



ULSTER ATHLETICS ----- ATHLETICS NORTHERN IRELAND



**UNDER 9, UNDER 10, UNDER 11, UNDER 12 & UNDER 13
TRACK & FIELD 2012**

VENUE **SHERCOCK TRACK, CO CAVAN**

DATE **9TH JUNE 2012**

TIME **10.00 A.M.**

NO LATE ENTRIES ACCEPTED

U 9 B&G
Born 2004
60m
300m
Long Jump
Ball Throw

U10 B&G
Born 2003
60m
500m
Long Jump
Ball Throw

U 11 B&G
Born 2002
60m
600m
Long Jump
Ball Throw

At Ulster level we are holding an Individual competition.

Each Athlete may compete in two events only

Athletes compete in their own age group only

Under 9 **must be born in 2004**

Medals are for 1st, 2nd, and 3rd

U9 & U10 Long Jump Competition athletes may jump anywhere from the sand

U11 Long Jump competition is from the board

3 Jumps only per athlete

Ball Throw is similar to javelin technique

Longest throw is measured

3 throws only per athlete

60m, 300m, 500m, 600m are on times. No finals

Persistent false starts may lead to disqualification

No entry or change of entry on the day

Club Singlets must be worn

The Committee reserve the right to alter the timetable

Qualification for AAI competition FOR UNDER 9,10 AND 11

The AAI competition is a club team competition consisting 2 athletes per team in each event.

We propose that the combined distance or times of the best 2 athletes from a

club will be added to determine the athletes who qualify for AAI.

3 teams in each event will qualify for AAI competition.

Entry fees for AAI are €8 or £8 per TEAM per event

Relay entry fees for AAI are €10 per team or £10

**ENTRIES TO AAI IS NOW ONLINE SO ALL ATHLETES FOR
ALL IRELAND MUST BE ENTERED WITH ME AT TODAY'S
EVENT**

RELAYS

Relays for Under 9,u10,u11 Boys & Girls will be held

Athletes may step up one age group only and may compete in two relays

Under 9 athletes must be born in year 2004

At least 2 members of the relay team must be the correct age.

TEAMS QUALIFY FROM THE REGION FOR AAI

Names, DOB and Reg No are required with AAI entry

3 Teams per Region qualify for AAI

Medals to first 3 teams in each age group

All relays are 4x100

UNDER 12 BOYS AND GIRLS BORN 2001 TRACK AND FIELD CHAMPIONSHIPS

EVENTS

**60M, 600M, LONG JUMP HIGH JUMP SHOT PUTT
BALL THROW 4X100 RELAY**

UNDER 13 BOYS AND GIRLS BORN 2000 TRACK AND FIELD CHAMPIONSHIPS

EVENTS

**80M, 60M HUR. 600M, LONG JUMP HIGH JUMP
JAVELIN SHOT PUTT 4X100 RELAY**

First 4 qualify for AAI championships First 3 in 600m

The Relays are Ulster/NI events only. Teams DO NOT qualify for All Ireland
Medals for 1st, 2nd, 3rd,

3 jumps and 3 throws per athlete

Athletes may enter 3 events only [2track 1 field or 1 track and 2
field]

**ENTRY FEES ARE €6 OR £5 PER ATHLETE FOR UNDER 9,10,11
ENTRY FEES FOR CHAMPIONSHIPS UNDER 12 AND UNDER 13
ARE €4 OR £4 PER EVENT**

