

Competition Pathway

Age: as of 31st December on year of competition except for school which is 31st August.

Group 1: Intra - Club Meets

- * Only Host Club
- * Must be 8 years
- * Times Achieved: Inter Club Meets
Club Open Meets

Group 2 Inter Club Meets

- * Must be 9 years
- * Times Achieved: Leinster Development Meets
Leinster Qualifying Meets
Some specific Club Meets qualify for Leinster L.C. Championships
- * Standard: set by Clubs

Group 3 a) Leinster Development (Graded) 1st October/14th January

- * Must be 10 years
- * No qualifying times but cut-off times (can be too fast!)
- * 100mIM in both of these
- * Times Achieved: Leinster Qualifying Meets

b) Leinster Qualifying Meets 15th October SC 20th/21st January LC

- * Must be 10 years
- * Must have achieved qualifying times
- * Times Achieved: Leinster Championships (If L.C. and achieved from 1st Jan - Closing date)
Irish LC Championships

Group 4 a) Leinster Championships SC 4th/5th November

- * Age: Male 16 & under and 17 & over
- * Female 15 & under and 16 and over
- * Open Finals Only
- * Must achieve qualifying times/consideration times
- * Times achieved: National SC Championships

b) Leinster Youth and LC Championships 6th/7th May

- * Age: 15,16,17 & over
- * Finals in each age group except for 400m, 800m & 1500m events HDW
- * Entry Times: Leinster Development
Leinster Qualifying Meets
Specific Club Open Meets
- * Times Achieved: Irish Summer LC
Nationals D2

c) Leinster Age Group LC Championships 2nd/3rd June

- * Age: 11/12, 13, 14 years
- * Finals in each age group except 400m, 800m, 1500m events HDW
- * Entry times: Leinster Development
Leinster Qualifying Meets
Specific Club Open
- * Times Achieved Irish Summer LC
Nationals D2
- * Qualification and Consideration entry times

Group 5 National Championships

a) Irish SC Championships 14th/15th/16th/17th December (Lisburn)

- * Age: Male 16 & under/17 & over
- * Female 15 & under/16 & over
- * No Junior Medals
- * Entry Times SC only (no conversions)
- * Must be achieved between 1st December previous year - 6th November current year
- * A" & "B" Finals except 800m & 1500m events HDW

b) Irish Open Championships 4th/5th/6th/7th/8th April (NAC)

- * Age: male 15/16, 17/18, 19 +
Female 14/15, 16/17, 18 +
- * No Junior medals (open & Junior Finals)
- * LC times only (no conversions)
- * Must be achieved at Leinster LC Meets between 1st July previous year - 19th February current year
- * Qualifying Times

c) Summer LC 25th/26th/27th/28th/ 29th July

- * Age: 12/13, 14, 15, 16, 17+ years
- * LC times only (no conversions)
- * Times achieved:
 - Leinster Qualifying Meets
 - Leinster Youth/Senior Lc Championships
 - Leinster Age Groups LC
 - Specific Club LC galas
- * Finals in all age groups except 800m & 1500m events HDW
- * Qualifying Times
- * If achieved qualifying times no entry to Nationals D2

d) Irish Nationals D2 (SC) 5th/6th/7th/8th July (Limerick)

- * Age: 11/12, 13, 14, 15 + years
- * Times achieved Leinster Development
 Leinster Qualifying Meets
 Specific Club Meets
- * Qualifying times & cut-off times
- * Achieved from 1st January - 18th June
- * Finals in all age groups except 800m & 1500m events HDW