ATHLETICS WICKLOW COMBINED EVENTS PROGRAMME

*Aim - to promote interest in all disciplines*

1. Athletes U12 - U15 will compete in 5 events - Hurdles, Long Jump, High Jump, Shot Putt and 600m / 800m.

Athletes U16 + will compete in 6 with the Javelin as the 6th event.

1. Athletes must score in all events to be considered for medals.
2. Athletes will enter their chosen events, at the County Championships, as usual but will add Combined Event to their List.
3. Athletes just compete one time at each event. Combined event scores will be awarded for each event throughout the normal T/F programme.

( e.g. Athletes will compete in Long Jump in their age group. Combined

Event points will be awarded for longest jump. )

1. Points will be awarded based on tables for combined events.
2. The Combined event programme will be spread over a number of days - County Championships is normally run over 1 full day & 2 evenings.
3. Athletes must be proficient ( just know the basics ) in all disciplines. It is not fair to the athletes or the officials if they require instruction at the event.