

Dublin County Athletic Board
Team Competition & Relay Championships for U9//10/11's & 12 boys & Girls
Turbo Javelin Championships
SANTRY – Saturday 30th May 2015
Starting at 10am.

10 am.

9 Girls	60m
9 Boys	60m
10 Girls	60m
10 Boys	60m
11 Girls	60m
11 Boys	60m

10.30am

11 Girls	Long Jump
11 Boys	Long Jump
10 Girls	Long Jump
10 Boys	Long Jump
9 Girls	Long Jump
9 Boys	Long Jump

12.15pm

9 Girls	300m
9 Boys	300m
10 Girls	500m
10 Boys	500m
11 Girls	600m
11 Boys	600m

11.30am

9 Girls	Turbo Javelin
9 Boys	Turbo Javelin
10 Girls	Turbo Javelin
10 Boys	Turbo Javelin
11 Girls	Turbo Javelin
11 Boys	Turbo Javelin

1pm Approximately

U10 Girls	4X100m relay
U10 Boys	4X100m relay
U9 Girls	4X100m relay
U9 Boys	4X100m relay
U11 Girls	4X100m relay
U11 Boys	4X100m relay

Finals of above, if any will follow in the same order

- All individual track events will be decided on times.
- Jumps/throws decided on the longest of 3 attempts.

Relays

- Any Heats/Semi-Finals will be run first, followed by Finals.
- Finals will be run where there are 8 or less.
- Where there are two heats, the first 4 will qualify from each and if three heats, the first two from each and two fastest overall will qualify for the final.
- Athletes may move up ONE (1) age group only and may compete in TWO (2) relays on the day **except U9 athletes must be born in 2007**
- At least 2 members of a competing relay team must be of the correct age **except all U9 athletes must be born in 2007 and not later**
- Teams qualifying for Finals **MUST ONLY** comprise of the same panel of runners entered in Heats/Semis.

Event Order (Subject to change to facilitate the smooth running of the programme)