

Tipperary Under 13 to Junior Indoor Championships Nenagh, Sunday 28th February 2016 @ 11.30am

Girls & Boys U. 13, 60m Hs, 60m, 600m, 1Km Walk, H.J., L.J., Shot, 4 x 100m Relay
 Girls & Boys U. 14, 60m Hs, 60m, 800m, 1Km Walk, H.J., L.J., Shot, 4 x 200m Relay
 Girls & Boys U. 15, 60m Hs, 60m, 800m, 1Km Walk, H.J., L.J., P.V., Shot, 4 x 200m Relay
 Girls & Boys U. 16, 60m Hs, 60m, 800m, 1Km Walk, H.J., L.J., P.V., Shot, 4 x 200m Relay
 Junior Men & Women, 60m Hs, 60m, 400m, 800m, 1500m. 1Km Walk, H.J., L.J., P.V., Shot, 4 x 200m Relay

As per AAI Motion 2014 Male Youth Hurdle set at 110m spacing @ 3'0"

(Junior Men Hurdles Heights and Shot Putt same as Youth 3' & Shot Putt weight 5Kg)

(Junior Women Hurdles Heights and Shot Putt same as Youth 2'6" & Shot Putt weight 3kg)

Inner Track

Track Events at 11.30am

Girls 13	60mH	2'3"	60m
Boys 13	60mH	2'3"	60m
Girls 14	60mH	2'3"	75m
Boys 14	60mH	2'6"	75m
Girls 15	60mH	2'6"	80m
Girls 16	60mH	2'6"	80m
Boys 15	60mH	2'9"	80m
Boys 16	60mH	2'9"	100m
JnrWn	60mH	2'6"	100m
JnrMen	60mH	3'0"	110m

Finals Before Change of Hurdles

Sprints

Girls 13	60m Heats
Boys 13	60m Heats
Girls 14	60m Heats
Boys 14	60m Heats
Girls 15	60m Heats
Boys 15	60m Heats
Girls 16	60m Heats
Boys 16	60m Heats
Junior W	60m Heats
Junior M	60m Heats

Finals in Same Order

Outer Track

All Walks	1km
Junior Women	400m
Junior Men	400m
Girls Under 16	800m
Boys Under 16	800m
Girls Under 15	800m
Boys Under 15	800m
Junior Women	800m
Junior Men	800m
Girls Under 14	800m
Boys Under 14	800m
Girls Under 13	600m
Boys Under 13	600m
Junior Women	1500m
Junior Men	1500m

Relays will be the last Track Events

Order dependent on Situation in Field Events

Field Events @ 11.30am except for Pole Vault (10am)

Series	1	2	3	4	5
H.J.1	B.16	B.13	Jnr M	B.14	B.15
H.J.2	G.16	G.13	Jnr W	G.14	G.15
L.J.1	Jnr M	B.15	B.16	B.13	B.14
L.J.2	Jnr W	G.15	G.16	G.13	G.14
Shot	B.13	G.14	G.16	Jnr W	B.15
Shot Cont	G.13	B.14	B.16	Jnr M	G.15
Pole Vault	All age groups (U/15, U16 & Junior) together				

High Jumps will commence after the sprints.

Order may change for HJ & there may be doubling of some ages. Pole Vault competition for various ages will be run as one competition at 10am.

- **Individual Events:-** Athletes are confined to their own age group in individual events. Junior athletes must be over 16 & U/20 as of 31st December 2016.
- **Pole Vault for U/15, U/16 & Junior athletes will be introduced this year. Pole Vault competition will start at 10am.**
- **Relay Races:-** Athletes may move up 2 individual years (ie. an U/14 athlete may move up to an U/16 team) in all cases & may be a member of **two** teams on the day as per Munster & AAI Rules **EXCEPT** where a Club is entering more than **one** team in any one race. *For Junior Relays, the minimum age for an athlete is aged 16 years as of 31 December 2016.*
- The order of events may be changed on the day depending on how events are progressing.
- All races on the Outer Track will be on *time*.

Entries to be completed online by Club Secretaries.

Closing Date is Wednesday 24th February @ Midnight.