

Below is an outline of events available to each age group throughout the competition year.

U9

T&F Indoor Championships	T&F Indoor Championships	T&F Outdoor League	Team Championships	T&F Outdoor Champs	Team Championships	X-Country League	X-Country Championships	X-Country Championships
DUBLIN	NATIONAL	DUBLIN	DUBLIN	DUBLIN	NATIONAL	DUBLIN	DUBLIN	NATIONAL
Early Feb	Late March	April/May	May	May/June	Early July	Sept-Dec	Nov/Dec	Nov/Dec
60m	N/A	N/A	Relay	N/A	Relay	400m	800m	N/A
500m		Can run up age	60m		60m	500m		
			300m		300m	600m		
			Long Jump		Long Jump			
			Turbo Javelin		Turbo Javelin			

U10

T&F Indoor Championships	T&F Indoor Championships	T&F Outdoor League	Team Championships	T&F Outdoor Champs	Team Championships	X-Country League	X-Country Championships	X-Country Championships
DUBLIN	NATIONAL	DUBLIN	DUBLIN	DUBLIN	NATIONAL	DUBLIN	DUBLIN	NATIONAL
Early Feb	Late March	April/May	May	May/June	Early July	Sept-Dec	Nov/Dec	Nov/Dec
Relay	N/A	60m	Relay	500m	Relay	600m	1000m	N/A
60m		200m	60m		60m	700m		
500m		300m	500m		500m	800m		
		500m	Long Jump		Long Jump			
		Long Jump	Turbo Javelin		Turbo Javelin			
		Turbo Javelin						

U11

T&F Indoor Championships	T&F Indoor Championships	T&F Outdoor League	Team Championships	T&F Outdoor Champs	Team Championships	X-Country League	X-Country Championships	X-Country Championships
DUBLIN	NATIONAL	DUBLIN	DUBLIN	DUBLIN	NATIONAL	DUBLIN	DUBLIN	NATIONAL
Early Feb	Late March	April/May	May	May/June	Early July	Sept-Dec	Nov/Dec	Nov/Dec
Relay	N/A	60m	Relay	600m	Relay	800m	1500m	1500m
60m		200m	60m		60m	900m		
500m		400m	600m		600m	1000m		
		600m	Long Jump		Long Jump			
		Long Jump	Turbo Javelin		Turbo Javelin			
		Turbo Javelin						

U12

T&F Indoor Championships	T&F Indoor Championships	T&F Outdoor League	T&F Outdoor Champs	T&F Outdoor Championships	X-Country League	X-Country Championships	X-Country Championships
DUBLIN	NATIONAL	DUBLIN	DUBLIN	NATIONAL	DUBLIN	DUBLIN	NATIONAL
Early Feb	Late March	April/May	May/June	July	Sept-Dec	Nov/Dec	Nov/Dec
Relay	Relay	80m	Relay	Relay	1000m	2000m	2000m
60m	60m	200m	60m	60m	1200m		
600m	600m	500m	600m	600m	1000m		
Long Jump	Long Jump	600m	Long Jump	Long Jump			
High Jump	High Jump	Long Jump	High Jump	High Jump			
Shot Putt	Shot Putt	High Jump	Turbo Javelin	Turbo Javelin			
		Turbo Javelin	Shot Putt	Shot Putt			
		Shot Putt					

U13

T&F Indoor Championships	T&F Indoor Championships	T&F Outdoor League	T&F Outdoor Champs	T&F Outdoor Championships	X-Country League	X-Country Championships	X-Country Championships
DUBLIN	NATIONAL	DUBLIN	DUBLIN	NATIONAL	DUBLIN	DUBLIN	NATIONAL
Early Feb	Late March	April/May	May/June	July	Sept-Dec	Nov/Dec	Nov/Dec
Relay	Relay	80m	Relay	Relay	1000m	2500m	3000m
60m	60m	200m	60m	60m	1300m		
600m	600m	500m	600m	600m	1500m		
60m Hurdles	60m Hurdles	600m	60m Hurdles	60m Hurdles			
Long Jump	Long Jump	60m Hurdles	Long Jump	Long Jump			
High Jump	High Jump	Long Jump	High Jump	High Jump			
Shot Putt	Shot Putt	High Jump	Shot Putt	Shot Putt			
		Shot Putt	Javelin	Javelin			
		Javelin					

U14

T&F Indoor Championships	T&F Indoor Championships	T&F Outdoor League	T&F Outdoor Champs	T&F Outdoor Championships	X-Country League	X-Country Championships	X-Country Championships
DUBLIN	NATIONAL	DUBLIN	DUBLIN	NATIONAL	DUBLIN	DUBLIN	NATIONAL
Early Feb	Late March	April/May	May/June	July	Sept-Dec	Nov/Dec	Nov/Dec
Relay	Relay	75mH	Relay	Relay	1200m	3000m	3000m
60m	60m	70m	80m	80m	1500m		
800m	800m	100m	200m	200m	1500m		
60m Hurdles	60m Hurdles	200m	800m	800m			
1000m Walk	1000m Walk	400m	1500m	1500m			
Long Jump	Long Jump	800m	2000m Walk	2000m Walk			
High Jump	High Jump	1000m	75m Hurdles	75m Hurdles			
Shot Putt	Shot Putt	1500m	Long Jump	Long Jump			
		Long Jump	High Jump	High Jump			
		High Jump	Shot Putt	Shot Putt			
		Shot Putt	Javelin	Javelin			
		Javelin	Discus	Discus			
		Discus	Hammer	Hammer			

U15

T&F Indoor Championships	T&F Indoor Championships	T&F Outdoor League	T&F Outdoor Champs	T&F Outdoor Championships	X-Country League	X-Country Championships	X-Country Championships
DUBLIN	NATIONAL	DUBLIN	DUBLIN	NATIONAL	DUBLIN	DUBLIN	NATIONAL
Early Feb	Late March	April/May	May/June	July	Sept-Dec	Nov/Dec	Nov/Dec
Relay	Relay	80mH	Relay	Relay	1500m	3500m	3500m
60m	60m	100m	100m	100m	2000m		
200m	200m	200m	200m	200m	2000m		
800m	800m	400m	800m	800m			
1500m	1500m	800m	1500m	1500m			
60m Hurdles	60m Hurdles	1000m	2000m Walk	2000m Walk			
1500m Walk	1500m Walk	1500m	80m Hurdles	80m Hurdles			
Long Jump	Long Jump	Long Jump	250m Hurdles	250m Hurdles			
High Jump	High Jump	High Jump	Long Jump	Long Jump			
Shot Putt	Shot Putt	Shot Putt	High Jump	High Jump			
Pole Vault	Pole Vault	Javelin	Shot Putt	Shot Putt			
		Discus	Javelin	Javelin			
			Discus	Discus			
			Hammer	Hammer			

U16

T&F Indoor Championships	T&F Indoor Championships	T&F Outdoor League	T&F Outdoor Champs	T&F Outdoor Championships	X-Country League	X-Country Championships	X-Country Championships
DUBLIN	NATIONAL	DUBLIN	DUBLIN	NATIONAL	DUBLIN	DUBLIN	NATIONAL
Early Feb	Late March	April/May	May/June	July	Sept-Dec	Nov/Dec	Nov/Dec
Relay	Relay	100m Hurdles	Relay	Relay	2000m	4000m	4000m
60m	60m	100m	100m	100m	2500m		
200m	200m	200m	200m	200m	2000m		
800m	800m	400m	400m	400m			
1500m	1500m	800m	1500m	1500m			
60m Hurdles	60m Hurdles	1000m	3000m	3000m			
1500m Walk	1500m Walk	1500m	3000m Walk	3000m Walk			
Long Jump	Long Jump	Long Jump	100m Hurdles	100m Hurdles			
High Jump	High Jump	High Jump	250m Hurdles	250m Hurdles			
Shot Putt	Shot Putt	Shot Putt	Long Jump	Long Jump			
Pole Vault	Pole Vault	Javelin	Triple Jump	Triple Jump			
		Discus	High Jump	High Jump			
			Shot Putt	Shot Putt			
			Javelin	Javelin			
			Discus	Discus			
			Hammer	Hammer			
			Pole Vault	Pole Vault			

U17

T&F Indoor Championships	T&F Indoor Championships	T&F Outdoor League	T&F Outdoor Champs	T&F Outdoor Championships	X-Country League	X-Country Championships	X-Country Championships
DUBLIN	NATIONAL	DUBLIN	DUBLIN	NATIONAL	DUBLIN	DUBLIN	NATIONAL
Early Feb	Late March	April/May	May/June	July	Sept-Dec	Nov/Dec	Nov/Dec
Relay	Relay	100m	Relay	Relay	2000/3000m	4000/5000m	4000/5000m
60m	60m	200m	100m	100m	2500/4000m		
200m	200m	400m	200m	200m	2000/3000m		
800m	800m	800m	400m	400m			
1500m	1500m	1000m	800m	800m			
60m Hurdles	60m Hurdles	1500m	1500m	1500m			
1500m Walk	1500m Walk	100m Hurdles	3000m	3000m			
Long Jump	Long Jump	Long Jump	3000m Walk	3000m Walk			
High Jump	High Jump	High Jump	100m Hurdles	100m Hurdles			
Shot Putt	Shot Putt	Shot Putt	300m Hurdles	300m Hurdles			
Pole Vault	Pole Vault	Javelin	Long Jump	Long Jump			
		Discus	Triple Jump	Triple Jump			
			High Jump	High Jump			
			Shot Putt	Shot Putt			
			Javelin	Javelin			
			Discus	Discus			
			Steeplechase	Steeplechase			
			Pole Vault	Pole Vault			

U18/19

T&F Indoor Championships	T&F Indoor Championships	T&F Outdoor League	T&F Outdoor Champs	T&F Outdoor Championships	X-Country League	X-Country Championships	X-Country Championships
DUBLIN	NATIONAL	DUBLIN	DUBLIN	NATIONAL	DUBLIN	DUBLIN	NATIONAL
Early Feb	Late March	April/May	May/June	July	Sept-Dec	Nov/Dec	Nov/Dec
Relay	Relay	100m Hurdles	Relay	Relay	2000/3500m	4000/6000m	4000/6000
60m	60m	100m	100m	100m	2500/4000m		
200m	200m	200m	200m	200m	3000/4000m		
400m	400m	400m	400m	400m			
800m	800m	800m	800m	800m			
1500m	1500m	1000m	1500m	1500m			
60m Hurdles	60m Hurdles	1500m	3000m	3000m			
1500m Walk	1500m Walk	Long Jump	5000m Walk	5000m Walk			
Long Jump	Long Jump	High Jump	110m Hurdles	110m Hurdles			
Triple Jump	Triple Jump	Shot Putt	400m Hurdles	400m Hurdles			
High Jump	High Jump	Javelin	Long Jump	Long Jump			
Shot Putt	Shot Putt	Discus	Triple Jump	Triple Jump			
Pole Vault	Pole Vault		High Jump	High Jump			
			Shot Putt	Shot Putt			
			Javelin	Javelin			
			Discus	Discus			
			Steeplechase	Steeplechase			
			Pole Vault	Pole Vault			