

**Dublin County Athletic Board**  
**Team Competition & Relay Championships for U9//10/11's**  
**IRISHTOWN – Saturday 11<sup>th</sup> May 2019**  
**Starting at 10 am.**

**10 am.**

9 Girls	60m
9 Boys	60m
10 Girls	60m
10 Boys	60m
11 Girls	60m
11 Boys	60m

**10.30am**

11 Girls	Long Jump
11 Boys	Long Jump
10 Girls	Long Jump
10 Boys	Long Jump
9 Girls	Long Jump
9 Boys	Long Jump

**12.15pm**

9 Girls	300m
9 Boys	300m
10 Girls	500m
10 Boys	500m
11 Girls	600m
11Boys	600m

**11.30am**

9 Girls	Turbo Javelin
9 Boys	Turbo Javelin
10 Girls	Turbo Javelin
10 Boys	Turbo Javelin
11 Girls	Turbo Javelin
11 Boys	Turbo Javelin

**1pm Approximately**

U10 Girls	4X100m relay
U10 Boys	4X100m relay
U9 Girls	4X100m relay
U9 Boys	4X100m relay
U11 Girls	4X100m relay
U11 Boys	4X100m relay

**Finals of above, if any will follow in the same order**

- All individual track events will be decided on times.
- Jumps/throws decided on the longest of 3 attempts.
- Athletes compete in their own age group (**U9 MUST be born 2011**)

**Relays**

- Any Heats/Semi-Finals will be run first, followed by Finals.
- Finals will be run where there are 8 or less.
- Where there are two heats, the first 4 will qualify from each and if three heats, the first two from each and two fastest overall will qualify for the final.
- Athletes may move up ONE (1) age group only and may compete in TWO (2) relays on the day **except all U9 athletes on a team must be born in 2011**
- At least 2 members of a competing relay team must be of the correct age **except U9 where all athletes must be born in 2011.**
- Teams qualifying for Finals **MUST ONLY** comprise of the same panel of runners entered in Heats/Semis.

**Event Order** (Subject to change to facilitate the smooth running of the programme)

