

**Dublin County Athletic Board**  
**Team Competition U9, 10, 11**  
**Saturday 27<sup>th</sup> May 2023 – Tallaght**  
**Starting at 13:30**

**Choice of events available per team**

<b>U9 Girls &amp; Boys Born 2015</b>	<b>U10 Girls &amp; Boys Born 2014</b>	<b>U11 Girls &amp; Boys Born 2013</b>
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 2015, U10 2014 & U11 2013).
- Each teams 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 singlet's 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 19<sup>th</sup> May 2023**

**Entries must be received by Friday 19<sup>th</sup> May 2023 by email to:**  
johnstoncecil@gmail.com

**NO LATE ENTRIES**

