

**Dublin County Athletic Board
Team Competition U9, 10, 11
Sunday 24th May 2026 – Irishtown**

**U9 Girls & Boys
Born 2018**
60m
300m
Long Jump
Turbo Javelin

**U10 Girls & Boys
Born 2017**
60m
500m
Long Jump
Turbo Javelin

**U11 Girls & Boys
Born 2016**
60m
600m
Long Jump
Turbo Javelin

- Each athlete may compete in two (2) events only
- Athletes compete in their own age group **(U9 born 2018, U10 2017 & U11 2016).**
- All individual track events will be decided on times.
- Jumps/throws decided on the longest of 3 attempts.
- Athletes compete in their own age group **(U9 MUST be born 2018)**
- Online entries by parent or club competition secretary/secretary using their Username & Password
- The result system will calculate the best combined distances or combined times for team scoring, irrespective of the number of athletes a club has entered in an event/age group (alleviating the need for clubs to have to pair athletes, and eliminating the need for changes on the day)
- Medals for 1st, 2nd, 3rd team members in each event.
- Three (3) teams per event per region qualify for the National Championships
- 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 time 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 singlets must be worn.

Relays

- Athletes may move up ONE (1) age group only and may compete in TWO (2) relays on the day **except all U9 athletes on a team must be born in 2018.**
- At least 2 members of a competing relay team must be of the correct age **except U9 where all athletes must be born in 2018.**
- Teams qualifying for Finals **MUST ONLY** comprise of the same panel of runners entered in Heats/Semis.
- **If a club has more than 1 team in a relay they should be clearly distinguished with a label on their vest as “A” “B” “C”, etc on the day and on the online entry system.**
- **ONLY club competition secretary/secretary can submit relay teams.**

Online Entry through the entry4sports portal

Entry Fee: €3.50 per athlete per event and €8 per relay team.

Closing Date: Sunday 17th May 2026

NO LATE ENTRIES OR ENTRIES ON THE DAY WILL BE ACCEPTED

