



*Munster Juvenile Outdoor  
Competition Booklet 2018*

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[www.munsterathletics.com](http://www.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 the 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 Policy Statement from the 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](http://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 2018

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

## Munster Council Contacts

Contact	E-mail
<b>General Information</b>	<a href="mailto:info@munsterathletics.com">info@munsterathletics.com</a>
<b>Administration Secretary</b>	<a href="mailto:tfsecretary@munsterathletics.com">tfsecretary@munsterathletics.com</a>
<b>Senior T&amp;F Competition Secretary</b>	<a href="mailto:tfsecretary@munsterathletics.com">tfsecretary@munsterathletics.com</a>
<b>Juvenile Competition (Indoor &amp; T&amp;F) Secretary</b>	<a href="mailto:juvenilesecretary@munsterathletics.com">juvenilesecretary@munsterathletics.com</a>
<b>Senior Indoor Competition Secretary</b>	<a href="mailto:indoorsecretary@munsterathletics.com">indoorsecretary@munsterathletics.com</a>
<b>Cross Country Competition Secretary</b>	<a href="mailto:ccsecretary@munsterathletics.com">ccsecretary@munsterathletics.com</a>

## 2018 Age Categories

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### 2018 Age Categories (as per AAI Juvenile Competition Booklet 2018)

1. Age categories calculated from 31<sup>st</sup> December in the year of competition.
2. No athlete may obtain a birthday in the year of competition and compete in that age.

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

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

- Official Club singlets must be worn in all Munster 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 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

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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 is fully committed to providing a positive, fair & safe environment for our children and officials. Munster Athletics acknowledges 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](mailto:childwelfare@athleticsireland.ie).



## CHANGES POST AAI CONGRESS 2016 (Tullamore)

**Motions carried at AAI Congress pertaining to Juvenile Competition Rules will come into effect starting January 2017.**

5. THAT: the decision of the AGM 2015 to discontinue the U19 Cross Country Championships be rescinded and that the championships be reinstated into the juvenile competition programme with immediate effect.

7. THAT: the Inter County Cross Country Relays be amended to the Inter Club Cross Country Relays for a trial period of 2 years. Current distances to remain as is, i.e.: 4x500m

8. THAT: a 3k event for girls U16 and U17 be added to the track and field programme, bringing it in line with the same event for boys and with the Schools Athletics programme and this be added to the 2017 programme.

10. THAT: The first four (4) individuals from each region qualify for the National Juvenile Championships except for the 600m where the first three (3) will qualify.

15. THAT: The Boys U17 Hurdles outdoor race be changed to the following specification: Distance – 100m, Approach – 13m, Spacing – 8.5m, Number of Hurdles – 10, Height – 3'0.

17. THAT: The Boys U15 and U17 Indoor Hurdles have the same approach and spacing between hurdles as outdoors.

24. THAT: In the Hammer, athletes are allowed to use their own implements and if they so wish, are also allowed exclusive use of such implements. Such implements must comply and conform to the applicable specifications and must be presented to the event organizers for approval.

25. THAT: In the Discus, athletes are allowed to use their own implements and if they so wish, are also allowed exclusive use of such implements. Such implements must comply and conform to the applicable specifications and must be presented to the event organizers for approval.

32. THAT: In the case of Combined Age Categories in Inter-Club Cross Country where U18 and Junior athletes compete in the one race, that the U18 category athletes can score on both teams if declared.

### **Recommendations:**

9. THAT: In order to provide greater competitive opportunities in longer distance events, the juvenile committee review the current programme, indoors and outdoors, for all ages boys and girls.

11. THAT: The opening height for u12 boy's high jump be reduced from 1.15m to 1.05m in both indoor and outdoor track and field competition.

12. THAT: The opening height for u13 boy's high jump be reduced from 1.20m to 1.15m in both indoor and outdoor track and field competition.

60. THAT: Where a designated warm-up area with controlled access is in operation, the Competition organizers have a Coach check-in and accreditation and that registered coaches can have access to warm-up areas.





## 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	May 2018	Venue
Wed 2nd	<a href="#">East Munster Schools GIRLS T&amp;F Championships</a>	RSC Waterford
Tues 8th	<a href="#">North Munster Schools T&amp;F Championships - Day 1</a>	Castleisland
Wed 9th	<a href="#">South Munster Schools GIRLS T&amp;F Championships</a>	CIT, Cork
Thurs 10th	<a href="#">East Munster Schools BOYS T&amp;F Championships</a>	Templemore, Co. Tipperary
Thurs 10th	<a href="#">North Munster Schools T&amp;F Championships - Day 2</a>	Castleisland
Fri 11th	<a href="#">South Munster Schools BOYS T&amp;F Championships</a>	CIT, Cork
Sat 19th	<a href="#">Munster Schools T&amp;F Championships</a>	Castleisland, Co. Kerry
Sat 26th	AAI Combined Events Championships (All Ages)	Morton Stadium, Santry
Sun 27th	AAI Combined Events Championships - Day 2 (Decathlon & Heptathlon)	Morton Stadium, Santry

Date	June 2018	Venue
Sat 2nd	Irish Schools T&F Championships	Tullamore
Sat 2nd	<a href="#">Munster U/9 to U/13 T&amp;F Championships</a>	Lee's Road, Ennis, Co. Clare
Sun 3rd	<a href="#">Munster U/9 to U/13 T&amp;F Championships</a>	Lee's Road, Ennis, Co. Clare
Sat 9th	<a href="#">Munster Juvenile Games U/9 to U/11 Team Competition</a>	An Ríocht A.C. Track, Castleisland, Co. Kerry
Sun 10th	<a href="#">Munster Senior &amp; Masters Track &amp; Field Championships</a>	An Ríocht A.C. Track, Castleisland, Co. Kerry
Sat 16th	<a href="#">Munster U/14 to U/19 Track &amp; Field Championships</a>	Waterford RSC
Sun 17th	<a href="#">Munster U/14 to U/19 Track &amp; Field Championships</a>	Waterford RSC
Sat 23rd - Sun 24th	Mannheim Junior Meet	Mannheim
Sat 23rd	Irish Life Health Tailteann Games T&F Championships	Morton Stadium, Santry
Sat 30th	Irish Life Health National Junior & U/23 T&F Championships	Tullamore

<b>Date</b>	<b>July 2018</b>	<b>Venue</b>
<b>Sun 1st</b>	Irish Life Health Juvenile Games & U/12 & U/13 Field Events Championships	Tullamore
<b>Thurs 5th - Sun 8th</b>	<a href="#">European U/18 Track &amp; Field Championships</a>	Gyor, Hungary
<b>Sat 7th</b>	Irish Life Health National Juvenile "B" Championships & Relays	Tullamore
<b>Tues 10th - Sun 15th</b>	<a href="#">IAAF U/20 Track &amp; Field Championships</a>	Tampere, Finland
<b>Sat 14th</b>	Irish Life Health National Juvenile Track & Field Championships - Day 1	Tullamore
<b>Sun 15th</b>	Irish Life Health National Juvenile Track & Field Championships - Day 2	Tullamore
<b>Sat 21st</b>	<a href="#">Munster Juvenile "B" Track &amp; Field Championships</a>	TBC
<b>Sat 21st</b>	SIAB Track & Field Championships	Grangemouth, Scotland
<b>Sun 22nd</b>	Irish Life Health National Juvenile Track & Field Championships - Day 3	Tullamore

<b>Date</b>	<b>August 2018</b>	<b>Venue</b>
<b>Sat 4th</b>	Celtic Games	Scotland

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## Munster Athletics Juvenile U 12 to U/19 Track & Field Regulations 2018



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

- 1 Individual Track & Field Championships for Boys and Girls ages 12-19.
- 2 The first four (4) from each region qualify for the National Championships.
- 3 **The first three (3) in the 600m due to safety regulations.**
- 4 Athletes are confined to their own age group.
- 5 All athletes must be registered.
- 6 Athletes may compete in a maximum of 6 events plus a relay
- 7 Club Singlets must be worn.
- 8 All entries must come through the Club Secretary.
- 9 For National competitions, a copy of all Regional results plus a copy of all entries to go Head office and to the Track & Field Secretary.
- 10 **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 & Field must check in at the REGISTRATION AREA and collect a number and report to call room or field event when called.
- 11 **ONLY 5mm SPIKES MAY BE USED**
- 12 Only starting blocks provided by the organising committee may be used.
- 13 U12 all must do a crouched start. Below U12 age standing or crouch start is optional. The commands for all sprints are "on your marks" and "set".
- 14 **Athletes from U14 upwards must use Starting Blocks. Blocks are optional for U12 and U13s.**
- 15 **IAAF False Start Rules apply. U16 upwards First false start leads to disqualification.**
- 16 **U13,14, 15 - One false start and all are on warning of next false start leading to disqualification.**
- 17 **Combined Events all age categories. One false start and all are on warning of next false start leading to disqualification.**
- 18 Athlete must leave the arena when their event is complete.
- 19 Winning athletes must report for medal presentation 20 minutes after their event where possible.
- 20 Coaches and parents are *not allowed* on the track at any time.
- 21 Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
- 22 The guidelines for middle distance events are
  - A final will be held if there are 16 or less in the 600m, 800m
  - 20 or less in the 1500m
- 23 **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
- 24 In all field events except the High Jump and Pole Vault 3 attempts, 3 final throws/jumps for the 8 best athletes
- 25 Opening Heights for the High Jump and Pole Vault can be found in the Appendix at the end of this booklet.
- 26 Turbo Javelin rules and format are as javelin competition. 3 individual throws per athlete. Top 8 to final.
- 27 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*

- 28 Regional Competition Secretaries must be available for queries on the days of competition.
- 29 Please have respect for the stadium and its environs and adhere to all the 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.**
- 30 Please do not leave your personal belongings unattended.
- 31 Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g.: earphones, notebooks, tablets, iPods, smart phones etc.) in the competition area. NOTE: The competition area starts at the assembly/call room.
- 32 **An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where;**
- **A final confirmation was given that the athlete would start in an event but then failed to participate.**
  - **An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4)**
  - **An athlete fails to provide a bona fida effort to compete in an event.**
- 33 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.
- 34 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](http://www.munsterathletics.com) or announced over the P A on the day of competition.

Please direct any queries to Munster Juvenile Secretary at [juvenilesecretary@munsterathletics.com](mailto:juvenilesecretary@munsterathletics.com).

## Munster Athletics Juvenile U/9 to U/11 Team Games Regulations 2018



### U9 Girls & Boys Born 2010

60m  
300m  
Long Jump  
Turbo Javelin (300gr)

### U10 Girls & Boys Born 2009

60m  
500m  
Long Jump  
Turbo Javelin (300 gr)

### U11 Girls & Boys Born 2008

60m  
600m  
Long Jump  
Turbo Javelin (300 gr)

1. Two (2) athletes per team.
2. Each athlete may compete in **two** events only with the same or two different partners.
3. Athletes compete in their own age group (**U9 must be born 2010**)
4. Each team's combined distances or combined times are added for team scoring.
5. Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> team members in each event.
6. Three (3) teams per event per region, qualifying through Regional/Provincial Secretary.
7. U9, 10 Long Jump competition, athletes may jump anywhere from the sand. U11 Long Jump competition is from the board. 3 Jumps only per athlete.
8. Turbo Javelin throw as per javelin throw (tip must hit ground).
9. **One throw per athlete per round** with the throw measured to where tip first touches ground.
10. 60m, 300m, 500m, 600m are on times - no finals.
11. Standing or crouch start is optional. The standing start command for all sprints are "on
12. marks" and "set".
13. Persistent false starts may lead to disqualification.
14. No entry or change of entry on the day of competition (In the event of **one** team member being unable to attend they may be replaced by a reserve member.
15. Club singlets must be worn – no tracksuits.
16. The Committee reserve the right to alter the timetable.
17. Relays are not part of the scoring for team competition.
18. **A Call Area will be in operation for track events. Athletes must report to the Call Area when announced over the PA. For Field events, athletes go to field event site when called.**
19. **Clubs with more than one team per age group MUST declare members of each team at check-in. Failure to do this will mean the teams will be scored as entered.**

### U9-U11 Inter-Club Relays

- No entry on the day of competition. Entries come through Club Secretary via Online Entry.
- Athletes may step up ONE (1) age group only and may compete in TWO (2) relays on the day except **U9 athletes must be born in year 2010.**
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age except **U9 athletes must be born in year 2010.**
- **Relay teams qualify from region, 3 teams per region.**
- Team names, DOB, registration numbers must be submitted with entry.
- **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM.**
- Spot checks may take place.

## Juvenile Track & Field

## Hurdle and Throws Specifications

Age Group	Distance	Height	No.	Approach	Interval	Finish
Girls 13	60m	68.6cm 2' 3"	5	11.00m	7.25m	12.75m
Girls 14	75m	68.6cm 2' 3"	8	11.50m	7.50m	11.00m
Girls 15	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls 15	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
Girls 16	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls 16	250m	68.6cm 2' 3"	6	35.00m	8.00m	40.00m
Girls 17	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls 17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Girls 18	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls 18	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Girls 19	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Girls 19	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Boys 13	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
Boys 14	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.00m
Boys 15	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
Boys 15	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00cm
Boys 16	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Boys 16	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
Boys 17*	<b>100m</b>	<b>91.4cm 3' 0"</b>	<b>10</b>	<b>13.00m</b>	<b>8.50m</b>	<b>10.50m</b>
Boys 17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Boys 18	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
Boys 18	400m	84.0cm 2' 9"	10	45.00m	35.00m	40.00m
Boys 19	110m	99.0cm 3' 3"	10	13.72m	9.14m	14.02m
Boys 19	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m

\*From 2017, The Boys U/17 Hurdles Outdoor race be changed to the following specifications:  
Distance – 100m, Approach – 13.00m, Spacing – 8.50m, Number of Hurdles – 10, Height – 3'0 (91.4cm)

## Table of Throwing Implements

Boys	12	13	14	15	16	17	18	19
Shot	2k	2k	2.72k	3k	4k	5k	5k	6k
Discus			.75k	1k	1k	1.5k	1.5k	1.75k
Javelin		400gr	400gr	500gr	600gr	700gr	700gr	800gr
Turbo Javelin	300g							
Hammer			2.5k	3k	4k	5k	5k	6k
Girls	12	13	14	15	16	17	18	19
Shot	2k	2k	2k	2.72k	3k	3k	3k	4k
Discus			.75k	.75k	1k	1k	1k	1k
Javelin		400gr	400gr	400gr	500gr	500gr	500gr	600gr
Turbo Javelin	300g							
Hammer			2.5k	2.5k	3k	3k	3k	4k

**GIRLS 12**

60m Sprint  
  
600m  
High Jump  
Long Jump  
Shot Put  
Turbo Javelin

**GIRLS 14**

80m Sprint  
75m Hurdles  
  
200m  
800m  
1500m  
2000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Shot Put

**GIRLS 17**

100m Sprint  
100m Hurdles  
300m Hurdles  
200m  
400m  
800m  
1500m  
**3000m**  
2000m S/Chase (2'6")  
3000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump

**GIRLS 13**

80m Sprint  
60m Hurdles  
600m  
High Jump  
Long Jump  
Shot Put  
Javelin

**GIRLS 15**

100m Sprint  
80m Hurdles  
250m Hurdles  
200m  
800m  
1500m  
2000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Shot Put  
Pole Vault

**GIRLS 18**

100m Sprint  
100m Hurdles  
400m Hurdles  
200m  
400m  
800m  
1500m  
3000m  
2000m S/Chase (2'6")  
3000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump

**GIRLS 16**

100m Sprint  
80m Hurdles  
250m Hurdles  
200m  
800m  
1500m  
**3000m**  
2000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Shot Put  
Pole Vault  
Triple Jump

**GIRLS 19**

100m Sprint  
100m Hurdles  
400m Hurdles  
200m  
400m  
800m  
1500m  
3000m  
3000m S/Chase (2'6")  
3000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump



**BOYS 12**

60m Sprint  
  
600m  
High Jump  
Long Jump  
Shot Put  
Turbo Javelin

**BOYS 13**

80m Sprint  
60m Hurdles  
600m  
High Jump  
Long Jump  
Javelin  
Shot Put

**BOYS 14**

80m Sprint  
75m Hurdles  
  
200m  
800m  
1500m  
  
2000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
  
Shot Put

**BOYS 15**

100m Sprint  
80m Hurdles  
250m Hurdles  
200m  
800m  
1500m  
  
2000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump

**BOYS 16**

100m Sprint  
100m Hurdles  
250m Hurdles  
200m  
800m  
1500m  
3000m  
3000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump

**BOYS 17**

100m Sprint  
100m Hurdles  
300m Hurdles  
200m  
400m  
800m  
1500m  
2000m S/Chase (3'.0")  
3000m  
3000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump

**BOYS 18**

100m Sprint  
110m Hurdles  
400m Hurdles  
200m  
400m  
800m  
1500m  
3000m S/Chase (3'0)  
3000m  
5000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump

**BOYS 19**

100m Sprint  
110m Hurdles  
400m Hurdles  
200m  
400m  
800m  
1500m  
3000m S/Chase (3'0")  
3000m  
5000m Walk  
Discus  
Hammer  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump



# Munster Athletics - U9 to U13 Track & Field Individual Championships 2018

Saturday 2nd & Sunday 3rd June 2018 – Venue: Lees Rd. Ennis, Co. Clare @ 11am

## DAY 1 – SATURDAY 2<sup>nd</sup> JUNE 2018

### Track Events – Saturday 11:00am

Gender	Age Group	Event
Girls	U13	60m Hurdles (2'3")
Girls	U10	500m (Times)
Girls	U11	600m (Times)
Boys	U12 & U13	600m Heats
Girls	U9	300m (Times)
<b>Girls</b>	<b>U13</b>	<b>Hurdle Final</b>
Girls	U12	60m Sprint (Heats)
Boys	U13	80m Sprint (Heats)
Girls	U9	60m Sprints (Times)
Girls	U10	60m Sprints (Times)
Girls	U11	60m Sprints (Times)
Boys	U12 & U13	600m Finals
Girls	U12	60m Final
Boys	U13	80m Final
Girls	U9, U10, U11	4 x 100m Relays
Girls	U12 & U13	4 x 100m Relays

### Field Events – Saturday 11:00am

Gender	Age Group	Event
Girls	U11	Long Jump (Pit 1)
Girls	U10	Long Jump (Pit 1)
Girls	U9	Long Jump (Pit 1)
Boys	U12	Long Jump (Pit 2)
Boys	U13	Long Jump (Pit 2)
Girls	U9	Turbo Javelin (300g)
Girls	U10	Turbo Javelin (300g)
Girls	U11	Turbo Javelin (300g)
Boys	U12	Turbo Javelin (300g)
Girls	U13	Javelin
Girls	U13	Shot Putt (2kg)
Girls	U12	Shot Putt (2kg)
Boys	U13	High Jump
Girls	U12	High Jump

**Munster AAI reserve the right to change the order of events to assist with the smooth running of these Championships**

**The programme may move ahead of the scheduled time by 1 hour but not before 1pm**

**PLEASE LISTEN TO THE P. A. ANNOUNCEMENTS**



## Munster Athletics - U9 to U13 Track & Field Individual Championships 2018

Saturday 2nd & Sunday 3rd June 2018 – Venue: Lees Rd. Ennis, Co. Clare @ 11am

### DAY 2 – SUNDAY 3rd JUNE 2018

#### Track Events – Sunday 11:00am

Gender	Age Group	Event
Boys	U13	60m Hurdles (2'3")
Boys	U10	500m (Times)
Boys	U11	600m (Times)
Girls	U12 & U13	600m Heats
Boys	U9	300m (Times)
<b>Boys</b>	<b>U13</b>	<b>Hurdle Final</b>
Boys	U12	60m Sprint (Heats)
Girls	U13	80m Sprint (Heats)
Boys	U9	60m Sprints (Times)
Boys	U10	60m Sprints (Times)
Boys	U11	60m Sprints (Times)
<b>Girls</b>	<b>U12 &amp; U13</b>	<b>600m Finals</b>
<b>Boys</b>	<b>U12</b>	<b>60m Final</b>
<b>Girls</b>	<b>U13</b>	<b>80m Final</b>
Boys	U9, U10, U11	4 x 100m Relays
Boys	U12 & U13	4 x 100m Relays

#### Field Events – Sunday 11:00am

Gender	Age Group	Event
Boys	U11	Long Jump (Pit 1)
Boys	U10	Long Jump (Pit 1)
Boys	U9	Long Jump (Pit 1)
Girls	U12	Long Jump (Pit 2)
Girls	U13	Long Jump (Pit 2)
Boys	U9	Turbo Javelin (300g)
Boys	U10	Turbo Javelin (300g)
Boys	U11	Turbo Javelin (300g)
Girls	U12	Turbo Javelin (300g)
Boys	U13	Javelin
Boys	U13	Shot Putt (2kg)
Boys	U12	Shot Putt (2kg)
Girls	U13	High Jump
Boys	U12	High Jump

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## Munster Athletics - U9 to U11 Team Games 2018

Saturday 9<sup>th</sup> June 2018 – Venue: An Ríocht A.C. Track, Castleisland, Co. Kerry @ 10am

### Track Events –11:00am

**Gender Age Group Event**

**11.00**

Girls U9 60m

Boys U9 60m

Girls U10 60m

Boys U10 60m

Girls U11 60m

Boys U11 60m

**12.30**

Girls U9 300m

Boys U9 300m

Girls U10 500m

Boys U10 500m

Girls U11 600m

Boys U11 600m

**14.00**

**3000m**

**GU16, GU17, GU18,  
GU19**

**3000m**

**BU16, BU17, BU18,  
BU19**

Girls U9 4 x 100m

Boys U9 4 x 100m

Girls U10 4 x 100m

Boys U10 4 x 100m

Girls U11 4 x 100m

Boys U11 4 x 100m

### RELAY FINALS

**Check In for Relays Closes at 12 noon**

**Munster AAI reserve the right to change the order of events to assist with the smooth running of these Championships**

**The programme may move ahead of the scheduled time by 1 hour but not before 1pm**

**PLEASE LISTEN TO THE P. A. ANNOUNCEMENTS**



# Munster Athletics - U14 to U19 Track & Field Championships 2018

Saturday 16<sup>th</sup> & Sunday 17<sup>th</sup> June 2018 – Venue: Waterford Regionals Sports Centre @ 9.30am

## Day 1 – Saturday 16<sup>th</sup> June

		TRACK EVENTS		FIELD EVENTS	
Time	Event	Age Categories		Events	Time
<b>11.00am</b>	<b>800m</b>	B14, B15, B16, B17, B18, B19		<b>HIGH JUMP 11:00am</b>	
	<b>800m</b>	G14, G15, G16, G17, G18, G19		Girls U14 (1.10m)	
	<b>2000m Walks</b>	G14, B14, G15, B15, G16		Boys U19 (1.50m)	
	<b>3000m Walks</b>	B16, G17, B17, G18, G19		Girls U16 (1.20m)	
	<b>5000m Walks</b>	B18, B19		Girls U18 (1.30m)	
	<b>110m Hurdles (3'3")</b>	B19		Boys U17 (1.35m)	
	<b>110m Hurdles (3'0")</b>	B18		Boys U15 (1.25m)	
	<b>100m Hurdles (3'0")</b>	B17		<b>TRIPLE JUMP 11:00am</b>	
	<b>100m Hurdles (2'9")</b>	G19		Boys U17, U18, U15Pit2	
	<b>100m Hurdles (2'9")</b>	B16, G18		Girls U16, U17, (Pit 2)	
	<b>80m Hurdles (2'9")</b>	B15		<b>LONG JUMP 11:00am</b>	
	<b>100m Hurdles (2'6")</b>	G17		Girls U19 (Pit 1)	
	<b>80m Hurdles (2'6")</b>	G15, G16		Girls U15 (Pit 1)	
	<b>75m Hurdles (2'6")</b>	B14		Boys U14 (Pit 1)	
	<b>75m Hurdles (2'3")</b>	G14		Boys U16 (Pit 2)	
	<b>Break on Track</b>			Girls U18 (Pit 2)	
	<b>200m Heats</b>	G14, B14, G15, B15, G16, B16		Boys U18 (Pit 1)	
	<b>400m Finals</b>	G17, B17, G18, B18, G19, B19		<b>POLE VAULT 10:30am</b>	
	<b>3000m ( moved to 9<sup>th</sup> June with Team Games)</b>	G16, G17, G18, G19		Boys U15 – U19	
	<b>3000m</b>	B16, B17, B18, B19		Girls U15 - U19	
	<b>100m Heats</b>	G17, G18, G19		<b>SHOT 11:00am</b>	
	<b>100m Heats</b>	B17, B18, B19		Girls U19 (4kg)	
	<b>200m FINALS</b>	G14, B14, G15, B15, G16, B16		Girls U18 (3kg)	
	<b>100m Finals</b>	G17, B17, G18, B18, G19, B19		Girls U17 (3kg)	
	<b>4 X 100m Relays</b>	B14, G15, B16, G17, B18, G19		Girls U16 (3kg)	
				Boys U17 (5kg)	
				Girls U14 (2.72kg)	
				<b>DISCUS 12:30am</b>	
				Girls U15 (.75kg)	
				Boys U14 (.75kg)	
				Boys U15 (1kg)	
				Boys U16 (1kg)	
				Girls U18 (1kg)	
				Boys U19 (1.5kg)	
				<b>JAVELIN 11:00am</b>	
				Girls U16 (500g)	
				Girls U14 (400g)	
				Boys U17 (700g)	
				Boys U19 (800g)	
				Boys U15 (500g)	
				Boys U18 (700g)	
				<b>HAMMER 9:30am</b>	
				Boys U18 (5kg)	
				Girls U19 (4kg)	
				Girls U17 (3kg)	
				Boys U16 (4kg)	
				Girls U15 (2.5kg)	
				Boys U14 (2.5kg)	

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ANNOUNCEMENTS**

**In the event of heats in the 800m results will be decided on times**



# Munster Athletics - U14 to U19 Track & Field Championships 2018

Saturday 16<sup>th</sup> & Sunday 17<sup>th</sup> June 2018 – Venue: Waterford Regional Sports Centre @ 9.30am

## DAY 2 – SUNDAY 17<sup>th</sup> June

TRACK EVENTS			FIELD EVENTS	
Time	Event	Age Categories	Events	Time
<b>11.00am</b>			<b>HIGH JUMP</b>	<b>11:00am</b>
	<b>250m Hurdles (2'3")</b>	G15, G16	Girls U15	
	<b>250m Hurdles (2'6")</b>	B15, B16	Girls U17, U19	
	<b>300m Hurdles (2'6")</b>	G17, B17	Boys U16, U18	
	<b>400m Hurdles (2'6")</b>	G18, G19	Boys U14	
	<b>400m Hurdles (2'9")</b>	B18		
	<b>400m Hurdles (3'0")</b>	B19	<b>LONG JUMP</b>	<b>11:00am</b>
	<b>2000m Steeplechase (2'6")</b>	G17, G18, G19	Girls U16 (Pit 1)	
	<b>2000m Steeplechase (3'0")</b>	B17, B18, B19	Boys U19 (Pit 1)	
			Boys U17 (Pit 1)	
			Boys U15 (Pit 2)	
			Girls U17 (Pit 2)	
			Girls U14 (Pit 2)	
	<b>Break on Track</b>			
	<b>200m Heats</b>	G17, B17, G18, B18, G19, B19	<b>TRIPLE JUMP</b>	<b>11.00am</b>
	<b>80m Heats</b>	G14, B14	Girls U 19 (Pit 2)	
	<b>100m Heats</b>	G15, B15, G16, B16	Girls U 18 (Pit 2)	
	<b>100m Heats</b>		Boys U16 (Pit 2)	
	<b>1500m Finals</b>	G14, G15, G16, G17, G18, G19	Boys U19 (Pit 2)	
	<b>1500m Finals</b>	B14, B15, B16, B17, B18, B19		
	<b>200m FINALS</b>	G17, B17, G18, B18, G19, B19	<b>SHOT</b>	<b>11:00am</b>
	<b>80m FINALS</b>	G14, B14	Boys U18 (5k)	
	<b>100m Finals</b>	G15, B15, G16, B16	Boys U14 (2.72kg)	
	<b>4 x 100m</b>	G14, B15, G16, B17, G18, B19	Boys U15 (3kg)	
			Boys U16 (4kg)	
			Boys U19 (6kg)	
			Girls U15 (2.72kg)	
			<b>DISCUS</b>	<b>12:30am</b>
			Girls U17 (1kg)	
			Boys U18 (1.5kg)	
			Girls U14 (.75kg)	
			Boys U17 (1.5kg)	
			Girls U16 (1kg)	
			Girls U19 (1kg)	
			<b>JAVELIN</b>	<b>11:00am</b>
			Boys U16 (600g)	
			Girls U17 (600g)	
			Girls U15 (400g)	
			Girls U18 (500g)	
			Girls U19 (600g)	
			Boys U14 (400g)	
			<b>HAMMER</b>	<b>9:30am</b>
			Boys U19 (6kg)	
			Boys U17 (5kg)	
			Girls U18 (3kg)	
			Girls U16 (3kg)	
			Boys U15 (3kg)	
			Girls U14 (2.5kg)	

**Munster AAI reserve the right to change the order of events  
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not before 1pm.**

**PLEASE LISTEN TO THE P. A. ANNOUNCEMENTS**



## Munster Athletics - U9 to U16 Juvenile "B" Track & Field Championships 2018

Saturday 21<sup>st</sup> July – Venue: TBC @ 11am

### GIRLS TRACK EVENTS COMMENCE AT 11AM

Gender	Age Group	Track Events	
Girls	U09	60m Heats	
Girls	U10	60m Heats	
Girls	U11	60m Heats	
Girls	U12	80m Heats	
Girls	U13	80m Heats	
Girls	U14	80m Heats	
<b>SEMI-FINALS IN SAME ORDER</b>			
Girls	U15	100m Heats	
Girls	U16	100m Heats	
<b>SPRINT FINALS IN SAME ORDER</b>			
Girls	U10	500m Heats	
Girls	U11	600m Heats	
Girls	U12	600m Heats	
Girls	U13	600m Final	
Girls	U09	300m Final	
Girls	U14	800m Final	
Girls	U15	800m Final	
Girls	U16	800m Final	
<b>FINALS IN SAME ORDER</b>			
<b>THERE WILL BE A SHORT BREAK</b>			
<b>BOYS TRACK EVENTS</b>			
Gender	Age Group	Track Events	
Boys	U09	60m Heats	
Boys	U10	60m Heats	
Boys	U11	60m Heats	
Boys	U12	80m Heats	
Boys	U13	80m Heats	
Boys	U14	80m Heats	
<b>SEMI-FINALS IN SAME ORDER</b>			
Boys	U15	100m Heats	
Boys	U16	100m Heats	
<b>ALL SPRINT FINALS IN SAME ORDER AS ABOVE</b>			
Boys	U10	500m Heats	
Boys	U11	600m Heats	
Boys	U12	600m Heats	
Boys	U13	600m Final	
Boys	U09	300m Heats	
Boys	U14	800m Final	
Boys	U15	800m Final	
Boys	U16	800m Final	
<b>FINALS IN SAME ORDER IF REQUIRED</b>			

### BOYS FIELD EVENTS START AT 11AM

Long Jump Pit 1	Long Jump Pit 2	Turbo Javelin	Shot Putt	High Jump
Boys 09	Boys 11	Boys 11	Boys 16	Boys 12
Boys 10	Boys 12	Boys 09	Boys 13	Boys 14
Boys 13	Boys 14	Boys 10	Boys 15	Boys 16
Boys 15	Boys 16	Boys U12	Boys 14	Boys 13
			Boys 12	Boys 15

### GIRLS FIELD EVENTS START WHEN BOYS ARE COMPLETED

Long Jump Pit 1	Long Jump Pit 2	Turbo Javelin	Shot Putt	High Jump
Girls 09	Girls 11	Girls 10	Girls 16	Girls 12
Girls 10	Girls 12	Girls 09	Girls 13	Girls 14
Girls 13	Girls 14	Girls 11	Girls 15	Girls 16
Girls 15	Girls 16	Girls U12	Girls 14	Girls 13
			Girls 12	Girls 15

### General Notes

Please note that Girls will start with Track events and Boys will start with Field Events. This is to avoid clashes between the Track and the Field.

### Athletes may compete in two events only

It will be the best of **three** attempts in all Field Events

### Eligibility

**All athletes who competed in the Munster "A" Championships but did not win an individual medal are eligible to compete. Newly registered athletes are also eligible.**

### Competition Numbers

**Must be collected at least 45 minutes before the competition commences  
i.e. 10:15am.**

**COMPETITIONS COMMENCE AT 11am**

**5mm Needle Spikes Only Allowed**

## Appendix

### 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 1.80m 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 1.50 m up by 15cm

Girls 16 start at 1.50 m up by 15cm

Girls 17 start at 1.50m up by 15cm

Girls 18 start at 1.50 m up by 15cm

Girls 19 start at 1.50 m up by 15cm



*Celtic Games Track & Field 4th August 2018 (Scotland)*

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*Selection Criteria*

1. Based on results of 2018 AAI National Track & Field Championships
2. Selection by Juvenile Athletic Committee
3. Notification via Juvenile Secretary
4. Acceptance of selection is subject to clean bill of health signed by coach

**Celtic Games - 2018 Events**

<b>Girls under 18</b>	<b>Boys under 18</b>	<b>Girls under 16</b>	<b>Boys under 16</b>
100m H	110m H	80m H	100m H
400m H	400m H		
100m	100m	100m	
200m	200m		200m
400m	400m		
800m	800m	800m	
1500m	1500m		1500m
3000m	3000m		
2000m S/C	3000m S/C		
4 x 100m Relay	4 x 100m Relay	*4 x 100m Mixed Relay 2 Boys + 2 Girls	
4 x 400m Relay	4 x 400m Relay		
High Jump	High Jump		High Jump
Long Jump	Long Jump	Long Jump	
Triple Jump	Triple Jump		
Pole Vault	Pole Vault		
Shot	Shot	Shot – 3k	
Discus	Discus		Discus – 1.25 k
Hammer	Hammer		
Javelin	Javelin	Javelin – 500g	

**\*Athletes for Mixed Relay MUST compete in individual team events**