



Underage International Opportunities 2022

Date	Event	Location	Age
04/03/2022	World Race Walking Team Champs	Muscat, Oman	U20 & Senior
12/03/2022	European Throwing Cup	Leiria, Portugal	
26/03/2022	SIAB Schools XC	Wales	
04/07 - 07/07/2022	European U18 Championships	Jerusalem, Israel	Born 2005 or 2006
16/07/2022	SIAB Schools Track & Field	Dublin	
24/07 – 30/07/2022	European Youth Olympic Festival (EYOF)	Banska Slovakia	Born 2006 or 2007
01/08 - 06/08/2022	World u20 Championships	Cali, Colombia	Born 2003 or 2004
11/12/2022	European Cross Country	Torino, Italy	



National Competitions 2022

Date	Event	Location
26 & 27/02/2022	National Seniors	NIA
05/03/2022	Universities XC	Dublin
12/03/2022	Irish Schools XC	Belfast
13/03/2022	National U20s & U23s	Athlone
19 & 20/03 & 02/04/2022	National Juveniles	Athlone
08/04/2022	Universities T&F	TBC
04/06/2022	Irish Schools	Tullamore
25/06/2022	Tailteann Games	TBC
25 & 26/06/2022	National Seniors	Santry
03, 09, 10/07/2022	National Juveniles	Tullamore
17/07/2022	National U20s & U23s	TBC
23 & 24/07/2022	AAI Games & Nat CE	TBC



We also encourage athletes to use meets such as:

- ❑ IMC Meets Meet <https://www.irishmilersclub.org/>
 - ❑ Dublin Sat 30th April 2022
 - ❑ Belfast Irish Milers Meet Sat 14th May at the Mary Peters Track.
- ❑ BMC Meets <https://www.britishmilersclub.com/>
- ❑ IFAM Meets (Belgium) Sat 28th May 2022
<https://www.maspoeshop.be/kalender/topsport/ifam-outdoor-oordegem-1>

And we may take teams to;

- ❖ European Throwing Cup (12/03/2022)
- ❖ Franconville u18 June 19th
- ❖ Mannheim Junioren Gala (July 2nd & 3rd 2022)

- ❖ Walkers will target specific int'l opportunities (Isle of Man, Podebrady 2/4)

Other Additional Competition Opportunities 2022 include:

- May 28th & 29th Mary Peters 50th Anniversary Gold Medal Belfast International Meet
- May 28th & 29th Leinster Sen, U20 & u23s kindly accepting guest entries u16, u17, u18 (but must contact Meet organisers beforehand)

Cork Athletics League Meets <https://www.corkathletics.org/>

Dublin Graded Meets <https://graded.dublinathletics.com/>

Sprints & Hurdles

- 12th May Lagan Valley Meet
- 22nd May – Loughborough – Long Hurdles
- 1st June – Loughborough – Sprint Hurdles
- 19th June– Day 2 EA U17/15 combined events – 100m, 200m, 400m sprint hurdles and long hurdles.
800m, 1500m – variety of BMC events
- 14th May – Birmingham University (+ steeplechase)
- 28th May – Manchester
- 11th June – Watford

3000M & 2000m Steeplechase

4th June – Milton Keynes

Dublin Graded Meets

Combined Events

30th April/1st May, Yeovil. Entry will be via Somerset Schools website in due course

28th/29th May – Bedford

High, Long, Triple Jump, Throws

30th April & 1st May Templemore Throws Festival

30th April ANI LJ & Throws Meet, Belfast

5th June ANI Sprints Jumps & Javelin Meet, Antrim Forum

2nd June Bedford Throws meet

For Info:

U18 Hurdle Heights Men – 110m H 91cm; 400m H 84cm / Women – 100m H 76cm; 400m H 76cm

Women's/Men's – 3kg/5kg Shot, 1kg/1.5kg Discus, 3kg/5kg Hammer, 500g/700g Javelin

Steeplechase Barrier Height- Men 0.838/ 0.762m