

Day 4 Dublin Juvenile Indoor Championships

Regulations

- Athletes may compete in TWO (2) relays on the day.
- An athlete may move up one age group, however, for all U12-U17 relays at least 2 members of a competing relay team, participating in each round of that event on that day must be of the correct age.
- U17 and U18 age groups, all athletes may move up one age group, n.b., only 2 U16 athletes may compete on an U17 team.
- The order for mixed relays is Female -Male – Female - Male
- Two subs may be entered for the mixed relay, one of each gender.
- A maximum of 3 teams can be entered in the Championship relays
- No restriction on the number of development teams in the U10/11/12/13 & 15 relays
- An athlete cannot compete in a championship and a development relay in the same age group.
- If 6 teams or less check in, a Final will be held at Heat time
- Teams qualifying for finals MUST consist of the same panel of athletes.
- Spot checks will be carried out on team entries.
- The top three teams in each age group qualify for Nationals; participation is required to qualify.
- Online entry is restricted to club competition secretary/secretary only.

Instructions for relay teams.

First leg runner stay in lanes the whole way round. The race starts on the white line marked 4x200m.

Second leg runner stands in their lane and in their exchange zone, forward of the first arrowed red line, for start of race. Second leg runner stay in your lane for one bend and one bend only (1st 50m) and break inside to lane 1 when you pass the little cones near the high jump area.

3rd and 4th runner lines up outside lane 6.

3rd and 4th runner will be called onto the track according to the team's place in the race at that moment. You will be called by club or singlet colour. Listen carefully. Come onto the track immediately when called and stand forward of the red exchange zone line. There is a cone beside that line so you can see it. Break carefully to lane 1 when you get the baton

When you finish your leg stand in your place, do not step left or right until everyone has passed you, and then leave the track quickly and carefully through the gate beside the finish line. Do not cross the finish line or stand on the infield.