

IAAF World Indoor Championships 2010 12-14 March 2010
Doha, Qatar

Entry Standards

<u>TRACK EVENTS</u>				
MEN				WOMEN
	Indoor	Outdoor	Indoor	Outdoor
60m	6.69	10.20 (100m)	7.37	11.25 (100m)
400m	47.00	45.25	53.25	51.25
800m	1:48.50	1:45.50	2:04.00	2:00.00
1500m	3:42.50 / 4:00.00 (mile)	3:34.50 / 3:52.00 (mile)	4:15.00 / 4:32.00 (mile)	4:04.00 / 4:22.00 (mile)
3000m	7:54.00	7:44.00 / 13:19.00 (5000m)	9:03.00	8:38.00 / 15:02.00 (5000m)
4x400m Relay	no standard			
60m hurdles	7.74	13.55 (110mH)	8.18	12.95 (100mH)

<u>FIELD EVENTS</u>		
	MEN	WOMEN
High Jump	2.28	1.92
Pole Vault	5.70	4.40
Long Jump	8.10	6.60
Triple Jump	16.95	14.05
Shot Put	20.00	17.50

CONDITIONS:

Athletes who intend to compete in the World Indoor Championship are expected to show current form at the National Senior Indoor Championships.

Initial team selection will occur on the 7th February 2010

Final selection will occur on Sunday 28th February 2010

Performances must be achieved during the **qualification period** of 1st January 2009 to 1st March 2010

Performances must be achieved during **competitions organised or authorised by the IAAF**, its Area Associations or its National Member Federations. Thus, results achieved at university or school competitions must be certified by the National Federation of the country in which the competition was organised.

Performances must be achieved during an official competition organised in **conformity with IAAF Rules**.

Performances achieved in **mixed events** between male and female participants, held completely in the Stadium, may be accepted under specific circumstances and conditions (see Rule 147).

Wind-assisted performances will not be accepted.

Hand-timed performances in 60m, 100m, 400m, 60m Hurdles, and 100m/110m Hurdles will not be accepted

For the running events of 400m and over, performances achieved on **oversized tracks** will NOT be accepted.

ENTRY RULES:

Each Member is entitled to enter up to three competitors in each event of the Championships, provided all have achieved the corresponding entry standard, but only two will be permitted to compete (except the Combined Events see below).

For the combined events, Eight (8) athletes will be invited by the IAAF in the Heptathlon and in the Pentathlon as follows:

the three best athletes from the 2009 Outdoor Lists (as at 31st December 2009), limited to a maximum of one per country and the three best athletes from the 2010 Indoor Lists during (as at 22nd February 2010) two athletes which may be invited at the discretion of the IAAF

In total no more than two male and two female athletes from any one Member will be invited.

Upon refusals or cancellations, the invitations shall be extended to the next ranked athletes in the same lists respecting the above conditions.

Youth athletes (any athlete aged 16 or 17 years on 31 December in the year of the competition) CANNOT be entered in the **Men's Shot Put**.

Athletes younger than 16 years (on 31 December in the year of the competition), CANNOT be entered in any event.

IAAF World Cross Country Championships 2010
Bydgoszcz, Poland 28th March

SELECTION GUIDELINES

- Selections will be made after the National Inter-Club Championships in Phoenix Park on March 7th
- The winner of the Men's and Women's Senior race in the Championships will be selected automatically
- Additional individuals may be selected by the selection committee, based on performance. Participation in National Inter-Club Championships and current form are critical
- Any decisions relating to the team participation will be made in conjunction with the team manager and in accordance with athletes form and availability. Such a decision will be finalised after the National Inter-Club Championships.

European Youth Olympic Trials Moscow 21-23 May 2010

Athletics Ireland Selection Policy (November 2009)

Overview

Athletics Ireland recognises the importance of the European Youth Olympic Trails as a qualifying event for the World Youth Olympics in the development of the next generation of senior international athletes. The Athletics Ireland qualifying standards demonstrate this level of competitiveness aiming for performance of qualification for the World Youth Olympics (world top sixteen) level.

Entry Standards

Boys	Event	Girls
10.90	100m	12.05
21.95	200m	24.60
48.80	300m ¹ /400m	40.00/56.40
01:53.5	800m ²	02:11.0
03:56.4	1500m ²	04:34.0
08:35.0	3000m	10:00.0
06:05.0	2000mSC	07:00.0
14.10	110H (91.4cm) /100H (76.2cm)	13.95
54.00	400H (84cm/76.2cm)	62.60
2.06	High Jump	1.73
4.60	Pole Vault	3.70
7.05	Long Jump	5.80
14.70	Triple Jump	12.25
18.20	Shot Putt 5kg/4kg	12.75
53.00	Discus 1.5kg/1kg	42.50
64.50	Hammer 5kg/4kg	51.50
66.40	Javelin 700g/600g	45.00
5600	Heptathlon/Octathlon	4700
47:00.0	5000m/10000m Walk	24:45.0

¹ 300m performances will be accepted as qualification for athletes competing in the girls 400m

² 800M & 1500M performances will be accepted as qualification the 1000m event

ENTRY RULES

A maximum of two athletes from any one Member Federation can compete in each event.

Qualification Performances will be accepted from 1st January 2009 to 10th May 2010.

Athletes achieving qualification performances in 2009 must show current form in order to be selected for this event.

Only athletes aged 16 or 17 on 31 December in the year of the competition may compete in the European Youth Olympic Trials.

CONDITIONS FOR VALIDITY OF PERFORMANCES

All performances must be achieved during an official competition organised in **conformity with IAAF Rules**.

All performances must be achieved during competitions **organised or sanctioned by the IAAF**, its Area Associations or its Member Federations. Thus, results achieved at school competitions must be certified by the Member Federation of the country in which the competition was organised.

Performances achieved in **mixed events** (between male and female participants), held completely in the stadium, may be accepted under specific circumstances and conditions (see Rule 147).

Wind assisted performances (over 2m/sec) will not be accepted.

Indoor performances will be accepted.

For the running events of 400m and under, performances with hand timing will not be accepted.

For the running events of 400m and over, performances achieved on **over-sized tracks** will not be accepted.

Qualification Procedures for the Youth Olympic Games.

Please take into account the special qualification procedures for the YOG:

- Only one athlete per (individual) event per Member Federation will be eligible to qualify for the YOG.
- In case two athletes of one Member Federation finish in qualification places, only the higher ranked athlete will be allowed to take part in the YOG. If necessary qualification rounds will be taken into consideration.
- The qualification quota for the YOG is dedicated to the athlete and not to the Member Federation, therefore the quota won by an athlete cannot be transferred to another athlete within the Member Federation.
- The continental relay teams will be compiled from the winners of the 100 m, 200 m and 400 m plus the runner up of the 400 m.
- European Athletics will grant the Member Federation who has more athletes selected in the respective relay the right to name the coach for the continental relay team.

Number of qualification places for the Youth Olympic Games

The IAAF has allocated the number of qualification places for the YOG for each continent as listed below.

1st Youth Olympic Games Singapore - 14-26 August 2010 Quota

Number of qualified athletes by Continent and Event

BOYS	AFR	EAA	OAA	AMERICAS	ASIA
100	1	4	1	7	3
200	2	4	1	6	3
400	3	4	2	5	2
1000	7	3	2	2	2
3000	9	1	1	2	3
110H	2	6	2	4	2
400H	4	3	1	5	3
2000 SC	8	3	1	2	2
HJ	2	6	2	3	3
PV	2	8	1	2	3
LJ	2	6	1	4	3
TJ	2	7	1	3	3
SP	2	8	2	2	2
DT	2	7	2	2	3
HT	2	9	1	2	2
JT	2	7	2	3	2
Walk	1	6	2	4	3

GIRLS	AFR	EAA	OAA	AMERICAS	ASIA
100	1	4	1	8	2
200	2	4	2	7	1
400	2	5	1	6	2
1000	4	5	2	3	2
3000	6	4	1	2	3
100H	2	5	2	5	2
400H	2	6	1	5	2
2000 SC	5	6	2	2	1
HJ	1	9	2	2	2
PV	1	9	2	2	2
LJ	1	7	2	4	2
TJ	1	8	2	2	3
SP	1	6	2	4	3
DT	2	6	3	3	2
HT	2	10	1	2	1
JT	2	7	1	3	3
Walk	1	8	1	3	3

13th IAAF World Junior Championships Moncton, Canada – 20-25 July 2010

Athletics Ireland Selection Policy (September 2009)

Overview

Athletics Ireland recognises the importance of the World Junior Championships as a key milestone in the development of the next generation of senior international athletes. The Athletics Ireland qualifying standards demonstrate this level of competitiveness aiming for performance of a World Semi-Final (top sixteen) level.

Entry Standards

Men	Event	Women
10.64	100m	11.85
21.54	200m	24.15
47.94	400m	54.80
1:51.00	800m	2:08.00
3:48.00	1500m	4:24.00
	3000m	9:30.00
14:15.00 / 8:15.00 (3000m)	5000m	16:30.00
31:00.00	10,000m	
9:10.00	3000m SC	10:45.00
	100mH	14.14
14.64 (1.067m) or 14.24 (0.995m)	110mH	
53.34	400mH	60.30
44:05.00	10,000m Race Walk	50:55.00
No standard	4x100m Relay	No standard
No standard	4x400m Relay	No standard
6875 (1.067m; 7.26kg SP; 2kg DT) or 7050 (1.067m; 6kg SP; 1.75kg DT - '05) or 7090 (0.995m; 6kg SP; 1.75kg DT - '06)	Decathlon	
	Heptathlon	5150
2.14	High Jump	1.80
5.05	Pole Vault	3.95
7.50	Long Jump	6.10
15.60	Triple Jump	12.90
18.00 (6kg) or 16.30 (7.26kg)	Shot Put	14.60
54.00 (1.75kg) or 50.50 (2kg)	Discus	47.50
66.00 (6kg) or 60.00 (7.26kg)	Hammer	55.00
66.50	Javelin	49.50

ENTRY RULES

A maximum of two athletes from any one Member can compete in each event (with the exception of the Relays).

CONDITIONS FOR VALIDITY OF PERFORMANCES

All performances must be achieved during the period **1 January 2010 to 5 July 2010**.

All performances must be achieved during an official competition organised in **conformity with IAAF Rules**.

All performances must be achieved during competitions **organised or sanctioned by the IAAF**, its Area Associations or its Member Federations. Thus, results achieved at school competitions must be certified by the Member Federation of the country in which the competition was organised.

Performances achieved in **mixed events** (between male and female participants), held completely in the stadium, may be accepted under specific circumstances and conditions (see Rule 147).

Wind assisted performances (over 2m/sec) will not be accepted.

Indoor performances will be accepted.

For the running events of 400m and under, performances with hand timing will not be accepted.

For the running events of 400m and over, performances achieved on **over-sized tracks** will not be accepted.



**ATHLETICS
IRELAND**

**European Athletics Championships
Barcelona/ESP 27 July – August 2010
Entry Standards (final)**

Men	Event	Women
10.45	100m	11.50
21.00	200m	23.50
46.75	400m	53.00
1:48.20	800m	2:02.50
3:41.00	1500m	4:10.00
13:40.00	5000m	15:35.00
28:30.00	10000m	33:00.00
8:38.00	3000m Steeple	9:55.00
13.85	110m / 100m Hurdles	13.35
50.90	400m Hurdles	57.80
2.25	High Jump	1.89
5.50	Pole Vault	4.30
7.90	Long Jump	6.55
16.50	Triple Jump	13.75
19.80	Shot Put	16.25
62.50	Discus Throw	56.00
74	Hammer Throw	68.00
78.50	Javelin Throw	57.50
77.25	Decathlon / Heptathlon	59.00
2:18.00	Marathon	2:38.00
1:25.30	Walk 20km	1:35.00
4:00.00	Walk 50km	
39.50	4 x 100m	44.50
3:04.50	4 x 400m	3:32.00



**ATHLETICS
IRELAND**

Conditions:

- Performance must be achieved between the 1 January 2009 and 18 July 2010.
- Performances must be achieved in bona fide competition (either indoors or outdoors) organised in conformity with IAAF Rules.
- Performances must be achieved during competitions organised or sanctioned by the IAAF, it's Area Associations or its National Member Federations. Thus, results achieved at other competitions must be certified by the National Federation of the country in which the competition was organised.
- Performances achieved in mixed events (between male and female participants), held completely in the stadium, and shall be only accepted in the conditions set in IAAF Rule 147. However entry standards achieved in these events shall only be accepted upon presentation of the reasons to stage such mixed events and previous agreement by European Athletics on the acceptance of these performances as entry standards.
- Wind assisted performances in the relevant individual events and combined events will not be accepted (the conditions set in IAAF Rules 260.22 (d) and 260.27 will be applied).
- Competitors must comply with eligibility qualifications for Area Games or Championships as set out in the IAAF rules:
- No athlete may compete in the European Championships unless entered by an European Athletics Member Federation
- The A.A.I. Standards as agreed will be strictly adhered to.