

Dublin County Athletic Board
Team Competition U9, 10, 11
SANTRY - Saturday 30th May 2015
Starting at 10am

Choice of events available per team

U9 Girls & Boys Born 2007	U10 Girls & Boys Born 2006	U11 Girls & Boys Born 2005
60m	60m	60m
300m	500m	600m
Long Jump	Long Jump	Long Jump
Turbo Javelin	Turbo Javelin	Turbo Javelin

- Two (2) athletes per team.
- Each athlete may compete in two events only, *with the same or two different partners.*

(for example, John can do the 60m with Tom and can also do the long jump with Liam)

- Athletes compete in their own age group (U9 must be born 2007, U10 2006 & U11 2005).
- Each teams combined distances or combined times are added for team scoring.
- Medals for 1st, 2nd, 3rd team members in each event.
- Three (3) teams per event per region, qualifying through Regional/Provincial Secretary.
- U9, 10 Long Jump competition, athletes may jump anywhere from the sand.
- U 11 Long Jump competition is from the board.
- 3 Jumps only per athlete.
- Turbo Javelin throw is similar to javelin technique
- Longest throw measured to where the turbo javelin hits the ground.
- 3 throws only per athlete
- 60m, 300m, 500m, 600m are on times no finals.
- Standing or crouch start is optional. The standing start command for all sprints are "on your marks" and "set"
- Persistent false starts may lead to disqualification.
- Club singlets must be worn.
- **If a club has more than 1 team in any event they should be clearly distinguished with a label on their vest as "A" "B" "C", etc**

Entry Fee: €6 per team and €8 per relay

Closing Date: Friday 15th May 2015

Entries must be received by Friday 15th May 2015 by email to cecil.johnston@sdcpartnership.ie or johnstoncecil1@gmail.com or post to Cecil Johnston, 66 Donomore Crescent Killinarden, Tallaght Dublin 24.

Cheques or Money Orders made payable to Dublin County Athletic Board and posted to Colette Quinn, 122 Foxfield Park, Raheny, Dublin 5.