

**Dublin County Athletic Board**  
**Team Competition U9, 10, 11**  
**IRISHTOWN- Saturday 11<sup>th</sup> May 2019**  
**Starting at 10am**

**Choice of events available per team**

<b>U9 Girls &amp; Boys Born 2011</b>	<b>U10 Girls &amp; Boys Born 2010</b>	<b>U11 Girls &amp; Boys Born 2009</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 2011, U10 2010 & U11 2009).
- 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 they should be clearly distinguished with a label on their vest as "A" "B" "C", etc**

**Entry Fee: €6 per team and €8 per relay**

**Closing Date: Friday 3<sup>rd</sup> May 2019**

**Entries must be received by Friday 3<sup>rd</sup> May 2019** by email to [cecil.johnston@sdcpartnership.ie](mailto:cecil.johnston@sdcpartnership.ie) or or post to Cecil Johnston, 66 Donomore Crescent Killinarden, Tallaght Dublin 24.

Cheques or Money Orders made payable to Dublin County Athletic Board and posted to Colette Quinn, 122 Foxfield Park, Raheny, Dublin 5.

