



# Co. Cavan Athletic Board



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## County Cavan Athletic Board

### Competition Handbook

# 2017-2018

## Part 2

Date	Time	Event	Age Groups	Venue	Entry Due
Sunday 10 <sup>th</sup> Feb	10.00 am Sen & Masters 10.30am U9-U18	Spring League 1	U9-U18 Senior, Masters		
Sunday 3 <sup>rd</sup> March	10am	Spring League Day 2	U9-U18		
Sunday 14 <sup>th</sup> April		Multi Event –	U13-U16		
Easter Sunday 21 <sup>st</sup> April	10.00 am	Road Championships	Senior & Master		
Monday 12 <sup>th</sup> May	10.00AM	T&F Championships	U 9 –U13 & Masters		
Sunday 19 <sup>th</sup> May	10.00	T&F Championships	U14-U18 & Seniors		
Wednesday 15 <sup>th</sup> May		Primary Schools Relay	Primary School		



## Senior & Master Road Championship

<i>Date</i>	<i>Host Club</i>	<i>Venue &amp; Time</i>
Sunday 21 <sup>st</sup> April	Shercock	10am

Entries are due by Friday 19<sup>th</sup> April      Entry fee is €5 per athlete.

Distances are:

<b>Senior Women :</b>	<b>3,000m</b>	<b>Master Women :</b>	<b>3,000m</b>
<b>Senior Men :</b>	<b>10,000m</b>	<b>Master Men :</b>	<b>5,000m</b>

### Rules of Competition – Road Championships:

1. Athletes must be aged 18 or over on 31st December of the year of competition to compete at senior level.
2. Age breaks for masters are over 35s, over 45s and over 55s.
3. Team composition: senior men are 8 to run and 4 to score, while all others are 6 to run and 3 to score.
4. Ineligible athletes competing on a team will result in the team being disqualified.
5. In the event of a tie in a team event, it shall be resolved in favour of the team whose last scoring member finishes first.
6. If a club enters more than one team in a category, these teams must be declared in writing before the start of the event.
7. The McCormack Cup shall be awarded to the overall winning club determined from points scored as follows:

Individual:	1st = 3 points	2nd = 2 points	3rd = 1 point
Team:	1st = 6 points	2nd = 4 points	3rd = 2 points

## SPRING LEAGUE

	<b>Date</b>	<b>Venue &amp; Time</b>	<b>Closing Date for Entries</b>
<b>Leg 1</b>	10 <sup>th</sup> Feb	Clones Peacelink track 10.00am Snr, Masters – Juvenile Jav. 11 All other Juvenile Events	Feb.
<b>Leg 2</b>	3 <sup>rd</sup> April	Shercock Track - 10.00am	March

Cost is €5 per athlete.

Age Group	Day 1				Day 2			
U9	60m	Long Jump			300m	Turbo Jav.	Relay	
U10	300m	Turbo Jav.			60m	Long Jump	Relay	
U11	60m	Long Jump			600m	Turbo Jav.	Relay	
U12	600m	Shot Putt			60m	Long Jump	Relay	
U13	80m	Long Jump	Javelin		600m	Shot Putt	Relay	
U14	800m	Shot Putt			80m	Long Jump	Relay	Discus
U15	100m	Long Jump	Javelin		800m	Shot Putt	Relay	
U16	800m	Shot Putt			100m	Long Jump	Relay	Discus
U17	100m	Long Jump	Javelin		800m	Shot Putt	Relay	
U18	800m	Shot Putt			100m	Long Jump	Relay	Discus
Snr. Men	100m	3000m Shot	LJ Relay		400m			
Snr. Ladies	100m	1500m Shot	LJ Relay		400m			
Masters Men	100m	3000m Shot	LJ Relay		400m			
Masters Ladies	100m	1500m Shot	LJ Relay		400m			

### Rules of Competition – Spring Development League:

1. To compete in the under 9 events, athletes must have their 8<sup>th</sup> birthday in the year of competition.
2. For under 9 and under 10 athletes in the long jump, attempts are measured from the point of take off. For under 11 and above, standard rules apply.
3. In sprint events, under 9, u10 and u11 athletes use a standing start. U12 athletes must use a crouch start. For u13 and above, starting blocks can be used.
4. Master age breaks are 35+, 45+ and 55+. Ages for Master events will be determined on day of the first competition.
5. In the relay competition athletes may move up *one year only* to take part in another relay providing that the team that they are competing on has two athletes in their correct age group.
6. No U18 athlete can run a Senior Relay.
7. All relays are 4x100m.

## COUNTY JUVENILE MULTI EVENT

<b><u>Age Group</u></b>	<b><u>Date</u></b>	<b><u>Venue &amp; Time</u></b>	<b><u>Entries due</u></b>
<b>U13 – U16</b>	Sun. 14 <sup>th</sup> Apr	Clones Peacelink 10am	Friday 5 <sup>th</sup> April

Entry Fee: €5 per athlete

### **Events:**

<b>U13 Girls + Boys</b>	<b>U14 Girls + Boys</b>	<b>U15 Girls + Boys</b>	<b>U16 Girls</b>	<b>U16 Boys</b>
60mH – 68.6cm	75mH - 68.6/76.2cm	80mH - 76.2/83.8cm	80mH - 76.2cm	100m - 83.8cm
High Jump	High Jump	High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Shot Putt	Shot Putt	Shot Putt	Shot Putt	Shot Putt
600m	800m	800m	800m	800m

600m/800m – Run last 30 minutes after age groups final field event.

### **Rules:**

1. All athletes should be technically proficient and competent to compete in each event.
2. In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
3. In the track events, all age categories, one false start and all are on warning of next false start leading to disqualification.
4. An athlete shall be disqualified in any event, in which he has made two false starts.
5. An athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition. He shall not, therefore, figure in the final classification.
6. The winner shall be the athlete who has obtained the highest number of points.
7. Medals will be presented to the top three.

## COUNTY TRACK AND FIELD CHAMPIONSHIPS

<u>Age Group</u>	<u>Date</u>	<u>Venue &amp; Time</u>	<u>Entries due</u>
U9 – U13 & Masters	Mon. 12 <sup>th</sup> May	Shercock Master at 10.00am 11am – Juvenile start	
U14 – U18 & Seniors Setanta Games	Sun 19 <sup>th</sup> May	Claremont Track Navan 10.00am for Snr 11.00am for u14-U18	

Entries are €2 per child for U9–U11, €2 per event for all others. All entries to be with the Competition Secretary no later than the entry due dates indicated above.

### **Rules of Competition – County Track & Field Championships:**

- The County Track and Field Championships are divided as follows:
  - Dr. Quinn Cup: under 16, under 18 and senior
  - Kiernan Cup: masters V1, V3 and V5
  - Moynagh Cup: under 12, under 13, under 14 and under 15
  - Children's Games (non-championship): under 9, under 10 and under 11
- To compete in the under 9 events, athletes must have their 8<sup>th</sup> birthday in the year of competition.
- Athletes are confined to their own age group unless an event is not catered for in their own age group, in which case they may move up **one year only** specifically for that event.
- Masters can compete as a Senior athlete in a Senior event not catered for in the Masters category. 3 Events Maximum used for scoring.
- Under 9, U10 and U11 athletes can compete in two individual events and relay.
- U12 athletes & above may compete in three individual events & relay.
- For under 9 and under 10 athletes in the long jump, attempts are measured from the point of take off. For under 11 and above, standard rules apply.
- In sprint events, under 9, u10 and u11 athletes use a standing start. U12 athletes must use crouch start {blocks optional}. U13 and above must use blocks.
- If there are less than three entries for an event, that event will not be held.** Affected athletes will be notified and may choose an alternative event.
- All relays are 4x100m, except senior relay which is 2x200m, 1x400m and 1x800m.
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age with the exception of ages 17, 18, 19. Athletes may move up one age group only. No U18 athlete may compete on a Senior relay team.
- Overall cups are awarded to the club with the highest points total in the respective category.  
Clubs score points for cups as follows:

Individual	1 <sup>st</sup> 3 points	2 <sup>nd</sup>	2 points	3 <sup>rd</sup>	1 point
Relays	1 <sup>st</sup> 6 points	2 <sup>nd</sup>	4 points	3 <sup>rd</sup>	2 points
- In the event of a tie, points are to be evenly split between the teams or individuals.

**Events - County Track & Field Championships:**

U9	60m	300m	Long Jump	Turbo Jav	Relay							
U10	60m	500m	Long Jump	Turbo Jav	Relay							
U11	60m	600m	Long Jump	Turbo Jav	Relay							
U12	60m	600m	Long Jump	Turbo Jav	Shot Putt	High Jump	Relay					
U13	80m	60mH	600m	Long Jump	Shot Putt	High Jump	Javelin	Relay				
U14	80m	75mH	200m	800m	Long Jump	Shot Putt	High Jump	Relay	Jav			
U15	100m	80mH	200m	800m	Long Jump	Shot Putt	High Jump	Relay	Jav			
U16G	100m	80mH	200m	1500m	Long Jump	Shot Putt	High Jump	1K Walk	Relay	Discus		
U16 B	100m	100mH	200m	1500m	Long Jump	Shot Putt	High Jump	1K Walk	Relay	Discus		
U18G	100m	100mH	400m	1500m	Long Jump	Shot Putt	High Jump	2K Walk	Relay			
U18B	100m	110mH	400m	1500m	Long Jump	Shot Putt	High Jump	2K Walk	Relay			
Senior Men	100m	110mH	400m	3000m	Long Jump	Shot Putt	High Jump	Discus	2K walk	1500m	Relay	
Senior Women	100m	100mH	400m	1500m	Long Jump	Shot Putt	High Jump	Discus	Relay			
Masters Men	100m	3000m	Long Jump	Shot Putt	Relay							
Masters Women	100m	1500m	Long Jump	Shot Putt	Relay							

### AAI Table of Hurdle Specification

	<b>Distance</b>	<b>Height</b>	<b>No.</b>	<b>Approach</b>	<b>Interval</b>	<b>Finish</b>
<b>Girls 13</b>	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
<b>Girls 14</b>	75m	68.6cm 2' 3"	8	11.50m	7.50m	11.00m
<b>Girls 15</b>	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
<b>Girls 16</b>	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
<b>Girls 17</b>	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
<b>Girls 18</b>	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
<b>Boys 13</b>	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
<b>Boys 14</b>	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.50m
<b>Boys 15</b>	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
<b>Boys 16</b>	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
<b>Boys 17</b>	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
<b>Boys 18</b>	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m

### Throwing Events - Weights

<b>Girls</b>	<b>Shot</b>	<b>Javelin</b>	<b>Discus</b>	<b>Boys</b>	<b>Shot</b>	<b>Javelin</b>	<b>Discus</b>
U12	2K			U12	2K		
U13	2K	400G		U13	2K	400G	
U14	2K		0.75K	U14	2.72K		0.75K
U15	2.72K	400G		U15	3K	500G	
U16	3K		1K	U16	4K		1K
U17	3K	500G		U17	5K	700G	
U18	3K		1K	U18	5K		1.5K
SNR.	4K			SNR.	7.26K		
MASTERS	4K			MASTERS	7.26K		

# **Protests and Appeals**

## **IAAF Handbook**

### **RULE 147 Protests and Rule 112 Jury of Appeal**

1. Protests concerning the status of an athlete to participate in a meeting must be made, prior to the commencement of such meeting, to the Jury of Appeal, or, if no Jury has been appointed, to the Referee. If the matter cannot be settled satisfactorily prior to the meeting, the athlete shall be allowed to compete "under protest" and the matter be referred to the Jury of Appeal.
2. Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event. The Organising Committee of the meeting shall be responsible for ensuring that the time of the announcement of all results is recorded.
3. Any protest shall, in the first instance, be made orally to the Referee by the athlete himself or by someone acting on his behalf. To arrive at a fair decision the Referee should consider all available evidence which he thinks necessary including a film or picture produced by an official video tape recorder. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision, there shall be a right of appeal to the Jury.
4. In a field event, if an athlete makes an immediate oral protest against having an attempt judged as a foul, the Chief Judge of the event may, at his discretion, order that the attempt be measured and the result recorded, in order to preserve the rights of all concerned.
5. An appeal to the Jury of Appeal must be made within 30 minutes of the official announcement of the decision made by the Referee must be in writing, signed by a responsible official on behalf of the athlete, and shall be accompanied by a deposit of €50, which will be forfeited if the protest is not upheld.
6. The Jury of Appeal shall consult all relevant persons, including the Referee and Judges. If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence is not conclusive, the decision of the Referee shall be upheld.
7. The Jury of Appeal shall consist of three persons including the Chairman, Secretary and another member appointed by the Board. Where appropriate the Secretary may not act as a Jury member, providing that the Board has appointed another member in his place. The Referee shall not act as a member of the Jury of Appeal.