

Dublin County Athletic Board
Team Competition U9, 10, 11
Sunday 26th May 2024 – Tallaght
Starting at 10:30

Choice of events available per team

| U9 Girls & Boys Born 2016 | U10 Girls & Boys Born 2015 | U11 Girls & Boys Born 2014 |
|--|---|---|
| 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 2016, U10 2015 & U11 2014).
- Each team's 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 or relay they should be clearly distinguished with a label on their vest as "A" "B" "C", etc, and on the entry forms**

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

Closing Date: Friday 17th May 2024

Entries must be received by Friday 17th May 2024 by email to:
johnstoncecil@gmail.com

NO LATE ENTRIES OR ENTRIES ON THE DAY WILL BE ACCEPTED

