

Galway Indoor Track & Field, Saturday 3rd January 2009

60m Sprint Guidelines

Note, the sprints are scheduled before the hurdles to avoid unnecessarily holding the younger athletes in Nenagh as it's a long day for them.

There are 90 minutes allocated to the sprints (allowing approximately 2 minutes for each heats/final and assuming 45 heats/finals in total).

The key to running it on time is for the check-in to get the athletes out quickly in their heats and onto the track, and for the finish to get the athletes recorded and off the track.

Following is the order in which the sprints should be run. Note that some age groups are combined.

<u>Order</u>	<u>Age Group</u>	
1	U10 Girls	(3 heats?)
2	U10 Boys	(3 heats?)
3	U11 Girls	(3 heats?)
4	U11 Boys	(3 heats?)
5	U12 Girls	(3 heats?)
6	U12 Boys	(3 heats?)
7	U13 Girls	(2 heats?)
8	U13 Boys	(2 heats?)
9	U14 Girls	(2 heats?)
10	U14 Boys	(2 heats?)
11	U15 Girls	(2 heats?)
12	U15 Boys	(2 heats?)
13	U16/17 Girls	(straight final?)
14	U16/17 Boys	(straight final?)
15	U18/19/Jun/Sen Women	(straight final?)
16	U18/19/Jun/Sen Men	(straight final?)

If heats are required in any age group, the final will be run at the end of all of the heats.

Any athletes who qualify for the final should be advised to go back to the check-in area.

A list of the athletes who qualify for each final should be sent to the check-in area as quickly as possible.

60m Hurdles Guidelines

There is only 1 hour allotted to the hurdles so no time should be wasted between each event.

As some age groups are combined, the lower heights are to be used. The following therefore is the optimal order of events to minimise height/distance adjustments.

For safety, the weights on the bottoms of the hurdles should be adjusted appropriately - Tom Finnegan will advise as to the correct setting.

<u>Order</u>	<u>Age Group</u>	<u>Height</u>	<u>Num Hurdles</u>		<u>Spacing</u>	
1	U13 Girls	76.2cm 2' 3"	6	11.00m	7.25m	12.75m
2	U13 Boys	76.2cm 2' 3"	6	11.00m	7.25m	12.75m
3	U14 Girls	68.6cm 2' 3"	5	11.50m	7.50m	18.50m
4	U14 Boys	76.2cm 2' 6"	5	11.50m	7.50m	18.50m
5	U15 Girls	76.2cm 2' 6"	5	12.00m	8.00m	16.00m
6	U16/17 Girls	76.2cm 2' 6"	5	12.00m	8.00m	16.00m
7	U18/19/Jun/Sen Women	76.2cm 2' 6"	5	13.00m	8.50m	13.00m
8	U15 Boys	84.0cm 2' 9"	5	12.00m	8.00m	16.00m
9	U16/17 Boys	84.0cm 2' 9"	5	13.00m	8.50m	13.00m
10	U18/19/Jun/Sen Men	91.4cm 3' 0"	5	13.72m	9.14m	9.72m

If heats are required in any age group, the final should be run immediately after the heats to avoid the need to adjust the hurdles.

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Relay Guidelines

There are only 90 minutes allotted to the relays so no time should be wasted between each one. All relays are decided on times - i.e. no finals.
Athletes can cut into lane 1 after they round the first bend on the second lap, i.e. the 3rd runner in the case of a 4x100m or the 2nd runner in the case of a 4x200m

<u>Order</u>	<u>Age Group</u>
1	U10 Girls 4x100m
2	U10 Boys 4x100m
3	U11 Girls 4x100m
4	U11 Boys 4x100m
5	U12 Girls 4x100m
6	U12 Boys 4x100m
7	U13 Girls 4x100m
8	U13 Boys 4x100m
9	U14 Girls 4x200m
10	U14 Boys 4x200m
11	U15 Girls 4x200m
12	U15 Boys 4x200m
13	U16/17 Girls 4x200m
14	U16/17 Boys 4x200m
15	U18/19/Jun/Sen Women 4x200m
16	U18/19/Jun/Sen Men 4x200m

3000m, 350, 550m, 600m, 800m, 200m Guidelines

All athletes doing these races should be timed - not just the leading 3 athletes. Then a time can be published for every athlete in the results.
All races are decided on times - i.e. no finals.
In the 3000m, heats will be held if more than 15 participants.
In the 350m, 550m and 600m, heats will be held if more than 10 participants.
In the 800m, heats will be held if more than 8 participants.

<u>Order</u>	<u>Age Group</u>
1	Junior/Senior Women 3000m
2	Junior/Senior Men 3000m
Break for relays and sprints - start the 350m at same time as hurdles. Note initial races will be started with a whistle until Oliver finished hurdles.	
3	U10 Girls 350m
4	U10 Boys 350m
5	U11 Girls 550m
6	U11 Boys 550m
7	U12 Girls 600m
8	U12 Boys 600m
9	U13 Girls 600m
10	U13 Boys 600m
11	U18/19/Jun/Sen Women 800m
12	U18/19/Jun/Sen Men 800m
13	U16/17 Girls 800m
14	U16/17 Boys 800m
15	U15 Girls 800m
16	U15 Boys 800m
17	U14 Girls 800m
18	U14 Boys 800m

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Shot Putt Guidelines

<u>Order</u>	<u>Age Group</u>	<u>Weight</u>
1	U18/19/Jun/Sen Men	5kg
2	U18/19/Jun/Sen Women	4kg
3	U16/17 Boys	4kg
4	U16/17 Girls	3.25kg
5	U15 Boys	3.25kg
6	U15 Girls	2.72kg
7	U14 Boys	2.72kg
8	U14 Girls	2kg
9	U13 Boys	2kg
10	U13 Girls	2kg
11	U12 Boys	2kg
12	U12 Girls	2kg

Long Jump Guidelines

Competition needs to start at 11am sharp.

All long jump attempts that are not fouls should be measured so that athletes have a chance of a measured PB.

Only 3 attempts per athlete, i.e. there is not extra 3 jumps for top 8.

High Jump Guidelines

Competition needs to start at 11am sharp and order should go as per program as far as possible.

The following are the opening heights at All-Ireland level but for the county championships, the competition should be opened lower so that all athletes get a valid jump in.

The bar will be raised in increments of 5cm in order to speed up the competition - until just 1 jumper left who can call his/her height at that point.

If all ages not done by 1pm, the high jump will be suspended until later to allow the sprints and hurdles to take place.

<u>Age Group</u>	<u>Opening Height</u>
U12 Girls	1.05cm
U13 Girls	1.10cm
U14 Girls	1.15cm
U15 Girls	1.20cm
U16/17 Girls	1.25cm
U18/19/Jun/Sen Women	1.35cm
U12 Boys	1.15cm
U13 Boys	1.20cm
U14 Boys	1.30cm
U15 Boys	1.30cm
U16/17 Boys	1.40cm
U18/19/Jun/Sen Men	1.50cm