

As at Jan 2023	T&F indoors Dublins Early Feb		T&F Indoors Nationals Late March		Team Champs (u9-u11) Dublins May		Team Champs (u9-u11) Nationals Early July		T&F Outdoor Leagues April - May	
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U9	2015	60m	N / A	Relay	Relay	They can run up an age and compete in U10				
		300m		60m	60m	See U10 List				
				300m	300m					
				Long Jump	Long Jump					
				Turbo Javelin	Turbo Javelin					

U10	2014	Relay	N / A	Relay	Relay	60m				
		60m		60m	60m	200m				
		400m		500m	500m	300m				
				Long Jump	Long Jump	500m				
				Turbo Javelin	Turbo Javelin	Long Jump				
						Turbo Javelin				

U11	2013	Relay	N / A	Relay	Relay	60m				
		60m		60m	60m	200m				
		500m		600m	600m	400m				
				Long Jump	Long Jump	600m				
				Turbo Javelin	Turbo Javelin	Long Jump				
						Turbo Javelin				

U12	2012	relay	relay			80m				
		60m	60m			200m				
		600m	600m			500m				
		Long Jump	Long Jump			500m				
		High Jump	High Jump			Long Jump				
		Shot Putt	Shot Putt			High Jump				
						Shot Putt				
						Turbo Javelin				

U13	2011	relay	relay							
		60m	60m			60m				
		600m	600m			600m				
		60m Hurdles	60m Hurdles			60m Hurdles				
		Long Jump	Long Jump			Long Jump				
		High Jump	High Jump			High Jump				
		Shot Putt	Shot Putt			Shot Putt				
						Javelin				

U14	2010	relay	relay			60m
		60m	60m			70m
		800m	800m			75m Hurdles
		60m Hurdles	60m Hurdles			100m
		Long Jump	Long Jump			200m
		High Jump	High Jump			400m
		Shot Putt	Shot Putt			800m
		1000m walk	1000mwalk			1000m
						1500m
						Discus
						Long Jump
						High Jump
						Shot Putt
						Javelin

U15	2009	relay	relay			
		60m	60m			
		200m	200m			80m Hurdles
		800m	800m			100m
		60m Hurdles	60m Hurdles			200m
		Long Jump	Long Jump			400m
		High Jump	High Jump			800m
		Shot Putt	Shot Putt			1000m
		1500m walk	1500mwalk			1500m
		Pole Vault	Pole Vault			Discus
						Long Jump
						High Jump
						Shot Putt
						Javelin

U16	2008	relay	relay			100m
		60m	60m			100m Hurdles
		200m	200m			200m
		800m	800m			400m
		60m Hurdles	60m Hurdles			800m
		1500m	1500m			1000m
		1500m walk	1500mwalk			1500m
		Pole Vault	Pole Vault			Discus
		Long Jump	Long Jump			Long Jump
		High Jump	High Jump			High Jump
		Shot Putt	Shot Putt			Shot Putt
						Javelin



T&F Outdoor Champs Dublins May / June	T&F Outdoor Champs Nationals July	X-Country Leagues Sept-Dec	X-Country Dublins Oct/Nov	X-Country Nationals Nov/Dec	Comments
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N / A	N / A	400m	800m	N / A	Long jump from sand
		500m			Usually Standing start for sprint
		600m			

500m	N / A	600m	1000m	N / A	Long jump from sand
		700m			Usually Standing Start for sprint
		800m			

500m	N / A	600m	1000m	N / A	Long jump must hit board
		700m			Crouch start starting here
		800m			

Relay	Relay	1000m	2000m	2000m	Crouch Start
60m	60m	1200m			Blocks Optional
600m	600m	1000m			
Long Jump	Long Jump				
High Jump	High Jump				
Shot Putt	Shot Putt				
Turbo Javelin	Turbo Javelin				

relay	relay	1000m	2500m	3000m	
60m	60m	1300m			
600m	600m	1500m			
60m Hurdles	60m Hurdles				
Long Jump	Long Jump				
High Jump	High Jump				
Shot Putt	Shot Putt				
Javelin	Javelin				

relay	relay	1200m	3000m	3000m	Blocks are mandatory
80m	80m	1500m			
200m	200m	1500m			
800m	800m				
1500m	1500m				
2000m walk	2000m walk				
75m hurdles	75m hurdles				
Javelin	Javelin				
Discus	Discus				
Long Jump	Long Jump				
High Jump	High Jump				
Shot Putt	Shot Putt				
Javelin	Javelin				
Hammer	Hammer				

relay	relay	1500	3500	3500	
100m	100m	2000			
200m	200m	2000			
800m	800m				
1500m	1500m				
2000m walk	2000m walk				
80m hurdles	80m hurdles				
250m Hurdles	250m Hurdles				
Javelin	Javelin				
Discus	Discus				
Long Jump	Long Jump				
High Jump	High Jump				
Shot Putt	Shot Putt				
Javelin	Javelin				
Hammer	Hammer				

relay	relay	2000m	4000m	4000m	
100m	100m	2500m			
200m	200m	2000m			
400n	400m				
800m ?	800m				
1500m	1500m				
3000m walk	3000m walk				
100m Hurdles	100m Hurdles				
300m Hurdles	300m Hurdles				
Javelin	Javelin				
Discus	Discus				
Long Jump	Long Jump				
High Jump	High Jump				
Shot Putt	Shot Putt				
Javelin	Javelin				
Hammer	Hammer				
3000mm walk	3000mm walk				

Polevalut	Polevault				
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relay	relay	2000m/3000m	4000m/5000m	4000m/5000m	
100m	100m	2500m/4000m			
200m	200m	2000m/3000m			
400m	400m				
800m	800m				
1500m	1500m				
3000m	3000m walk				
100m Hurdles	100m Hurdles				
300m Hurdles	300m Hurdles				
Javelin	Javelin				
Discus	Discus				
Long Jump	Long Jump				
High Jump	High Jump				
Shot Putt	Shot Putt				
Javelin	Javelin				
Polevalut	3000mm walk				
3000mm walk	Polevault				
Triple Jump	Triple Jump				
Steeplechase	Steeplechase				

relay	relay	2000m/3500m	4000m/6000m	4000m/6000m	
100m	100m	2500m/4000m			
200m	200m	3000m/4000m			
400m Hurdles	400m				
800m	800m				
1500m	1500m				
3000m	3000m				
110m Hurdles	110m Hurdles				
400m Hurdles	400m Hurdles				
Javelin	Javelin				
Discus	Discus				
Long Jump	Long Jump				
High Jump	High Jump				
Shot Putt	Shot Putt				
Triple jump	Triple Jump				
Steeplechase	Steeplechase				
Polevalut	5000mm walk				
5000mm walk	Polevault				

