

# Tipperary U9 to U12 Indoor Championships Nenagh, Sunday 5<sup>th</sup> March 2017 @ 11.30am

## EVENTS

Girls & Boys U9      60m, Gold & Silver, 300m, L.J. 4 x 100m Relay.  
 Girls & Boys U10    60m, Gold & Silver, 300m, L.J. 4 x 100m Relay.  
 Girls & Boys U11    60m, Gold & Silver, 300m, L.J. 4 x 100m Relay.  
 Girls & Boys U12    60m, 600m, L.J, HJ, Shot, 4 x 100m Relay.

## Track Events at 12.00pm

Girls & Boys U9            300m  
 Girls & Boys U10         300m  
 Girls & Boys U11         300m  
 Girls & Boys U12         600m

### All Races on Time

Girls U9            60m Heats  
 Girls U10         60m Heats  
 Girls U11         60m Heats  
 Girls U12         60m Heats

## Boys Events on Track Same Order

Field Events					
Series	1	2	3	4	5
H.J. 1	B 12				
H.J..2	G.12				
L.J. 1		B.09	B.11	G.09	G.11
L.J..2		B.10	B.12	G.10	G.12
Shot		B.12		G.12	
Pole Vault	U/15, U/16 & Junior ages together @ 12 noon				

**High Jumps @ 11.30am**  
**Long Jumps as Athletes finish 300ms**

**U9, U10 & U11 will get two 60m races as follows:- After the heats the athletes will be split into 2 Groups (Gold & Silver). Each group will then be ran off in the normal way with medal winners in both groups. U12s will be run off in the normal way as one group. U/9, U/10 & U/11 Athletes may enter only ONE track event on the day i.e. sprint or distance race. **U/12s can enter more than one track event on the day.****

## Relays

**Order dependent on Situation in Field Events. All Relay Races will be decided on Times. No Finals.**

Girls U9            4 x 100m  
 Boys U9            4 x 100m  
 Girls U11         4 x 100m  
 Boys U11         4 x 100m  
 Girls U10         4 x 100m  
 Boys U10         4 x 100m  
 Girls U12         4 x 100m  
 Boys U12         4 x 100m

- All athletes confined to their own age group categories in individual events.
- For individual events & relays, Under 8s may compete at Under 9.
- All Relays, 300m & 600m races will be on time only.
- For Relays, athletes may move up 2 individual years (ie. an U/10 athlete may move up to an U/12 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.
- The order of events may be changed on the day depending on how events are progressing.
- Pole Vault Championships will be held for Girls & Boys U/15, U/16 & Junior. Entries should be made with the U/13 to Junior Championships.

**All Entries to be completed online by Club Secretaries.**  
**Closing Date is Wednesday 1<sup>st</sup> March @ Midnight.**