

THE CHAMPIONSHIP SYSTEM

1. The Championship system is part of an all Ireland Championship system where athletes progress methodically from school level, through District or Region, Province and all Ireland to International level.
 2. Each level of competition is a Championship in its own right, with medals awarded.
 3. A school enters teams or individuals for its District Championships. From there they are automatically entered by their District to compete in the Ulster Championships, according to the relevant rules of competition. Similarly they are entered by Ulster to compete in the Irish Schools Championships. From the Irish competitions, Championships and /or Inter Provincial, athletes are selected to compete for the Irish Schools.
 4. When an athlete is entered in two events in Track & Field by its District in the Ulster Championships or by Ulster in the Irish Championships they may withdraw from one of the events but, are encouraged to inform the District or Ulster T & F organiser so that the next athlete in line is given the opportunity to compete in their place. It is advised that this is done at least 48 hours before the competition. District Track & Field organizers are asked to pass on this ruling to each school along with the information about entry to the District championships.
 5. In Track and Field competition, an Ulster Intermediate team is selected, after the Irish Schools Championships, to compete in the Inter Provincial competition, which is held before the end of June. In all these competitions, schools are responsible for presenting their athletes at the set venue at the set time.
 5. For international competitions Irish teams are selected by the I.S.A.A. with a selection committee comprising a representative from each of the four Provinces.
 6. So that this whole system can progress methodically, schools and staff are asked to co-operate as thoroughly as possible, especially in matters of safety. The organisers should make sure that all competitors and officials are aware of the rules of competition and various safety factors. Spectators should also be briefed on safety. It should be emphasised that athletes when not competing and judges when not officiating are spectators.
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COMPETITION

RULES OF COMPETITION: The Rule Book of Athletics UK shall apply except where specifically overruled.

1. The age limits shall be:

Mini - Under 13, Minor – Under 14, Junior - Under 15, Intermediate - Under 17 on 1st July in the year of competition.

Senior – Under 19 at midnight on 1st Jan in the year of competition.

CROSS-COUNTRY:

2. Races shall be of the following approximate lengths:-

District

		Girls	Boys
Mini	Under 13	1500 metres	1500 metres
Minor	Under 14	1500 metres	2000 metres
Junior	Under 15	2000 metres	2500 metres
Inter	Under 17	2500 metres	4000 metres
Senior	Under 19	2000 metres	5000 metres

Ulster

Mini	Under 13	1700 metres	1700 metres
Minor	Under 14	2000 metres	2300 metres
Junior	Under 15	2300 metres	3200 metres
Inter	Under 17	3200 metres	4700 metres

Senior	Under 19	2300 metres	6200 metres
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Irish

Minor	Under 14	2200 metres	2500 metres
Junior	Under 15	2500 metres	3500 metres
Inter	Under 17	3500 metres	5000 metres
Senior	Under 19	2500 metres	6500 metres

3 Teams shall be made up as follows:-

Girls - six runners of whom the first three shall count in all age groups.

Boys - eight runners of whom the first four shall count in all age groups.

4. Teams may be completed by, not more than one athlete from the age group immediately below.

5. In the event of a tie, the last scoring runner who finishes nearer the first place shall determine the result.

6. Any protest must be made immediately to the appropriate referee or the meeting director, by a Teacher from the school of the athlete involved or by the athlete's District Hon. Sec. or Chair person. This must be followed by a written copy of the protest within 30 mins. Of the event.

7. The course shall be marked with flags and there shall be a clear run of at least 200 metres at the start and finish.

8. The District Championships shall be on a date not later than two weeks before the date set for the Ulster Championships.

9. The Ulster Championships shall be held not later than the last Wednesday in February in each year, and no later than 10 days before the date set for the Irish Championships.

10. Each affiliated school may enter ONE team in each section of the district championships OR individual runners as follows:-

Girls - any number not exceeding two

Boys - any number not exceeding three.

11. Each district may enter, three school teams, and any individual runner who finished in the top fifteen in their District, to the Ulster central championships.

12. The entry fees for the District Championships shall be £12.00 per team and £3.00 per individual

13. No athlete may run in more than one race.

14. Every competitor shall wear the number allocated to him/her.

15. EXTRA ENTRIES: Where space permits, an extra entry may be submitted by the District Sec. to the Secretary of the Meeting in order to resolve a tie or some other unusual circumstance at District level. Similarly the Ulster Secretary may submit an extra entry to the Secretary of the Irish Championships. It is normal to get the approval of the other Provinces through the Irish Executive.

TRACK AND FIELD

1. The Ulster Championships shall be held not later than two Saturdays prior to the Irish Championships, (which are normally on the Saturday before the start of the Irish Certificate Exams.).

2. The dates of the District championships shall be agreed by the District committee, and confirmed by the Ulster executive

3. Age limits as in Cross-country.

4. The Track and Field events shall be:

BOYS' EVENTS

MINI: 100m, 800m, High Jump, Long Jump, Shot, 4 x 100m Relay.

MINOR: 100m, 800m, High Jump, Long Jump, Shot, 4 x 100m relay.

JUNIOR: 100m, 200m, 800m, 1500m, 80m Hurdles, 1500m Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Shot, Discus, Javelin, Hammer, 4 x 100m Relay.

INTERMEDIATE: 100m, 200m, 400m, 800m, 1500m, 3000m, 100m Hurdles, 400m Hurdles, 1500m Steeplechase, 2000m Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Shot, Discus, Javelin, Hammer, 4 x 100m Relay.

SENIOR: 100m, 200m, 400m, 800m, 1500m, 5000m, 110m Hurdles, 400m Hurdles, 2000m Steeplechase, 3000m Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Shot, Discus, Javelin, Hammer, 4 x 100m Relay.

GIRLS' EVENTS

MINI: 100m, 800m, High Jump, Long Jump, Shot, 4 x 100m Relay

MINOR: 100m, 800m, High Jump, Long Jump, Shot, 4 x 100m Relay.

JUNIOR: 100m, 200m, 800m, 1500m, 75m Hurdles, 1200m Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Shot, Discus, Javelin, Hammer, 4 x 100m Relay.

INTERMEDIATE: 100m, 200m, 300m, 800m, 1500m, 3000m, 100m Hurdles, 300m Hurdles, 1500m Steeplechase, 2000m Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Shot, Discus, Javelin, Hammer, 4 x 100m Relay.

SENIOR: 100m, 200m, 400m, 800m, 1500m, 3000m, 100m Hurdles, 400m Hurdles, 3000m, 1500m Steeplechase, Walk, High Jump, Long Jump, Triple Jump, Pole Vault, Shot, Discus, Javelin, Hammer, 4 x 100m Relay.

5. Race walking shall be non scoring events.

NUMBERS: Every competitor shall wear the number allocated, and in sprints and hurdles, two numbers.

.6 SPECIFICATIONS

HURDLES:

BOYS

	Distance	Height	No.	Approach	Interval	Run-in
Junior	80m	83.8cm	8	12.00m	8.00m	12.00m
Inter	100m	91.4cm	10	13.00m	8.5m	10.5m
	400m	83.8cm	10	45.00m	35.00m	40.00m
Senior	110m	99.0cm	10	13.72m	9.14m	14.02m
	400m	91.4cm	10	45.00m	35.00m	40.00m

GIRLS

Junior	75m	76.2cm	8	7.50m	7.50m	12.00m
Inter	80m	76.2cm	8	12.00m	8.00m	12.00m
	300m	76.2cm	7	50.00m	35.00m	40.00m
Senior	100m	83.8cm	10	13.00m	8.50m	10.50m
	400m	76.2cm	10	45.00m	35.00m	40.00m

STEEPLECHASE -

- 2000m: There shall be 18 hurdles and 5 water jumps
1500m: There shall be 13 hurdles and 3 water jumps
Girls steeplechase barriers will be one hole lower than that for the boys

For further details see UK Athletics Rule 103

7. WEIGHTS

BOYS	SHOT	DISCUS	JAVELIN	HAMMER
Mini	3.25kg			
Minor	4.00kg			
Junior	4.00kg	1.00kg	600g	4.00kg
Inter	5.00kg	1.5kg	700g	5.00kg
Senior	6.00kg	1.75kg	800g	6.00kg

GIRLS	SHOT	DISCUS	JAVELIN	HAMMER
Mini	2.72kg			
Minor	2.72kg			
Junior	2.72kg	0.75kg	400g	2.50kg
Inter	3.00kg	1.00kg	500g	3.00kg
Senior	4.00kg	1.00kg	600g	4.00kg

8. STARTING HEIGHTS:

BOYS	HIGH JUMP		POLE VAULT	
	District	Ulster	District	Ulster
Mini	1.12m	1.20m		
Minor	1.25m	1.30m		
Junior	1.25m	1.30m	1.83m	2.00m
Inter	1.35m	1.50m	1.98m	2.20m
Senior	1.45m	1.55m	2.28m	2.40m
GIRLS				
Mini	1.07m	1.15m		
Minor	1.07m	1.15m		
Junior	1.20m	1.30m	1.60m	1.75m
Inter	1.25m	1.35m	1.75m	1.90m
Senior	1.25m	1.35m	1.90m	2.05m

In High Jump the bar shall be raised by 5 cms 3 times, and thereafter by 3 cms.
In Pole Vault the bar shall be raised by 15 cms 3 times, and thereafter by 10 cms.
(Note these starting heights when making entries)

9. The entry fees of the district championships shall be £3.00 per competitor, and **£7.00** per relay team. **UPDATED**
10. A school is only allowed to enter two athletes in an event.
11. No athlete may be entered in more than two events, plus a relay.
12. **Competitors must take part in their own age group except:**
- (a) in Relay races, where a team may be completed by one athlete from the immediate younger age group. No athlete may run in more than one relay.
 - (b) A minor athlete may compete in an event listed for Junior's which is not included in those listed for Minors. Minor athletes could compete in one listed for Minors and one listed for Juniors.
13. Minor & Junior athletes are forbidden from competing in both 800m and 1500m, if held on the same day.
14. In Junior Triple Jump the maximum length of the run up shall be 12 metres.
15. Any protest must be made immediately to the appropriate referee or the meeting director, by a Teacher from the school of the athlete involved or by the athlete's District Hon. Sec. or Chair person.

This must be followed by a written copy of the protest within 30 mins. of the event.

16. In the Ulster Championships each District may enter THREE competitors, who must have been entered in the District Championships.
17. Each competitor in throwing or jumping for distance shall have THREE trials, and the leading six shall have TWO more. If less than six competitors all athletes will have five attempts.
17. EXTRA ENTRIES: Where space permits, an extra entry may be submitted by the District Sec. to the Secretary of the Meeting, in order to resolve a tie or some other unusual circumstance at District level. Similarly the Ulster Secretary may submit an extra entry to the Irish Secretary of the Irish Championships. It is normal to get the approval of the other Provinces through the Irish Executive.

FURTHER INFORMATION

Since this is a Schools' Association all entries can only be made through the competitor's school, on the official entry form.

It cannot be too strongly emphasised that entries must be thoroughly checked to ensure that athletes are entered in the proper age group so as to avoid the confusion which has sometimes occurred in the past. Dates of birth must also be included.

Procedure for substitution at Ulster Championships and Irish Championships

Substitution shall be allowed if made by the District Team Manager or Secretary to the Recorder not later than noon on the day before the meeting. A school may privately change the formation of a qualifying team but only the District may substitute individual qualifiers. All substitutes must have qualified from District level. (NOTE: Each District should appoint a team manager.)

In the Ulster Track and Field Championships, the first three from each heat plus the next two fastest non-qualifiers shall go forward to the final.

The Executive Committee of the Association annually appoints committees to select teams for Inter Provincial competition. This is normally the Ulster Chair person, the Hon. Sec. and one representative from each District. Each District shall have only one vote. Selected athletes are notified through their schools.

The Executive Committee also appoints Ulster team managers, nominees for Irish team managers and representatives to Irish selection committees.

It is essential that all championship events organised in the name of the Association should have thorough insurance cover. Such cover is organised by the Irish Schools' Athletics Association which should be kept informed of all events promoted in the name of the Association.

The Association pays agreed expenses of its officers and delegates.

Each pole-vaulter should bring a pole (especially to Irish schools competition).

NOTE: The Track and Field Inter Provincial, as well as being a competition among the provinces, is also used as a test of an athlete's continuing ability and form, and is an opportunity for athletes of the immediate lower age groups to be included in the team. The Inter Provincial will normally be held for the age group represented in the Schools' International. i.e. Under 17 on 1st September in the year of competition.

TROPHIES and MEDALS

Cross-Country Trophies shall be returned to the Secretary by 1st February each year. Track and Field Trophies shall be returned to the Championship Secretary on the morning of the Ulster Track and Field finals.

CROSS-COUNTRY

Medals are awarded to the first three individual finishers and to the finishing members of the first three teams in each section.

A cup is presented to the winning team in each section of the Ulster Cross-Country Championships.

There is also a trophy for the most successful school in both Boy's and Girl's competition.. Schools score points according to the position of their teams in all age groups: 6 points for 1st, 5 for 2nd, 4 for 3rd and so on.

TRACK and FIELD

Medals are awarded to the first three in all events at the District and Ulster Championships.

Perpetual trophies are awarded to winning schools as follows.

BOYS

The Harold Layland Memorial Cup: (Presented by R.B.A.I. Athletic Club)

Awarded to the school scoring the greatest aggregate of points in all four sections.

The Ulster Schools Senior Athletic Challenge Cup: (Presented by Surgeon-Capt. Robin Hall, M.B., B.D., R.N.V.R.): Awarded to the school scoring most points in Senior events.

The Victor Milligan Challenge Cup: (Presented by Mr A Douglas, B.A.)

Awarded to the school scoring most points in Intermediate events.

The Ulster Schools Junior Athletic Challenge Cup: (Presented by Surgeon-Capt. Robin Hall, M.B., B.D., R.N.V.R.): Awarded to the school scoring most points in Junior events.

The Eric Howard Memorial Cup: (Presented in memory of the late Eric Howard, first Treasurer of U.S.S.A.A.): Awarded to the school scoring most points in Minor events.

TheCup. Awarded to the school scoring most points in Mini events

The Ulsterville Challenge Cup: (Presented by Ulsterville A.C.)

Awarded to the winners of the Senior relay race.

The D.A.R. Chillingworth Challenge Cup:

Awarded for the best overall performance by a Senior boy.

The Jimmy Murray Challenge Cup:

Presented to the winner of the Intermediate Boys 800m

The Dr. Nugent Challenge Cup:

Awarded to the winner of the Senior Boys' Javelin

GIRLS

Ulster Schools Challenge Cup:

Awarded to the school scoring the greatest aggregate in all four sections.

Senior Challenge Cup:

Awarded to the school scoring most points in Senior events.

Intermediate Challenge Cup:

Awarded to the school scoring most points in Intermediate events.

Junior Challenge Cup:

Awarded to the school scoring most points in Junior events.

Minor Challenge Cup:

Awarded to the school scoring most points in Minor events.

TheCup. Awarded to the school scoring most points in Mini events

Q.U.B. Challenge Cup (Presented by Q.U.B.A.C.):

Awarded to the winners of the Senior relay race.

The McCabe Challenge Cup (Presented by Mrs. Mary McCabe):

Awarded to winners of the Intermediate relay race.

The Dr. Nugent Challenge Cup:

Awarded to the winner of the Senior Girls' Javelin

MULTI-EVENTS

RULES OF COMPETITION

1 EVENTS

Junior Girls: 75m; Hurdles; High Jump; Shot; Long Jump; 800m
Inter Girls: 80m Hurdles; High Jump; Shot; Long Jump; 800m
Senior Girls: 100m Hurdles; High Jump; Shot; Long Jump; 800m
Junior: 80m Hurdles; Long Jump; Shot; High Jump: 1000m
Inter; 100m Hurdles; Long Jump; Shot; High Jump: 1000m
Senior Boys: 110m Hurdles; Long Jump; Shot; High Jump: 1000m

2 In all Track events athletes are allowed two false starts. A third false start entails disqualification.

3 In the Long Jump and Shot athletes are allowed THREE trials.

4 In the High Jump, athletes will have a maximum of EIGHT attempts at the heights of their choice. The starting height may be chosen by the athletes. The bar will be raised by increments of 3cms only. Three consecutive failures will eliminate the athlete from the competition in the usual way.

5 SCORING

Points will be awarded for performances in each event, using the IAAF scoring-tables for multi-events. If a competitor fails to score in an event through disqualification, he or she may still take part in the next event of the competition. If, however, the athlete makes no attempt at an event, he or she will not be permitted to take any further part in the competition, and will not be placed in the overall competition, irrespective of their score at that stage.

6 The winner will be the competitor with the greatest total of points at the end of the final event. If two or more athletes have the same total, then the athlete scoring higher in the greater number of events will be the winner. If there is still a tie at that stage, then the athlete scoring the highest number of points in any individual event shall be the winner.

7 The entry shall be £5.00 per competitor.