



Munster Juvenile Indoor Competition Booklet 2018



**All Enquiries to Munster Juvenile Secretary,
Anne Cullinane.
E-Mail: juvenilesecretary@munsterathletics.com**



Code of Ethics and Good Practice for Children's Sport

Policy Statement for Munster Athletics

Munster Athletics is fully committed to safeguarding the well-being of all of its members. Every individual in Munster Athletics should at all times show respect and understanding for members rights, safety and welfare and conduct themselves in a manner that reflects the principles of the organisation and the guidelines contained in the

Athletics Ireland Code of Ethics and Good Practice for Children in Athletics

In Munster Athletics, our first priority is the welfare of children & young people and we are committed to providing an environment which will allow participants to perform to the best of their ability, free from bullying and intimidation.

This is an extract from the Child Protection Policy Statement of Athletics Ireland Code of Ethics and acts as a guide for all rules. The Code has been distributed by Athletics Ireland to all Munster Clubs & is readily available from Athletics Ireland & on the Munster Athletics website at www.munsterathletics.com.

Keep up to date with all Child Welfare issues at the Athletics Ireland Child Welfare Facebook Page.



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Munster Council Officers

Position	Officer
Chairman	Mossie Woulfe, Limerick
Vice Chairman	John Devine, Clare
Administration Secretary	Esther Fitzpatrick, Cork
Treasurer	Patrick O'Donoghue, Kerry
Assistant Treasurer	Albert Doyle, Tipperary
Registrar	John Copithorne, Cork
PRO Juvenile	Aisling Hoey, Tipperary
PRO Masters	James Sexton, Clare
Junior, U/23, Senior & Masters T&F Competition Secretary	Esther Fitzpatrick, Cork
Junior, Senior & Masters Indoor Competition Secretary	Padraig Kelly, Cork
Juvenile Indoor & Outdoor Track & Field Competition Secretary	Anne Cullinane, Limerick
Cross Country & Road Competition Secretary	Michael Lillis, Clare
Child Officers	Male - Tim Fitzpatrick, Cork Female - Mary Meagher, Cork
Equipment Officer	Karl O'Connell, Cork
IT Officer	Michael Godley, Kerry
Munster Rep. National Executive	Jim Ryan, Tipperary
Munster Rep. National Competition Committee	Tim Ahern, Cork
Munster Rep. National Juvenile Committee	Tim Fitzpatrick, Cork

Munster Council Contacts

Contact	E-mail
General Information	info@munsterathletics.com
Administration Secretary	secretary@munsterathletics.com
Senior T&F Competition Secretary	tfsecretary@munsterathletics.com
Juvenile Competition (Indoor & T&F) Secretary	juvenilesecretary@munsterathletics.com
Senior Indoor Competition Secretary	indoorsecretary@munsterathletics.com
Cross Country Competition Secretary	ccsecretary@munsterathletics.com

2018 Age Categories

2018 Age Categories

1. Age categories calculated from 31st December in the year of competition.
2. No athlete may obtain a birthday in the year of competition and compete in that age.
3. Please note all ages in this booklet should be read as **UNDER** the stated age.

Age 9 Born 2010

Age 10 Born 2009

Age 11 Born 2008

Age 12 Born 2007

Age 13 Born 2006

Age 14 Born 2005

Age 15 Born 2004

Age 16 Born 2003

Age 17 Born 2002

Age 18 Born 2001

Age 19 Born 2000

Club Apparel

All Munster Clubs should be aware of the protocol around competition apparel.

- Official club singlets must be worn in all Munster/National competitions. If club singlet is not available, a plain white vest or tee-shirt is acceptable.
- National Apparel is to be worn only when representing Ireland at International Competition. No athlete should compete wearing Athletics Ireland shorts at a Munster/National Event.
- In general shorts should be single colour, not patterned. While a Nike/Adidas etc. logo is acceptable, multi- coloured or patterned shorts are not.
- Where possible shorts should complement the singlet, if in doubt black is always acceptable.



Competition Code of Conduct for Parents, Coaches & Mentors

Parents/Guardians should lead by example

- Adopt a positive attitude to their children's participation
- Respect officials' decisions and encourage children to do likewise
- Do not exert undue pressure on your child.
- Never admonish your own child or any other child for their performance
- Be realistic in their expectations
- Show approval for effort, not just results
- Never embarrass a child or use sarcastic remarks
- Applaud good performances from all children
- Do not criticise children's performances
- Do not seek to unfairly affect a result
- Do not enter the competition area unless specifically invited to do so by an Official in charge
- Never use foul language or provocative language/gestures to Officials
- Do not question an Officials decisions or integrity
- Encourage children to respect and accept the judgement of officials
- Promote Fair Play

Check the programme for the Referee/Children's Officers name – these are the people to speak to if you have a complaint. **The Munster Child Officers are Mary Meagher (female officer) & Tim Fitzpatrick (male officer).**

ANY BREACH OF THIS CODE MAY LEAD TO YOUR EXCLUSION FROM FUTURE EVENTS

Munster Athletics & Athletics Ireland is fully committed to providing a positive, fair & safe environment for our children and officials. Munster Athletics & Athletics Ireland acknowledge that without the commitment of our officials, who give freely and generously of their time, it would not be possible to provide competitive opportunities for your children. Officials have a duty to be impartial, fair & fully informed of competition rules & regulations. If you have any Child Safeguarding queries, please email childwelfare@athleticsireland.ie.





Permission for Use of Photographic/Film/Video Equipment

In line with the recommendation in Athletics Ireland's Code of Conduct, Munster Athletics request that any person wishing to engage in any video, zoom or close-range photography should register their details with Anne Cullinane, the Munster Juvenile Secretary. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent/guardian.



Juvenile Fixtures 2018



Date	January 2018	Venue
Sat 6th	Antrim International Cross Country & Celtic Cross Country	Greenmount
Sat 6th	Munster Junior & U/23 Men Indoors & Juvenile Girls Pentathlon More info on Junior/U/23 Champs here Info on Pentathlons here	Nenagh Indoor Stadium
Sun 7th	Munster Junior & U/23 Women & Juvenile Boys Pentathlon More info on Junior/U/23 Champs here Info on Pentathlons here	Nenagh Indoor Stadium
Sun 14th	Munster Senior & Masters Indoor Championships See more information here	Nenagh Indoor Stadium
Sat 20th	AAI Indoor Combined Events Championships (All Ages)	AIT International Arena, Athlone
Sun 21st	Munster Juvenile Inter-Club Relay Championships	Nenagh Indoor Stadium
Thurs 25th	North Munster Schools Cross Country Championships	Pallaskenry
Fri 26th	South Munster Schools Cross Country Championships	Tramore Valley Park, Cork City
Fri 26th	Waterford Schools Cross Country Championships	St. Augustine's College, Dungarvan
Sun 28th	Irish Life Health Junior & U/23 Indoor Championships	AIT International Arena, Athlone

Date	February 2018	Venue
Sat 3rd	Munster Convention @ 12 noon	Horse & Jockey Hotel, Thurles, Co. Tipperary
Thurs 8th	East Munster Schools Cross Country Championships	WIT Sports Campus, Carriganore
Sat 10th	Munster U/9 to U12 Indoor Championships	Nenagh Indoor Stadium
Sun 11th	Munster U/9 to U/12 Indoor Championships	Nenagh Indoor Stadium
Sun 11th	Irish Life Health National Masters XC & Juvenile "B" XC & Juvenile Inter-Club Cross Country Relay Championships	TBC
Fri 23rd	Munster Schools Cross Country Championships	WIT Sports Campus, Carriganore
Sat 24th	Munster U/13 to U/19 Indoor Championships	Nenagh Indoor Stadium
Sun 25th	Munster U/13 to U/19 Indoor Championships	Nenagh Indoor Stadium

Date	March 2018	Venue
Tues 6th	Munster Schools Indoor Games	Nenagh Indoor Stadium
Sat 10th	Irish Life Health All Ireland Schools Cross Country Championships	WIT Sports Campus, Carriganore
Sun 11th	Irish Life Health National Juvenile Indoor Championships - Day 1	AIT International Arena, Athlone

Sun 18th	Irish Life Health National Juvenile Indoor Championships - Day 2	AIT International Arena, Athlone
Sat 24th	SIAB Schools Cross Country	England venue
Sun 25th	Irish Life Health National Juvenile Indoor Championships - Day 3	AIT International Arena, Athlone

- *Dates correct at time of publication (December 2017).*

Munster Athletics Juvenile Indoor Regulations 2018



NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIP.

1. IAAF Rules apply

2. Individual Track & Field Championships for Boys and Girls ages 9-19.

3. All athletes must be registered.

4. Club Singlets and shorts must be worn.

5. The first four (4) from each region **qualify for** the National Championships except in the 600m where 3 qualify.

6. An athlete may compete in **6** events plus a relay.

7. Athletes are confined to their own age group.

8. In the Indoor Relays, an athlete may move up one age group.

9. At least 2 members of a competing relay team, participating in that event on that day must be of the correct age.

10. 17,18,19 age groups for relays, all athletes may move up one age group.

11. All entries must be made ONLINE & come through the Club Secretary.

12. For National competitions, a copy of all regional results plus a copy of all entries must go to the Head Office & the Track & Field Secretary.

13. COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.

- All athletes must collect a competition number
- All athletes must collect number **1 hour** prior to their event **minimum**
- All athletes, track and field CHECK IN at the check in area
- Call room will be in operation for track events
- Field events will be called 15 minutes prior to start time. Athletes to report to Field Event location. No Call Room in operation for Field Events.

14. STRICT WARM UP AREA AND CALL ROOM RULES WILL APPLY.

15. ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP.

16. Use of Starting Blocks

- U9, U10, U11 may use a Standing or Crouch Start position
- For U12 & U13, the use of Starting Blocks is optional, but must they must use the Crouch Start position.
- U14 to U19 must use Starting Block provided by the Stadium or Organising Committee

17. IAAF False Start Rules apply.

- U9 to U11 - Any athlete guilty two false starts means disqualification.
- U12, U13, 14, 15 - One false start and all are on warning of next false start leading to disqualification.
- U16 upwards - First false start leads to disqualification.

18. Combined Events all age categories: One false start and all are on warning of next false start leading to disqualification.

19. An athlete shall be excluded from participation in all further events in the competition, including relays in cases where: -

- a) A final confirmation was given that the athlete would start in an event but then failed to participate.
- b) An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4).
- c) An athlete fails to provide a bona fide effort to compete in an event.

20. An athlete must inform the Chief Judge when leaving the competition area.

21. An athlete must leave the Arena when their event is complete.

22. Winning athletes must report for medal presentation **20 minutes** after their event where possible **or when called from the Public-Address System.**

23. Coaches and parents are **not allowed** on the track at any time. This area is for Officials & competing athletes only. Please stay outside the perimeter fencing surrounding the competition area.

24. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.

25. Athletes are not permitted to carry or use electronic recording or transmission equipment (eg. Earphones, notebooks, tablets, I-Pods, smart phones etc) in the competition area. Note: The competition area starts at the assembly/call room.

26. ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.

27. Warm up marks for field events should be completed where possible before the time schedule.

28. In the Long Jump competitions, U11, U12 & U/13 athletes jump/take-off from the Board & U/9 & U/10 athletes jump/take-off from a sand marker. In the Girls & Boys U/9, U/10 & U/11 competitions, each athlete will have **3** attempts each while in the Girls & Boys U/12 to U/19 competitions, each athlete will have **3** attempts each with the top 8 having **3** further attempts.

29. High Jump - Opening Heights can be found in Appendix 1 at the end of this Booklet.

30. Where a heat is listed, if insufficient competitors check in, a **FINAL** will be held at **heat time**.

31. **600, 800m and 1500m - If 12 or less** check in, at the discretion of the track referee a **FINAL** will be held at heat time. **1500m heats & finals can be scheduled for the same day of competition.**

32. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships, **entries through the Regional Secretaries by closing date to** Athletic Association of Ireland, Unit 19, Northwood Court, Northwood Business Campus, Santry, Dublin 9

33. **Regional Competition Secretaries must be available for queries on days of competition.**

34. Please have respect for the stadium and its environs and adhere to all rules of the stadium. **CLUBS SHOULD ENSURE THAT THEY HAVE PROPER SUPERVISION OVER THEIR ATHLETES. CLUBS WILL BE HELD RESPONSIBLE SHOULD ANY DAMAGE BE CAUSED BY THEIR ATHLETES TO STADIUM PROPERTY, EQUIPMENT OR THE STADIUM ITSELF.**

35. Please do not leave your personal belongings unattended.

36. Athletes who over qualify for National Championships must declare what events they wish to take part in to the Competition Secretary before leaving the venue.

37. The Programme of Events for each competition is published as a guideline only and may be advanced or be delayed during the course of the Championships. Munster Athletics reserves the right to alter the programme and timetables to facilitate the smooth running of the competition. Any alterations will be published on the Munster Athletics website www.munsterathletics.com or announced over the P A on the day of competition.

38. Munster Athletics will publish information* pertaining to athletes who are entered into competitions hosted by or held in association with Munster Athletics.

*(name, club, event & age category for results, teams for national events, programmes, awards & any other related information).

- Please direct any queries to Munster Juvenile Indoor Secretary at juvenilesecretary@munsterathletics.com

Table of Hurdle and Shot Specifications

INDOOR

Girls 13	60m	68.6cm	2' 3"	5	11.00m	7.25m	20.00m
Girls 14	60m	68.6cm	2' 3"	5	11.50m	7.50m	18.50m
Girls 15	60m	76.2cm	2' 6"	5	12.00m	8.00m	16.00m
Girls 16	60m	76.2cm	2' 6"	5	12.00m	8.00m	16.00m
Girls 17	60m	76.2cm	2' 6"	5	13.00m	8.50m	13.00m
Girls 18	60m	76.2cm	2' 6"	5	13.00m	8.50m	13.00m
Girls 19	60m	84.0cm	2' 9"	5	13.00m	8.50m	13.00m
Boys 13	60m	76.2cm	2' 3"	5	11.00m	7.25m	20.00m
Boys 14	60m	76.2cm	2' 6"	5	11.50m	7.50m	18.50m
Boys 15	60m	84.0cm	2' 9"	5	12.00m	8.00m	16.00m
Boys 16	60m	84.0cm	2' 9"	5	13.00m	8.50m	13.00m
Boys 17	60m	91.4cm	3' 0"	5	13.00m	8.50m	13.00m
Boys 18	60m	91.4cm	3' 0"	5	13.72m	9.14m	9.72m
Boys 19	60m	99.0cm	3' 3"	5	13.72m	9.14m	9.72m

SHOT WEIGHTS

Boys	AGES	Girls
2k	11	2k
2 k	12	2 k
2 k	13	2 k
2.72 k	14	2 k
3 k	15	2.72 k
4 k	16	3 k
5 k	17	3 k
5 k	18	3 k
6 k	19	4 k

Munster U/11 to Youth Indoor Combined Events Championships– Saturday 6th January (Girls) & Sunday 7th January (Boys) 2018

Venue: Nenagh Indoor Stadium

Date: Saturday 6th & Sunday 7th January 2018

Time: 11.00am

Entry Fee: €5.00 per athlete payable online with entries

Closing Date: ONLINE ENTRY ONLY. Closing Date is midnight on Wednesday 3rd January 2018. Strictly no entry on the day

ALL ATHLETES MUST BE REGISTERED FOR 2018

Athletes should be technically proficient and competent to compete in each event. It is the responsibility of each Club to ensure this.

EVENTS Pentathlon

U11	Boys & Girls	60m	Long Jump	200m	Shot Putt	600m
U12	Boys & Girls	60m	Long Jump	High Jump	Shot Putt	800m
U 13	Boys & Girls	60mH	Long Jump	High Jump	Shot Putt	800m
U14	Boys & Girls	60mH	Long Jump	High Jump	Shot Putt	800m
U15	Boys & Girls	60mH	Long Jump	High Jump	Shot Putt	800m
U16	Girls	60mH	Long Jump	High Jump	Shot Putt	800m
U16	Boys	60mH	Long Jump	High Jump	Shot Putt	800m

Youth Women (U/17 & U/18)	60mH	Long Jump	High Jump	Shot	800m
Youth Men (U/17 & U/18)	60mH	Long Jump	High Jump	Shot	800m

Hurdles Specifications

					Approach	Interval	Finish
Girls 13	60m	68.6cm	2' 3"	5	11.00m	7.25m	20.00m
Girls 14	60m	68.6cm	2' 3"	5	11.50m	7.50m	18.50m
Girls 15	60m	76.2cm	2' 6"	5	12.00m	8.00m	16.00m
Girls 16	60m	76.2cm	2' 6"	5	12.00m	8.00m	16.00m
Youth Girls	60m	76.2cm	2' 6"	5	13.00m	8.50m	13.00m
Boys 13	60m	76.2cm	2' 3"	5	11.00m	7.25m	20.00m
Boys 14	60m	76.2cm	2' 6"	5	11.50m	7.50m	18.50m
Boys 15	60m	84.0cm	2' 9"	5	12.00m	8.00m	16.00m
Boys 16	60m	84.0cm	2' 9"	5	13.00m	8.50m	13.00m
Youth Boys	60m	91.4cm	3' 0"	5	13.72m	9.14m	9.72m

Starting Heights for High Jump

Girls 12 **1.00m**, Girls 13 **1.00m**, Girls 14 **1.00m**, Girls 15 **1.05m**, Girls 16 **1.15m**.

Boys 12 **1.05m**, Boys 13 **1.05m**, Boys 14 **1.15m**, Boys 15 **1.15m**, Boys 16 **1.15m**.

All athletes will be allowed to jump an opening height, thereafter it will go to the Championship Opening height for that age group. The first three heights will increase in 5cm increment and then in 3cm increments.

Rules

- In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
- In the track events, all age categories, one false start and all are on warning of next false start leading to disqualification. An athlete shall be disqualified in any event, in which he has made two false starts.
- An athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition. He shall not, therefore, figure in the final classification.
- The winner shall be the athlete who has obtained the highest number of points. Medals will be presented to the top three.

MUNSTER ATHLETICS

EVENT: Junior Men & U23 Men + Juvenile/Youth Girls Pentathlon **Date:** 6th January 2018
INDOOR CHAMPIONSHIPS
VENUE: Nenagh Olympic Stadium, Nenagh, Co, Tipperary **Time:** 11.00am

ORDER OF EVENTS – SATURDAY 6th JANUARY 2018

CENTRE TRACK

MAIN TRACK

Championship & Pentathlon Hurdles

Championship & Pentathlon Events

Time	Gender	Age Cat	Event	Time	Gender	Age Cat	Event
11:00	Men	U23	60m H 3'6"	13:00	Men	U23	400m
	Men	Junior	60m H 3'3"		Men	Junior	400m
	C.E. Women	Youth	60m H 2'9"				
	C.E. Girls	U16	60m H 2'6"	13:30	Men	U23	1500m
	C.E. Girls	U15			Men	Junior	1500m
	C.E. Girls	U14	60m H 2'3"				
	C.E. Girls	U13			C.E. Girls	U11	200m

Championship & Pentathlon Sprints

			15:00				200m
	Men	Junior	60m Heats		Men	U23	200m
	Men	U23	60m Heats				
	C.E. Girls	U11	60m	15:30	Men	Junior	800m
	C.E. Girls	U12	60m		Men	U23	800m
	Men	Junior	60m Finals				
	Men	U23	60m Finals				

Championship & Pentathlon High Jumps

			15:45				4 x 200m
	C.E. Women	U16/Youth	High Jump		C.E. Girls	U11	600m
	Men	Junior/U23	High Jump		C.E. Girls	U12	600m
	C.E. Girls	U13	High Jump		C.E. Girls	U13	800m
	C.E. Girls	U14	High Jump		C.E. Girls	U14	800m
	C.E. Girls	U12	High Jump		C.E. Girls	U15	800m
	C.E. Girls	U15	High Jump		C.E. Girls	U16	800m
					C.E. Women	Youth	800m

C. E. Final Events as they become available

SHOT PUTT – Check In when event is called

11.00	C.E.	Girls	U11	Shot – 2k
11.45	C.E.	Girls	U16 / Youth	Shot – 3k
12.00	C.E.	Girls	U15	Shot – 2.72k
13.00	C.E.	Girls	U12	Shot – 2k
14.00	C.E.	Girls	U13	Shot – 2k
15.00	C.E.	Girls	U14	Shot – 2k
15.00	C.E.	Men	Junior	Shot – 6k
		Men	U23	Shot – 7.26k
		Men	Junior	Weight – 28 lbs
		Men	U23	Weight – 35 lbs

LONG JUMP – Check In when event is called

11.00			Men	Junior/U23	Long Jump
11.00	C.E.	Girls	U12	Long Jump	
12.00	C.E.	Girls	U13	Long Jump	
12.00	C.E.	Girls	U14	Long Jump	
13.00	C.E.	Girls	U15	Long Jump	
13.00	C.E.	Girls	U11	Long Jump	
14.00	C.E.	Girls	U16 / Youth	Long Jump	

Munster AAI reserves the right to change the programme on the day to facilitate the smooth running of the Pentathlon. Jnr & U23 events may be brought forward by 30mins.

MUNSTER ATHLETICS

EVENT:	Junior Women & U23 Women + Juvenile/Youth BOYS Pentathlon INDOOR CHAMPIONSHIPS	Date:	8 th January 2018
VENUE:	Nenagh Olympic Stadium, Nenagh, Co, Tipperary	Time:	11.00am

ORDER OF EVENTS – SUNDAY 7th JANUARY 2018

CENTRE TRACK

MAIN TRACK

Championship & Combined Event Hurdles					Championship & Combined Events						
Time	Gender	Age Cat	Event	Time	Gender	Age Cat	Event	Time	Gender	Age Cat	Event
11:00	C.E.	Men	Youth		11:00	All	Jnr/U23/Snr/Masters				Walks
		Women	U23	60m H 2'9"							
		Women	Junior	60m H 2'9"	13:00	Women	Junior				400m
	C.E.	Boys	U16	60m H 2'9"		Women	U23				400m
	C.E.	Boys	U15								
	C.E.	Boys	U14	60m H 2'6"	13:30	Women	U23				1500m
	C.E.	Boys	U13			Women	Junior				1500m
						C.E.	Boys	U11			200m
Championship & Combined Event Sprints											
		Women	U23	60m Final	15:00	Women	Junior				200m
		Women	Junior	60m Heats		Women	U23				200m
	C.E.	Boys	U11	60m							
	C.E.	Boys	U12	60m	15:30	Women	Junior				800m
		Women	Junior	60m Final		Women	U23				800m
					15:45	Women	Junior				4 x 200m
Championship & Combined Event High Jumps											
						C.E.	Boys	U11			600m
	C.E.	Men	Youth / U16	High Jump		C.E.	Boys	U12			600m
		Women	Junior/U23	High Jump		C.E.	Boys	U13			800m
	C.E.	Boys	U13	High Jump		C.E.	Boys	U14			800m
	C.E.	Boys	U14	High Jump		C.E.	Boys	U15			800m
	C.E.	Boys	U12	High Jump		C.E.	Boys	U16			800m
	C.E.	Boys	U15	High Jump		C.E.	Boys	Youth			800m

POLE VAULT Jnr & U23 Men & Women 1pm available

C. E. Final Events as they become

SHOT PUTT – Check In when event is called called

LONG JUMP – Check In when event is called

11.00	C.E.	Boys	U11	Shot – 2k	11.00		Women	Junior/U23	Long Jump
11.45	C.E.	Boys	U16	Shot – 4k	11.00	C.E.	Boys	U12	Long Jump
12.00	C.E.	Boys	Youths	Shot – 5k	12:00	C.E.	Boys	U13	Long Jump
12.15	C.E.	Boys	U15	Shot – 3k	12:00	C.E.	Boys	U14	Long Jump
14:00	C.E.	Boys	U12	Shot – 2k	13:00	C.E.	Boys	U15	Long Jump
14:30	C.E.	Boys	U13	Shot – 2k	13:00	C.E.	Boys	U11	Long Jump
15.00	C.E.	Boys	U14	Shot – 2.72k	14:00	C.E.	Boys	Youth / U16	Long Jump
		Women	Junior/U23	Shot - 4k					

Munster AAI reserves the right to change the programme on the day to facilitate the smooth running of the Pentathlon. Jnr & U23 events may be brought forward by 30 mins

Munster Juvenile Inter-Club Indoor Relays – Sunday 21st January 2018

Venue: Nenagh Indoor Stadium

Date: Sunday 21st January 2018

Time: 11am

Entry Fee: €5.00 per team

Closing Date: Midnight on Wednesday 17th January 2018. All Entries Online

Girls U/10	4x 100m
Boys U/10	4 x 100m
Girls U/12	4 x 100m
Boys U/12	4 x 100m
Girls U/14	4 x 200m
Boys U/14	4 x 200m
Girls U/16	4 x 200m
Boys U/16	4 x 200m
Girls U/18	4 x 200m
Boys U/18	4 x 200m

Break

Girls U/9	4x100m
Boys U/9	4 x 100m
Girls U/11	4 x 100m
Boys U/11	4 x 100m
Girls U/13	4 x 100m
Boys U/13	4 x 100m
Girls U/15	4 x 200m
Boys U/15	4 x 200m
Girls U/17	4 x 200m
Boys U/17	4 x 200m
Girls U/19	4 x 200m
Boys U/19	4 x 200m

PLEASE NOTE:

- No entry on the day of competition, entries ONLINE through Club Secretary
- Athletes may step up ONE (1) age group only (**EXCEPT for U/9 Relays where all athletes must turn 8 in 2018 (ie. no U/8 athletes allowed)**) and may compete in TWO (2) relays on the day
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age
- 17,18,19 age groups all athletes may move up one age group
- If a sub is present on the day and declared, medal will be presented
- 4 x 100 relays - the third athlete breaks.
- **Relay teams qualify from region, 3 teams per region per age category. All Relay entries for National Championships must come through the Munster Juvenile Secretary.**
- If 4 teams or less check in, a Final will be held at Heat time.
- **Team names, DOB, registration numbers must be submitted with entry**
- **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM.**
- **Spot Checks will be carried out on team declarations.**

**Munster Juvenile U/9 to U/12 Indoor Championships – Saturday 10th & Sunday
11th February 2018**

Venue: Nenagh Indoor Stadium

Date: Saturday 10th & Sunday 11th February 2018

Time: 10.30am (High Jump), 11am Outer Track & other Field Events, 11.30am Centre Track

Entry Fee: Individual €2, Relay €5

***ONLINE ENTRY ONLY. CLOSING DATE FOR RECEIPT OF ENTRIES:
MIDNIGHT ON FRIDAY 2ND FEBRUARY 2018. STRICTLY NO ENTRY ON THE DAY***

All Athletes must be registered for 2018

EVENTS

GIRLS U9	GIRLS U10	GIRLS U11	GIRLS U12
60m Sprint 300m Long Jump	60m Sprint 500m Long Jump	60m Sprint 600m Long Jump Shot Putt	60m Sprint 600m Long Jump High Jump Shot Putt
BOYS U9	BOYS U10	BOYS U11	BOYS U12
60m Sprint 300m Long Jump	60m Sprint 500m Long Jump	60m Sprint 600m Long Jump Shot Putt	60m Sprint 600m Long Jump High Jump Shot Putt

The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable.

MUNSTER ATHLETICS - INDOOR CHAMPIONSHIPS 2018

Event Date: Saturday 10th / 11th February

Venue: Nenagh Olympic Stadium, Nenagh, Co. Tipperary

First Event: 11am

UNDER 09 TO U12 GIRLS & BOYS ORDER OF EVENTS

JUVENILE WALKS ALL AGES

Day 1 – Saturday

CENTRE TRACK			MAIN TRACK			JUMPS & THROWS		
60m Sprints 1pm			RUNNING EVENTS – 11am			LONG JUMP – 11am		
Gender	Age	Heats	Gender	Age	Event	Gender	Age	Event
Boys	U12		Girls	U09	300m	Boys	U11	
Boys	U10		Girls	U11	600m	Boys	U09	
Boys	U11		Girls	U10	500m	Boys	U12	
Boys	U09		Girls	U12	600m	Boys	U10	
SEMI FINALS IF REQUIRED								
60m FINALS								
HIGH JUMP 11.00am						SHOT PUTT 11.00am		
Boys	U12					Gender	Age	Weight
Girls	U12					Girls	U12	2kg
						Girls	U11	2kg

Day – 2 Sunday

CENTRE TRACK			MAIN TRACK			JUMPS & THROWS		
60m Sprints 1pm			RUNNING EVENTS – 11am			LONG JUMP – 11am		
Gender	Age	Heats	Gender	Age	Event	Gender	Age	Event
Girls	U12		Boys	U09	300m	Girls	U11	
Girls	U10		Boys	U11	600m	Girls	U09	
Girls	U11		Boys	U10	500m	Girls	U12	
Girls	U09		Boys	U12	600m	Girls	U10	
SEMI FINALS IF REQUIRED								
60m FINALS			WALKS – 2pm					
			Girls	U14 & 15	1k	SHOT PUTT 11.00am		
			Girls	U16,17,18,19	1.5k	Gender	Age	Weight
						Boys	U12	2kg
			Boys	U14 & 15	1k	Boys	U11	2kg
			Boys	U16,17,18,19	1.5k			

Munster Juvenile U/13 to U/19 Indoor Championships – Saturday 24th & Sunday 25th February 2018

Venue: Nenagh Indoor Stadium

Date: Saturday 24th & Sunday 25th February 2018

Time: 10am (High Jump), 11am Outer Track & other Field Events, 12.30pm Centre Track

Entry Fee: Individual €2, Relay €5

ONLINE ENTRY ONLY. CLOSING DATE FOR RECEIPT OF ENTRIES: MIDNIGHT ON FRIDAY 16th FEBRUARY 2018. STRICTLY NO ENTRY ON THE DAY

Check In:

***All TRACK EVENTS at Call Room When Event is called
All FIELD EVENTS at EVENT SITE when EVENT is called.***

All Athletes must be registered for 2018

EVENTS

GIRLS 13

60m Sprint
60m Hurdles
600m
High Jump
Long Jump
Shot Put

GIRLS 14

60m Sprint
60m Hurdles
800m
1000m Walk
High Jump
Long Jump
Shot Put

GIRLS 15

60m Sprint
60m Hurdles
800m
1000m Walk
High Jump
Long Jump
Shot Put
Pole Vault

GIRLS 16

60m Sprint
60m Hurdles
200m
800m
1500m
1500m Walk
High Jump
Long Jump
Shot Put
Pole Vault

GIRLS 17

60m Sprint
60m Hurdles
200m
800m
1500m
1500m Walk
High Jump
Long Jump
Shot Put
Pole Vault

GIRLS 18

60m Sprint
60m Hurdles
200m
400m
800m
1500m
1500m Walk
High Jump
Long Jump
Shot Put
Triple Jump
Pole Vault

GIRLS 19

60m Sprint
60m Hurdles
200m
400m
800m
1500m
1500m Walk
High Jump
Long Jump
Shot Put
Triple Jump
Pole Vault

BOYS 13

60m Sprint
60m Hurdles
600m
High Jump
Long Jump
Shot Put

BOYS 14

60m Sprint
60m Hurdles
800m
1000m Walk
High Jump
Long Jump
Shot Put

BOYS 15

60m Sprint
60m Hurdles
800m
1000m Walk
High Jump
Long Jump
Shot Put
Pole Vault

BOYS 16

60m Sprint
60m Hurdles
200m
800m
1500m
1500m Walk
High Jump
Long Jump
Shot Put
Pole Vault

BOYS 17

60m Sprint
60m Hurdles
200m
800m
1500m
1500m Walk
High Jump
Long Jump
Shot Put
Pole Vault

BOYS 18

60m Sprint
60m Hurdles
200m
400m
800m
1500m
1500m Walk
High Jump
Long Jump
Shot Put
Triple Jump
Pole Vault

BOYS 19

60m Sprint
60m Hurdles
200m
400m
800m
1500m
1500m Walk
High Jump
Long Jump
Shot Put
Triple Jump
Pole Vault

The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable

MUNSTER ATHLETICS

EVENT: U13 TO U19 INDOOR CHAMPIONSHIPS

Date: Saturday 24th FEBRUARY, 2017

VENUE: Nenagh Olympic Stadium, Nenagh, Co, Tipperary **Time:** 9:30am

Day 1 – The Order of Events for Saturday

HURDLES – CENTRE TRACK

12:15PM

Boys	U19	60m (3'3")
Boys	U18	60m (3'0")
Boys	U17	60m (3'0")
Boys	U16	60m (2'9")
Boys	U15	60m (2'9")
Boys	U14	60m (2'6")
Boys	U13	60m (2'3")

FINALS IN SAME ORDER IF REQUIRED

SPRINTS

Girls	U13	60m
Girls	U14	60m
Girls	U15	60m
Girls	U16	60m
Girls	U17	60m
Girls	U18	60m
Girls	U19	60m

FINALS IN SAME ORDER IF REQUIRED

OUTSIDE TRACK – 11AM

Girls	U16 to U19	200m
Girls	U14 to U19	800m
Girls	U13	600m
Boys	U18 to U19	400m
Boys	U16 to U19	1500m

HIGH JUMP – CENTRE TRACK 10AM

Girls	U18 & U19	Mat 1
Boys	U13 & U15	Mat 2
Girls	U17	Mat 1
Boys	U14 & U16	Mat 2

LONG & TRIPLE JUMPS – 11AM

TRIPLE JUMP	Girls U18, U19	Pit 2
LONG JUMP	Girls U15	Pit 2
LONG JUMP	Girls U16	Pit 1
LONG JUMP	Boys U18, U19	Pit 2
LONG JUMP	Boys U17	Pit 1
LONG JUMP	Girls U14	Pit 2
LONG JUMP	Boys U13	Pit 1

POLE VAULT – 11AM

11am	Girls	U15, U16, U17, U18, U19
1pm	Boys	U15, U16, U17, U18, U19

THROWS – 11AM

SHOT PUT	Girls U17	(3kg)
SHOT PUT	Girls U18	(3kg)
SHOT PUT	Girls U19	(4kg)
SHOT PUT	Boys U16	(4kg)
SHOT PUT	Girls U15	(2.72kg)
SHOT PUT	Boys U14	(2.72kg)
SHOT PUT	Girls U13	(2kg)

IMPORTANT

1. By submitting your entries for these Championships you are declaring on behalf of your Club that the athletes are technically proficient and competent to take part in the Hurdles, High Jump and Shot Put in the interest of Safety.
2. Clubs are required to submit the names of two (2) people to officiate on both days of the championships. Failure to do so may result in your entries not being processed

STRICTLY NO ENTRIES ON THE DAY OF COMPETITION

MUNSTER ATHLETICS

EVENT: U13 TO U19 INDOOR CHAMPIONSHIPS

Date: Sunday 25th FEBRUARY, 2017

VENUE: Nenagh Olympic Stadium, Nenagh, Co, Tipperary Time: 9:30am

Day 2 – The Order of Events for Sunday

HURDLES – CENTRE TRACK

12:15PM

Girls	U19	60m (2'9")
Girls	U18	60m (2'6")
Girls	U17	60m (2'6")
Girls	U16	60m (2'6")
Girls	U15	60m (2'6")
Girls	U14	60m (2'3")
Girls	U13	60m (2'3")

FINALS IN SAME ORDER IF REQUIRED

SPRINTS

Boys	U13	60m
Boys	U14	60m
Boys	U15	60m
Boys	U16	60m
Boys	U17	60m
Boys	U18	60m
Boys	U19	60m

FINALS IN SAME ORDER IF REQUIRED

OUTSIDE TRACK – 11AM

Boys	U16 to U19	200m
Boys	U14 to U19	800m
Boys	U13	600m
Girls	U18 to U19	400m
Girls	U16 to U19	1500m

HIGH JUMP – CENTRE TRACK 10AM

Boys	U18 & U19	Mat 1
Girls	U13 & U15	Mat 2
Boys	U17	Mat 1
Girls	U14 & U16	Mat 2

LONG & TRIPLE JUMPS – 11AM

TRIPLE JUMP	Boys U18, U19	Pit 2
LONG JUMP	Boys U15	Pit 2
LONG JUMP	Boys U16	Pit 1
LONG JUMP	Girls U18, U19	Pit 2
LONG JUMP	Girls U17	Pit 1
LONG JUMP	Boys U14	Pit 2
LONG JUMP	Girls U13	Pit 1

THROWS – 11AM

SHOT PUT	Boys U17	(5kg)
SHOT PUT	Boys U18	(5kg)
SHOT PUT	Boys U19	(6kg)
SHOT PUT	Girls U16	(3kg)
SHOT PUT	Boys U15	(3kg)
SHOT PUT	Girls U14	(2kg)
SHOT PUT	Boys U13	(2kg)

IMPORTANT

1. By submitting your entries for these Championships you are declaring on behalf of your Club that the athletes are technically proficient and competent to take part in the Hurdles, High Jump and Shot Put in the interest of Safety.
2. Clubs are required to submit the names of two (2) people to officiate on both days of the championships. Failure to do so may result in your entries not being processed

STRICTLY NO ENTRIES ON THE DAY OF COMPETITION

Field Standard for Munster Championships

HIGH JUMP

Girls U/12 start at 1.05m
Girls U/13 start at 1.10m
Girls U/14 start at 1.10m
Girls U/15 start at 1.15m
Girls U/16 start at 1.20m
Girls U/17 start at 1.25m
Girls U/18 start at 1.30m
Girls U/19 start at 1.30m

Boys U/12 start at 1.15m
Boys U/13 start at 1.20m
Boys U/14 start at 1.25m
Boys U/15 start at 1.25m
Boys U/16 start at 1.35m
Boys U/17 start at 1.35m
Boys U/18 start at 1.45m
Boys U/19 start at 1.45m

POLE VAULT

Boys 15 start at 2.15m up by 15cm to 2.30m after by 10cm
Boys 16 start at 2.30m up by 15cm to 2.45m after by 10cm
Boys 17 start at 2.30m up by 15cm to 2.45m after by 10cm
Boys 18 start at 2.30m up by 15cm to 2.45m after by 10cm
Boys 19 start at 2.30m up by 15cm to 2.50m after by 10cm

Girls 15 start at 1.50m up by 15cm
Girls 16 start at 1.50m up by 15cm
Girls 17 start at 1.50 cm up by 15cm
Girls 18 start at 1.50 cm up by 15cm
Girls 19 start at 1.50 cm up by 15cm

MUNSTER CONVENTION



The 2018 Munster Convention will be held at 12 noon on **Saturday 3rd February 2018** in the Horse & Jockey Hotel, Thurles, Co. Tipperary. All motions & nominations must be with Munster Administration Secretary, Esther Fitzpatrick (e-mail: tfsecretary@munsterathletics.com) by **Sunday 28th January 2018**. More details will be on the Munster Athletics website, www.munsterathletics.com at a later date.

MUNSTER STAR AWARDS



The 2017 Munster Star Awards will be held on **Saturday 3rd March 2018** in Ennis, Co. Clare (venue & time tbc).

Munster Star Award Winners 2017

Indoor & Track and Field Awards

Clare	Ailbhe Doherty	Ennis Track A.C.
Clare	Darragh Miniter	St Mary's A.C. Clare
Cork	Vickie Cusack	Liscarroll A.C.
Cork	Reece Ademola	Leevale A.C.
Kerry	Shona O'Brien	Gneeveguilla A.C.
Kerry	Conor Commane	Tralee Harriers A.C.
Limerick	Sophie Meredith	St. Mary's A.C. Limerick
Limerick	Tessy Lawal	Dooneen A.C.
Tipperary	Miriam Daly	Carrick-on-Suir A.C.
Tipperary	Sean Carolan	Nenagh Olympic A.C.
Waterford	Katie Murphy	Ferrybank A.C.
Waterford	Shane Monagle	Tramore A.C.
Junior Women	Emily Nolan	Ferrybank A.C.
Junior Men	Daniel Ryan	Moycarkey Coolcree A.C.
Under 23 Women	Deirbhile Ryan	Nenagh Olympic A.C.
Under 23 Men	Seamus McMahon	Shannon A.C.
Senior Women	Denise O'Connor	Tramore A.C.
Senior Men	Robert Bennett	Nenagh Olympic A.C.
Master Women	Genevieve Rowland	Templemore A.C.
Master Men	Brendan Dennehy	Rising Sun A.C.

Club Awards

Best Juvenile Indoor Club	Leevale A.C.
Junior/Senior Indoor Club	Nenagh Olympic A.C.
Indoor Masters Club	Rising Sun A.C.
Best Juvenile Track/Field Club	Leevale A.C.
Junior/Senior Track/Field Club	Leevale A.C.
Masters Track/Field Club	Rising Sun A.C.

County Awards

Juvenile Indoor County	Cork
Senior/Master Indoor County	Cork
Juvenile Track/Field County	Cork
Senior/Masters Track/Field County	Cork

Cross Country & Road Awards

Juvenile Cross Country Awards

Clare	Donal Devane	Ennis Track A.C.
Cork	Tommy Connolly	Leevale A.C.
Kerry	Alyce O'Connor	Kenmare & District A.C.
Limerick	Sarah Hosey	Dooneen A.C.
Tipperary	Aimee Hayde	Newport A.C.
Waterford	Matteo Mary	Waterford

Senior / Master Cross Country and Road Awards

Senior Men	Conor O'Mahony	An Riocht A.C.
Senior Women	Jean Clancy	St. John's A.C.
Master Men	Sean McGrath	East Cork A.C.
Master Women	Martina Kiely	St. Finbarr's A.C.

Club Awards

Juvenile Cross Country Club	Ennis Track A.C.
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Senior/Master Club Cross Country & Road An Ríocht A.C.

Best Juvenile "B" Cross Country Club Bandon A.C.

County Awards

Juvenile Cross Country County Cork

Senior Cross Country County Cork

Master County Cork

Achievement Awards

Kevin Maunsell Clonmel A.C.
Pat Murphy Castleisland A.C.

EYOF Irish Women's 4x100m Relay Team Bronze Medal Winners
Miriam Daly Carrick-on-Suir A.C. Niamh Foley St. Mary's A.C. Limerick

Members of Irish Junior Women's 4x100m Relay Team at Lausanne Diamond League setting National Junior Record also Irish U20 4x100m Relay Team at European T/F setting a new National U20 Record Ciara Neville Emerald A.C. Sharlene Mawdsley Newport A.C.

Patsy O'Connor Award Tipperary

International Award

Joe Gough West Waterford A.C.
Noelle Lenihan North Cork A.C.

Hall of Fame Award Clare