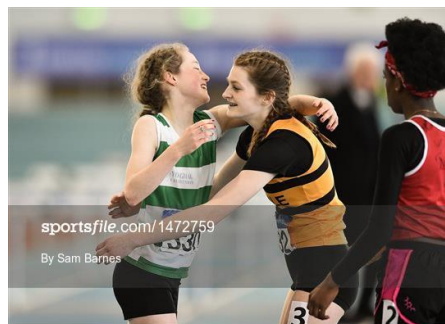




Munster Juvenile Indoor Competition Booklet 2019



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

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 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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2019 Age Categories

2019 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 2011

Age 10 Born 2010

Age 11 Born 2009

Age 12 Born 2008

Age 13 Born 2007

Age 14 Born 2006

Age 15 Born 2005

Age 16 Born 2004

Age 17 Born 2003

Age 18 Born 2002

Age 19 Born 2001

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 and collect a Hi Viz Jacket at the Check-In Desk/Number Collection Desk. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent/guardian.



Juvenile Fixtures 2019



Date	January 2019	Venue
Sun 20th	Munster Juvenile Inter-Club Relays & Juvenile Jumps & Throws - Day 1	Nenagh Indoor Stadium

Date	February 2019	Venue
Sat 2nd	Munster Star Awards Banquet	Rathkeale House Hotel, Rathkeale, Co. Limerick
Sat 9th	Munster U/9 to U/11 Indoor Championships & Women's & Men's Walks & Men's 3km	Nenagh Indoor Stadium
Sun 10th	Munster Junior, Senior & Masters Indoor Championships	Nenagh Indoor Stadium
Sat 23rd	Munster U/12 to U/19 Indoor Championships - Day 2	Nenagh Indoor Stadium
Sun 24th	Munster U/12 to U/19 Indoor Championships - Day 3	Nenagh Indoor

- *Dates correct at time of publication (September 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 for 2019.

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 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.

365. 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 Juvenile Inter-Club Indoor Relays & Day 1 U12 to U19 Indoor Championships – Sunday 20th January 2019

Juvenile Indoor Inter Club Relays + Some U15 to U19 Field Events

Day: SATURDAY 20TH JANUARY

Venue: Nenagh Indoor Stadium, Nenagh

ORDER OF EVENTS – SUNDAY 20TH JANUARY 2019

10:30am

4 x 200m Girls U9 Heats
 4 x 200m Boys U9 Heats
 4 x 200m Girls U11 Heats
 4 x 200m Boys U11 Heats
 4 x 200m Girls U13 Heats
 4 x 200m Boys U13 Heats
 4 x 200m Girls U15 Heats
 4 x 200m Boys U15 Heats
 4 x 200m Girls U17 Heats
 4 x 200m Boys U17 Heats
 4 x 200m Girls U19 Heats
 4 x 200m Boys U19 Heats

10:00am

Shot Putt (6K) Boys U19
 Shot Putt (4K) Girls U19
 Shot Putt (5K) Boys U18
 Shot Putt (3K) Girls U18
 Shot Putt (5K) Boys U17
 Shot Putt (3K) Girls U17

10:00am

Pole Vault Girls: U13, U14, U15, U16, U17, U18, U19

01:30

Pole Vault Boys: U13, U14, U15, U16, U17, U18, U19

FINALS OF ABOVE

2:00pm

4 x 200m Girls U10 Heats
 4 x 200m Boys U10 Heats
 4 x 200m Girls U12 Heats
 4 x 200m Boys U12 Heats
 4 x 200m Girls U14 Heats
 4 x 200m Boys U14 Heats
 4 x 200m Girls U16 Heats
 4 x 200m Boys U16 Heats
 4 x 200m Girls U18 Heats
 4 x 200m Boys U18 Heats

10:00am

High Jump Girls U17, U18, U19
 High Jump Boys U17, U18, U19
 High Jump Boys U16
 High Jump Girls U16

10:00am

Long Jump Girls U16
 Long Jump Boys U16
 Long Jump Girls U15
 Long Jump Boys U15
 Long Jump Girls U14

FINALS OF ABOVE

RELAY – QUALIFICATION

1 Heat If heats are not required Final will be held at heat time
 2 Heats Winner + 2 next best Times
 3 Heats 4 Fastest Times
 4 + Heats 4 Fastest Times

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 2019 (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 subs (maximum of 2) are present on the day and declared, medals will be presented
- **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.**

EVENTS GUIDE – U9 to U11

GIRLS U9

60m Sprint
300m
Long Jump

GIRLS U10

60m Sprint
500m
Long Jump

GIRLS U11

60m Sprint
600m
Long Jump
Shot Putt

BOYS U9

60m Sprint
300m
Long Jump

BOYS U10

60m Sprint
500m
Long Jump

BOYS U11

60m Sprint
600m
Long 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.

Juvenile Indoor U9 – U11 + Senior, Junior, U23 & Masters 3k Race's + All Walks

Day: **SATURDAY 9TH February**

Venue: **Nenagh Indoor Stadium, Nenagh**

ORDER OF EVENTS – SATURDAY 9TH February

EVENTS – CENTRE TRACK – Start 11:00am

Event	Age Categories	Type
60m Sprint	Girls Under 09	Heats
60m Sprint	Boys Under 09	Heats
60m Sprint	Girls Under 10	Heats
60m Sprint	Boys Under 10	Heats
60m Sprint	Girls Under 11	Heats
60m Sprint	Boys Under 11	Heats
60m Sprint	Girls Under 09	Finals
60m Sprint	Boys Under 09	Finals
60m Sprint	Girls Under 10	Finals
60m Sprint	Boys Under 10	Finals
60m Sprint	Girls Under 11	Finals
60m Sprint	Boys Under 11	Finals

EVENTS – MAIN TRACK – Start at 11: 00am

Event	Age Categories	Type
3k Walk	Women: Jnr, U23, Snr, O/35, O/50 & O/65	Finals
3k Walk	Men: Jnr, U23, Snr, O/35, O/50 & O65	Finals
600m	Girls U11	Times
600m	Boys U11	Times
300m	Girls U09	Times
300m	Boys U09	Times
500m	Girls U10	Times
500m	Boys U10	Times
Not Before 2.30pm		
3000m	Women Senior & O35 – O70	Times
3000m	Men Junior, Senior & U23+	Times
3000m	Men Senior M35 – M45	Times
3000m	Men Senior M50+	Times

FIELD EVENTS

Long Jump 10:00am

Event	Age Categories
Long Jump	Girls Under 11
Long Jump	Boys Under 11
Long Jump	Girls Under 09
Long Jump	Boys Under 09
Long Jump	Girls Under 10
Long Jump	Boys Under 10

Shot Putt

Event	Age Categories
Shot Putt	Girls Under 11
Shot Putt	Boys Under 11

SPRINT QUALIFICATION

Where heats are not required FINALS will be held at heat Time

2 Heats	First Three (3) plus the Two (2) best Times
3 Heats	First Two (2) Plus the Two (2) best Times
4 Heats	Winner plus Four (4) best Times
5 Heats +	9 Fastest times to the final

**All times are approximate.
Times and Order of Events may change in line with the progression of events**

EVENTS – U12 to U19

GIRLS 12

60m Sprint
600m
High Jump
Long Jump
Shot Put

GIRLS 13

60m Sprint
60m Hurdles
600m
1000m Walk
High Jump
Long Jump
Shot Put
Pole Vault

GIRLS 14

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

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 12

60m Sprint
600m
High Jump
Long Jump
Shot Put

BOYS 13

60m Sprint
60m Hurdles
600m
1000m Walk
High Jump
Long Jump
Shot Put
Pole Vault

BOYS 14

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

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

Juvenile Indoor U12 – U19 Indoor Championships – Day 2

Day: **SATURDAY 23rd February**

Venue: **Nenagh Indoor Stadium, Nenagh**

ORDER OF EVENTS – SATURDAY 23rd February

10:30am

Event	Age Categories	Times
400m	Girls & Boys U18	Times
400m	Girls & Boys U19	Times

1500m	Girls & Boys U16	Final
1500m	Girls & Boys U17	Final
1500m	Girls & Boys U18	Final
1500m	Girls & Boys U19	Final

1500m Walk	Boys	Final
1500m Walk	Boys U17	Final
1500m Walk	Boys U18	Final
1500m Walk	Boys U19	Final
1000m Walk	Boys U14/U13	Final
1000m Walk	Boys U15	Final

**NOTE: THERE WILL BE A 20 MINUTE BREAK
ON THE TRACK AFTER THE BOYS WALKS**

1000m Walk	Girls U14/U13	Final
1000m Walk	Girls U15	Final
1500m Walk	Girls U16	Final
1500m Walk	Girls U17	Final
1500m Walk	Girls U18	Final
1500m Walk	Girls U19	Final

2:30pm

60m Sprint	Girls & Boys U12	Heats
60m Sprint	Girls & Boys U13	Heats
60m Sprint	Girls & Boys U14	Heats
60m Sprint	Girls & Boys U15	Heats
60m Sprint	Girls & Boys U16	Heats
60m Sprint	Girls & Boys U17	Heats
60m Sprint	Girls & Boys U18	Heats
60m Sprint	Girls & Boys U19	Heats

60m Sprint	Girls & Boys	Finals
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10:30am

Event	Age Categories
Shot Putt (2K)	Boys U13
Shot Putt (2K)	Girls U13
Shot Putt (3K)	Boys U15
Shot Putt (2.72K)	Girls U15
Shot Putt (3K)	Girls U16

10:00am

High Jump (Mat 1)	Girls U13
High Jump (Mat 2)	Boys U14
High Jump (Mat 1)	Girls U14
High Jump (Mat 2)	Boys U13
High Jump (Mat 1)	Girls U12
High Jump (Mat 2)	Boys U12
High Jump (Mat 1)	Boys U15
High Jump (Mat 1)	Girls U15

10:00am

Long Jump	Girls U19
Long Jump	Boys U19
Long Jump	Girls U18
Long Jump	Boys U18
Long Jump	Girls U17
Long Jump	Boys U17

SPRINT QUALIFICATION

Where heats are not required **FINALS** will be held at heat Time

2 Heats	First Three (3) plus the Two (2) best Times
3 Heats	First Two (2) Plus the Two (2) best Times
4 Heats	Winner plus Four (4) best Times
5 Heats +	8 Fastest times to the final

Juvenile Indoor U12 – U19 Indoor Championships – Day 3

Day: Sunday 24th February

Venue: Nenagh Indoor Stadium, Nenagh

ORDER OF EVENTS – Sunday 24th February

11:00am			11:00am	
200m	Girls & Boys U16	Heats	Long Jump (Pit 1)	Girls U12
200m	Girls & Boys U17	Heats	Long Jump (Pit 1)	Boys U12
200m	Girls & Boys U18	Heats	Long Jump (Pit 1)	Girls U13
200m	Girls & Boys U19	Heats	Long Jump (Pit 2)	Boys U13
			Long Jump (Pit 2)	Boys U14
600m	Girls & Boys U12	Times	10:00am	
600m	Girls & Boys U13	Times	Triple Jump (Pit 2)	Girls U18
800m	Girls & Boys U14	Times	Triple Jump (Pit 2)	Boys U18
800m	Girls & Boys U15	Times	Triple Jump (Pit 2)	Girls U19
800m	Girls & Boys U16	Times	Triple Jump (Pit 2)	Boys U19
800m	Girls & Boys U17	Times		
800m	Girls & Boys U18	Times	11:30am	
800m	Girls & Boys U19	Times	Shot Putt (2K)	Boys U12
			Shot Putt (2K)	Girls U12
60m Hurdles 3'3"	Boys U19	Times	Shot Putt (2K)	Girls U14
60m Hurdles 3'0"	Boys U18	Times	Shot Putt (2.72K)	Boys U14
60m Hurdles 3'0"	Boys U17	Times	Shot Putt (4K)	Boys U16
60m Hurdles 2'9"	Girls U19	Times		
60m Hurdles 2'9"	Boys U16	Times		
60m Hurdles 2'9"	Boys U15	Times		
60m Hurdles 2'6"	Girls U18	Times		
60m Hurdles 2'6"	Girls U17	Times		
60m Hurdles 2'6"	Girls U16	Times		
60m Hurdles 2'6"	Girls U15	Times		
60m Hurdles 2'6"	Boys U14	Times		
60m Hurdles 2'3"	Girls U14	Times		
60m Hurdles 2'3"	Boys U13	Times		
60m Hurdles 2'3"	Girls U13	Times		
200m Sprint	Girls	Finals		
200m Sprint	Boys	Finals		

200 SPRINT QUALIFICATION

Where heats are not required **FINALS** will be held at heat Time

2 Heats **Winner (1) plus the Two (2) best Times**

3 Heats **4 Fastest times to the final**

Appendix 1

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 13 start at 2.15cm up by 15cm to 2.30m after by 10cm
Boys 14 start at 2.15cm up by 15cm to 2.30m after by 10cm
Boys 15 start at 2.15cm up by 15cm to 2.30m after by 10cm
Boys 16 start at 2.30cm up by 15cm to 2.45m after by 10cm
Boys 17 start at 2.30cm up by 15cm to 2.45m after by 10cm
Boys 18 start at 2.30cm up by 15cm to 2.45m after by 10cm
Boys 19 start at 2.30cm up by 15cm to 2.50m after by 10cm

Girls 13 start at 1.50m up by 15cm
Girls 14 start at 1.50m up by 15cm
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 2019 Munster Convention will be held at 12 noon on **(March, date tbc) 2019** in Clare. All motions & nominations must be with Munster Administration Secretary, Esther Fitzpatrick (e-mail: tfsecretary@munsterathletics.com) by Sunday 20th January 2019. More details will be on the Munster Athletics website, www.munsterathletics.com at a later date.

MUNSTER STAR AWARDS



The 2018 Munster Star Awards will be held on **Saturday 2nd February 2019** in The Rathkeale House Hotel, Rathkeale, Co. Limerick @ 7.30pm sharp.

Munster Star Award Winners 2018

Indoor & Track and Field Awards

Clare	Chisom Ugwuera	Ennis Track A.C.
Clare	Darragh Minitier	St. Mary's A.C. Clare
Cork	Emily Wall	Leevale A.C.
Cork	Harry Nevin	Leevale A.C.
Kerry	Alyce O'Connor	Kenmare & District A.C.
Kerry	Jordan Kissane	Tralee Harriers A.C.
Limerick	Laura Frawley	St. Mary's A.C. Limerick
Limerick	Geoffery Joy O'Regan	Sunhill Harriers A.C.
Tipperary	Aimee Hayde	Newport A.C.
Tipperary	Sean Carolan	Nenagh Olympic A.C.
Waterford	Emily O'Mahony	Waterford A.C.
Waterford	Callum Hurley	Ferrybank A.C.
Junior Women	Vickie Cusack	Liscarroll A.C.
Junior Men	Shane Monagle	Tramore A.C.
Under 23 Women	Denise O'Connor	Tramore A.C.
Under 23 Men	Rossa Foley	Farranfore Maine Valley A.C.
Senior Women	Orla O'Reilly	Tralee Harriers A.C.
Senior Men	John Dwyer	Templemore A.C.
Master Women	Shirley Fennelly	Tramore A.C.
Master Men	Tim Ryan	Dooneen A.C.

International Award Joe Gough West Waterford A.C.

Patsy O'Connor Award Clare

Juvenile Cross Country Awards

Clare	Mark Hanrahan,	Ennis Track A.C.
Cork	Damien Madigan,	North Cork A.C.
Kerry	Níamh O'Mahoney	An Ríocht A.C.
Limerick	Kevin O'Grady	Dooneen A.C.
Tipperary	Aimee Hayde,	Newport A.C.
Waterford	Órla O'Connor	Waterford A.C.

Senior / Master Cross Country and Road Awards

Senior Men	Niall Shanahan	An Brú A.C.
Senior Women	Michelle Kenny	Leevale A.C.
Master Men	Séan McGrath	East Cork A.C.
Master Women	Dympna Ryan	Dundrum A.C.

Club Awards

Best Juvenile Indoor Club	Leevale A.C.
Junior/Senior Indoor Club	Leevale 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	Gneeveguilla A.C.
Juvenile Cross Country Club	Ennis Track A.C.
Senior/Master Club Cross Country & Road	Ennis Track A.C.
Best Juvenile "B" Cross Country Club	Bandon A.C.

County Awards

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

