		1		TO F Outside and									
		T&F indoors	T&F Indoors	T&F Outdoor Leagues - Selection of events each league per age	Childrens Games (PAIRS u9-u11)	Childrens Games (PAIRS u9-u11)	Outdoor	T&F Outdoor Champs Nationals U12 -	Summer	X-Country	X-Country	X-Country	
As at Jan 2024		Dublins	Nationals	group	Dublins	Nationals	Champs Dublin	U19	break	Leagues	Dublin Champs	Nationals	Comments
Age Group	YOB	Jan & Feb	March	April - May/June	May 26th 2024	Sunday 23rd June	May / June	Various July U12 = 23/06		Sept-Dec	Oct/Nov	Nov/Dec	
1			No indoor	They can run				U13+= June					
			nationals for this age	up an age and compete in				7th, July 20th, July, 21st July,					Long jump from sand
U9	2016	SPRAOI Games	group	U10	Relay	Relay		27th July		400m	800m	N/A	infront of pit.
					60m 300m	60m 300m				500m 600m			Standing Start Sprint
					Long Jump Turbo Javelin	Long Jump							
					Turbo Javelin	Turbo Javelin							
			No indoor										
			nationals for this age				500m TBC for						Long jump from sand
U10	2015	Relay	group		Relay	Relay	24			600m	1000m	N/A	infront of pit.
		SPRAOI Games			60m 500m	60m 500m				700m 800m			Standing Start Sprint
					Long Jump	Long Jump							
					Turbo Javelin	Turbo Javelin							
			No indoor nationals for										Long jump
			this age				500m TBC for						introduced from
U11	2014	Relay SPRAOI Games	group		Relay 60m	Relay 60m	24	N/A		600m 700m	1000m	N/A	board Standing Start Sprint
					600m	600m				800m			
<del>                                     </del>		1			Long Jump Turbo Javelin	Long Jump Turbo Javelin							
U12	2013	relay	relay				Relay	Relay		1000m	2000m	2000m	Crouch Start
	2013	60m	60m				60m	60m		1200m	2000111	LOUGH	Blocks Optional
-		600m Long Jump	600m Long Jump				600m Long Jump	600m Long Jump		1000m			
		High Jump	High Jump				High Jump	High Jump					
		Shot Putt	Shot Putt				Shot Putt Turbo Javelin	Shot Putt Turbo Javelin					
							Turbo Javelin	Turbo Javeiiii					
U13	2012	relay	relay				relay	relay		1000m	2500m	3000m	Crouch Start
013	2012	60m	60m				60m	60m		1300m	2500111	3000111	Blocks Optional
		600m	600m				600m	600m 60m Hurdles		1500m			
		60m Hurdles Long Jump	60m Hurdles Long Jump				60m Hurdles Long Jump	Long Jump					
		High Jump	High Jump				High Jump	High Jump					
		Shot Putt	Shot Putt				Shot Putt Javelin	Shot Putt Javelin					
													Manual de la constitución de la
U14	2011	relay	relay				relay	relay		1200m	3000m	3000m	Mandatory Use of Blocks in Sprint
		60m	60m				80m	80m		1500m			
		800m 60m Hurdles	800m 60m Hurdles				200m 800m	200m 800m		1500m			
		Long Jump	Long Jump				1500m	1500m					
		High Jump Shot Putt	High Jump Shot Putt				2000m walk 75m hurdles	2000m walk 75m hurdles					
		1000m walk	1000mwalk				Javelin	Javelin					
							Discus Long Jump	Discus Long Jump					
							High Jump	High Jump					
-							Shot Putt Javelin	Shot Putt Javelin					
							Hammer TBC	Hammer TBC					
U15	2010	relay	relay	-			relay	relay		1500	3500	3500	
	2020	60m	60m				100m	100m		2000	3303	5500	
<del>                                     </del>		800m 60m Hurdles	200m 800m	-			200m 800m	200m 800m		2000			
		Long Jump	60m Hurdles				1500m	1500m					
		High Jump Shot Putt	Long Jump High Jump	<u> </u>			2000m walk 80m hurdles	2000m walk 80m hurdles					<del>                                     </del>
		1500m walk	Shot Putt				250m Hurdles	250m Hurdles					
		Pole Vault	1500mwalk Pole Vault				Javelin Discus	Javelin Discus					
			vauit				Long Jump	Long Jump					
<b></b>				-			High Jump Shot Putt	High Jump Shot Putt					-
							Javelin	Javelin					
<del>                                     </del>		ļ		<del> </del>			Hammer TBC	Hammer TBC					<del>                                     </del>
U16	2009	relay	relay				relay	relay		2000m	4000m	4000m	
1		60m 200m	60m 200m	-			100m 200m	100m 200m		2500m 2000m			-
ľ			800m				400n	400m					
		800m		•			800m 1500m	800m 1500m					
		60m Hurdles	60m Hurdles 1500m					±300III		1			
		60m Hurdles 1500m 1500m walk	1500m 1500mwalk				3000m walk	3000m walk					
		60m Hurdles 1500m 1500m walk Pole Vault	1500m 1500mwalk Pole Vault				3000m walk 100m Hurdles	100m Hurdles					
		60m Hurdles 1500m 1500m walk Pole Vault Long Jump High Jump	1500m 1500mwalk Pole Vault Long Jump High Jump				3000m walk						
		60m Hurdles 1500m 1500m walk Pole Vault Long Jump	1500m 1500mwalk Pole Vault Long Jump				3000m walk 100m Hurdles 300m Hurdles Javelin Discus	100m Hurdles 300m Hurdles Javelin Discus					
		60m Hurdles 1500m 1500m walk Pole Vault Long Jump High Jump	1500m 1500mwalk Pole Vault Long Jump High Jump				3000m walk 100m Hurdles 300m Hurdles Javelin	100m Hurdles 300m Hurdles Javelin					
		60m Hurdles 1500m 1500m walk Pole Vault Long Jump High Jump	1500m 1500mwalk Pole Vault Long Jump High Jump				3000m walk 100m Hurdles 300m Hurdles Javelin Discus Long Jump High Jump Shot Putt	100m Hurdles 300m Hurdles Javelin Discus Long Jump High Jump Shot Putt					
		60m Hurdles 1500m 1500m walk Pole Vault Long Jump High Jump	1500m 1500mwalk Pole Vault Long Jump High Jump				3000m walk 100m Hurdles 300m Hurdles Javelin Discus Long Jump High Jump	100m Hurdles 300m Hurdles Javelin Discus Long Jump High Jump					
		60m Hurdles 1500m 1500m walk Pole Vault Long Jump High Jump	1500m 1500mwalk Pole Vault Long Jump High Jump				3000m walk 100m Hurdles 300m Hurdles Javelin Discus Long Jump High Jump Shot Putt Javelin Hammer TBC 3000m walk	100m Hurdles 300m Hurdles Javelin Discus Long Jump High Jump Shot Putt Javelin Hammer TBC 3000m walk					
		60m Hurdles 1500m 1500m walk Pole Vault Long Jump High Jump	1500m 1500mwalk Pole Vault Long Jump High Jump				3000m walk 100m Hurdles 300m Hurdles Javelin Discus Long Jump High Jump Shot Putt Javelin Hammer TBC	100m Hurdles 300m Hurdles Javelin Discus Long Jump High Jump Shot Putt Javelin Hammer TBC					
U17	2008	60m Hurdles 1500m 1500m walk Pole Vault Long Jump High Jump	1500m 1500mwalk Pole Vault Long Jump High Jump	NO LEAGUES SEE GRADED			3000m walk 100m Hurdles 300m Hurdles Javelin Discus Long Jump High Jump Shot Putt Javelin Hammer TBC 3000m walk	100m Hurdles 300m Hurdles Javelin Discus Long Jump High Jump Shot Putt Javelin Hammer TBC 3000m walk		2000m/3000m	4000m/5000m	4000m/5000m	

S00m												
S00m turdles   S00m turdles   S00m				200m			200m	200m	2000m/3000m			
1500m   1500			800m	800m			400n					
1500m walk   1500mwalk   3000m walk   100m Hurdies   100m Hurdie			60m Hurdles	60m Hurdles			800m	800m				
Pole-Vault			1500m	1500m			1500m	1500m				
Long Jump   Long Jump   Javelin   Javelin   Javelin   Long Jump			1500m walk	1500mwalk			3000m	3000m walk				
High Jump			Pole Vault	Pole Vault			100m Hurdles	100m Hurdles				
Shot Putt			Long Jump	Long Jump			300m Hurdles	300m Hurdles				
Long Jump   Long Jump   High			High Jump	High Jump			Javelin	Javelin				
High Jump   High			Shot Putt	Shot Putt			Discus	Discus				
Shot Putt   Shot Putt   Shot Putt   Shot Putt   Javelin   Javelin   Javelin   Javelin   Shot Putt   Shot Putt   Shot Putt   Javelin   Javelin   Shot Putt   Shot							Long Jump	Long Jump				
Javelin   Javelin   Javelin   Javelin   Polevault   S000m walk   S000m walk   S000m walk   S000m walk   S000m walk   S000m   S000m   S000m   SEE GRADED   SEE GRADED   SEE GRADED   SEE GRADED   SEE GRADED   SEE GRADED   SO00m   S000m   S000							High Jump	High Jump				
Polevalut   3000m walk   Polevalut   3000m walk   Polevalut							Shot Putt	Shot Putt				
108/U19   2007 + 2006   Relay   relay   NO LEAGUES   Steeplechase   Steeplechas		İ						Javelin				
Triple Jump   Triple Jump   Triple Jump   Steeplechase   Steeple		İ					Polevalut	3000m walk				
Steeplechase   Stee							3000m walk	Polevault				
118/U19   2007 + 2006   Relay   relay   NO LEAGUES   SEE GRADED   SE							Triple Jump	Triple Jump				
SEE GRADED   relay   relay   2000m/3500m   4000m/6000m   4000m/6000m   200m   200m   200m   200m   200m   200m   200m   3000m/4000m   200m   200m   3000m/4000m   200m							Steeplechase	Steeplechase				
SEE GRADED   relay   relay   2000m/3500m   4000m/6000m   4000m/6000m   200m   200m   200m   200m   200m   200m   200m   3000m/4000m   200m   200m   3000m/4000m   200m												
Som   Som   Som   MEETS   Felay   Felay   2000m/3500m   4000m/6000m   4000m/6000m   4000m	U18/U19	2007 + 2006	Relay	relay	NO LEAGUES							
200m   200m   100m   100m   2500m/4000m					SEE GRADED							
400m   400m   200m   200m   3000m/4000m			60m	60m	MEETS		relay	relay	2000m/3500m	4000m/6000m	4000m/6000m	
S00m   S00m   S00m   400m   400m   400m   S00m   S0m   S00m   S00m   S00m   S00m   S00m   S00m   S00m   S00m   S0m   S00m   S0			200m	200m			100m	100m	2500m/4000m			
Som Hurdles			400m	400m			200m	200m	3000m/4000m			
1500m   1500			800m	800m			400m	400m				
1500m walk   1500m walk   1500m walk   1500m walk   100m Hurdles   110m Hurdles			60m Hurdles	60m Hurdles			800m	800m				
Pole Vault   Pole Vault   110m Hurdles   110m Hurdles			1500m	1500m			1500m	1500m				
Long Jump Long Jump 400m Hurdles 400m Hurdles 400m Hurdles 1 Javelin J			1500m walk	1500mwalk			3000m	3000m				
High Jump High Jump Javelin Javelin Discus D			Pole Vault	Pole Vault			110m Hurdles	110m Hurdles				
Shot Putt   Shot Putt   Discus   Disc			Long Jump	Long Jump			400m Hurdles	400m Hurdles				
Triple Jump   Long Jump   Long Jump   High Jump   Hi			High Jump	High Jump			Javelin	Javelin				
High Jump High Jump  Shot Putt Shot Putt Triple jump Triple Jump  Steeplechase Steeplechase Polevalut Polevault			Shot Putt	Shot Putt			Discus	Discus				
High Jump   High Jump			Triple Jump	Triple Jump			Long Jump	Long Jump				
Shot Putt   Shot Putt												
Steeplechase Steeplechase Polevalut Polevault												
Polevalut Polevalut							Triple jump	Triple Jump				
Polevalut Polevalut		İ					Steeplechase	Steeplechase				
5000mm walk   5000mm walk		1						Polevault	l			
							5000mm walk	5000mm walk				
		İ										