

As at Jan 2024		T&F indoors Dublins	T&F Indoors Nationals	T&F Outdoor Leagues - Selection of events each league per age group	Childrens Games (PAIRS u9-u11) Dublins	Childrens Games (PAIRS u9-u11) Nationals	Outdoor Champs Dublin	T&F Outdoor Champs Nationals U12 U19	Summer break	X-Country Leagues	X-Country Dublin Champs	X-Country Nationals	Comments
Age Group	YOB	Jan & Feb	March	April - May/June	May 26th 2024	Sunday 23rd June	May / June	Various July		Sept-Dec	Oct/Nov	Nov/Dec	
U9	2016	SPRAOI Games	No indoor nationals for this age group	They can run up an age and compete in U10	Relay 60m 300m Long Jump Turbo Javelin	Relay 60m 300m Long Jump Turbo Javelin		U12 = 23/06 U13+ = June 7th, July 20th, July, 21st July, 27th July		400m 500m 600m	800m	N / A	Long jump from sand infront of pit. Standing Start Sprint
U10	2015	Relay SPRAOI Games	No indoor nationals for this age group		Relay 60m 500m Long Jump Turbo Javelin	Relay 60m 500m Long Jump Turbo Javelin	500m TBC for 24			600m 700m 800m	1000m	N / A	Long jump from sand infront of pit. Standing Start Sprint
U11	2014	Relay SPRAOI Games	No indoor nationals for this age group		Relay 60m 600m Long Jump Turbo Javelin	Relay 60m 600m Long Jump Turbo Javelin	500m TBC for 24	N / A		600m 700m 800m	1000m	N / A	Long jump introduced from board Standing Start Sprint
U12	2013	relay 60m 500m Long Jump High Jump Shot Putt	relay 60m 600m Long Jump High Jump Shot Putt				Relay 60m 600m Long Jump High Jump Shot Putt Turbo Javelin	Relay 60m 600m Long Jump High Jump Shot Putt Turbo Javelin		1000m 1200m 1000m	2000m	2000m	Crouch Start Blocks Optional
U13	2012	relay 60m 600m 60m Hurdles Long Jump High Jump Shot Putt	relay 60m 600m 60m Hurdles Long Jump High Jump Shot Putt				relay 60m 600m 60m Hurdles Long Jump High Jump Shot Putt Javelin	relay 60m 600m 60m Hurdles Long Jump High Jump Shot Putt Javelin		1000m 1300m 1500m	2500m	3000m	Crouch Start Blocks Optional
U14	2011	relay 60m 800m 60m Hurdles Long Jump High Jump Shot Putt 1000m walk	relay 60m 800m 60m Hurdles Long Jump High Jump Shot Putt 1000mwalk				relay 80m 200m 800m 1500m 2000m walk 75m hurdles Javelin Discus Long Jump High Jump Shot Putt Javelin Hammer TBC	relay 80m 200m 800m 1500m 2000m walk 75m hurdles Javelin Discus Long Jump High Jump Shot Putt Javelin Hammer TBC		1200m 1500m 1500m	3000m	3000m	Mandatory Use of Blocks in Sprint
U15	2010	relay 60m 800m 60m Hurdles Long Jump High Jump Shot Putt 1500m walk Pole Vault	relay 60m 200m 800m 60m Hurdles Long Jump Long Jump High Jump Shot Putt Shot Putt 1500mwalk Pole Vault				relay 100m 200m 800m 1500m 2000m walk 80m hurdles 250m Hurdles Javelin Discus Long Jump High Jump Shot Putt Javelin Hammer TBC	relay 100m 200m 800m 1500m 2000m walk 80m hurdles 250m Hurdles Javelin Discus Long Jump High Jump Shot Putt Javelin Hammer TBC		1500 2000 2000	3500	3500	
U16	2009	relay 60m 200m 800m 60m Hurdles 1500m 1500m walk Pole Vault Long Jump High Jump Shot Putt	relay 60m 200m 800m 60m Hurdles 1500m 1500mwalk Pole Vault Long Jump High Jump Shot Putt				relay 100m 200m 400m 800m 1500m 3000m walk 100m Hurdles 300m Hurdles Javelin Discus Long Jump High Jump Shot Putt Javelin Hammer TBC 3000m walk Polevault	relay 100m 200m 400m 800m 1500m 3000m walk 100m Hurdles 300m Hurdles Javelin Discus Long Jump High Jump Shot Putt Javelin Hammer TBC 3000m walk Polevault		2000m 2500m 2000m	4000m	4000m	
U17	2008	relay 60m	relay 60m	NO LEAGUES SEE GRADED MEETS			relay 100m	relay 100m		2000m/3000m 2500m/4000m	4000m/5000m	4000m/5000m	

		200m	200m				200m	200m		2000m/3000m			
		800m	800m				400m	400m					
		60m Hurdles	60m Hurdles				800m	800m					
		1500m	1500m				1500m	1500m					
		1500m walk	1500mwalk				3000m	3000m walk					
		Pole Vault	Pole Vault				100m Hurdles	100m Hurdles					
		Long Jump	Long Jump				300m Hurdles	300m Hurdles					
		High Jump	High Jump				Javelin	Javelin					
		Shot Putt	Shot Putt				Discus	Discus					
							Long Jump	Long Jump					
							High Jump	High Jump					
							Shot Putt	Shot Putt					
							Javelin	Javelin					
							Polevalut	3000m walk					
							3000m walk	Polevault					
							Triple Jump	Triple Jump					
							Steeplechase	Steeplechase					
U18/U19	2007 + 2006	Relay	relay	NO LEAGUES									
				SEE GRADED									
		60m	60m	MEETS			relay	relay		2000m/3500m	4000m/6000m	4000m/6000m	
		200m	200m				100m	100m		2500m/4000m			
		400m	400m				200m	200m		3000m/4000m			
		800m	800m				400m	400m					
		60m Hurdles	60m Hurdles				800m	800m					
		1500m	1500m				1500m	1500m					
		1500m walk	1500mwalk				3000m	3000m					
		Pole Vault	Pole Vault				110m Hurdles	110m Hurdles					
		Long Jump	Long Jump				400m Hurdles	400m Hurdles					
		High Jump	High Jump				Javelin	Javelin					
		Shot Putt	Shot Putt				Discus	Discus					
		Triple Jump	Triple Jump				Long Jump	Long Jump					
							High Jump	High Jump					
							Shot Putt	Shot Putt					
							Triple jump	Triple Jump					
							Steeplechase	Steeplechase					
							Polevalut	Polevault					
							5000mm walk	5000mm walk					