach	Interval	Finish
Girls 13	60m	68.6cm 2' 3"	5	11.00m	7.25m	20.00m
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 16	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls 17	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls 18	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls 19	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Boys 13	60m	68.6cm 2' 3"	5	11.00m	7.25m	20.00m
Boys 14	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.50m
Boys 15	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
Boys 16	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Boys 17	100m	91.4cm 3' 0"	10	13.00m	8.50m	10.50m
Boys 18	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
Boys 19	110m	99.0cm 3' 3"	10	13.72m	9.14m	14.02m

TABLE OF THROWING IMPLEMENTS

Boys	12	13	14	15	16	17	18	19
Shot	2K	2K	2.72K	3.25K	4K	5K	5K	6K
Javelin		400gr	400gr	500gr	600gr	700gr	700gr	800gr
Girls	12	13	14	15	16	17	18	19
Shot	2k	2K	2k	2.72k	3.25k	3.25k	4k	4k
Javelin		400gr	400gr	400gr	500gr	600gr	600gr	600gr

	Shot	Javelin		Shot	Javelin
Senior Men	7.26k	800gr			
Junior Men	7.26k	800gr			
Master Men 35-49	7.26k	800gr	Master Men 50-59	6.0k	700gr
Senior Women	4.0k	600gr			
Junior Women	4.0k	600gr			
Master Women 35 -49	4.0k	600gr	Master Women 50 -59	3.0 k	500gr