

DUBLIN COUNTY ATHLETIC BOARD
JUVENILE U10-U16 T&F LEAGUE 1 - Tallaght
Sunday 28th April 2024 starting at 10.30 am -

				<u>Long Jump</u>		
10.30am	U/14	Girls	400m	10.30am	U/11	Girls/Boys
	U/14	Boys	400m	11.45am	U/15	Girls/Boys
	U/15	Girls	400m	12.30pm	U/14	Girls/Boys
	U/15	Boys	400m			
	U/16	Girls	400m	<u>High Jump</u>		
	U/16	Boys	400m	10.30am	U/12	Girls
	U/11	Girls	600m	12 noon	U/12	Boys
	U/12	Girls	600m	1pm	U15/U16	Girls/Boys
	U/10	Girls	500m			
	U/10	Boys	500m			
	U/11	Boys	600m			
	U/13	Boys	600m			
	U/13	Girls	600m			
	U/12	Boys	600m			
				<u>Shot Putt</u>		
				10.45am	U/14	Boys (2.72)
				11.30am	U/14	Girls (2K)
				<u>Javelin</u>		
12.00 noon	U/14	Girls	1500m	10.30am	U/13 Boys (400g)	
	U/14	Boys	1500m	11.30am	U/13 Girls (400g)	
	U/15	Girls	1500m			
	U/15	Boys	1500m			
	U/16	Girls	1500m			
	U/16	Boys	1500m			
				<u>Turbo Javelin</u>		
				12.15pm	U10 Boys	
				12.45pm	U10 Girls	

- All track events decided on times.
- 3 throws/jumps per athlete
- Clubs must nominate 2 named officials in advance.

Programme & event order subject to change, to facilitate smooth running of competition.

All times are approximate.

Officials will facilitate competitors if T&F events coincide, however athletes should make sure their names are on the field event list.

Club vests must be worn, and athletes MUST BE REGISTERED.

Age sticker/number should be displayed. Club official should pay for these, €3 per athlete.

Athletes can compete in all events in their age group.

Please note – The running order for 500m and 600m.