



*Munster Juvenile Outdoor
Competition Booklet 2019*

All Enquiries to Munster Juvenile Assistant Secretary, Aisling Hoey
E-Mail: ahoey@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 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.

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



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Munster Council Officers 2019

Position	Officer
Chairman	Mossie Woulfe, Limerick
Vice Chairman	Ina Kileen, Cork
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, U/23, Senior & Masters T&F Assistant Competition Secretary	Aisling Hoey, Tipperary
Junior, Senior & Masters Indoor Competition Secretary	Padraig Kelly, Cork
Juvenile Indoor & Outdoor Track & Field Competition Secretary	Anne Cullinane, Limerick
Juvenile Indoor & Outdoor Track & Field Assistant Competition Secretary	Aisling Hoey, Tipperary
Cross Country & Road Competition Secretary	Michael Lillis, Clare
Cross Country & Road Assistant Competition Secretary	Eibhlis Purcell, Tipperary
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	PJ O'Rourke, Limerick
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	tfsecretary@munsterathletics.com
Senior T&F Competition Secretary	tfsecretary@munsterathletics.com
Assistant Juvenile Competition (Indoor & T&F) Secretary	ahoey@munsterathletics.com
Senior Indoor Competition Secretary	indoorsecretary@munsterathletics.com
Cross Country Competition Secretary	ccsecretary@munsterathletics.com

2019 Age Categories

2019 Age Categories (as per AAI Juvenile Competition Booklet 2019)

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.

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 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

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.



CHANGES POST AAI CONGRESS 2018 (Carrick-On-Shannon)

Motions carried at AAI Congress pertaining to Juvenile Competition Rules will come into effect starting January 2019.

48. THAT: the relay race for the U12 and U13 age groups in the National Juvenile Indoor Championships be changed from 4x100m to 4x200m.



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 the Munster Juvenile Secretary at the Check-In 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	May 2019	Venue
Wed 1st	<u>East Munster Schools GIRLS T&F Championships</u>	Templemore Track
Tues 7th	<u>North Munster Schools T&F Championships - Day 1</u>	Castleisland, Co. Kerry
Thurs 9th	<u>East Munster Schools BOYS T&F Championships</u>	Waterford RSC
Wed 8th	<u>South Munster Schools GIRLS T&F Championships</u>	CIT, Cork
Thurs 9th	<u>North Munster Schools T&F Championships - Day 2</u>	UL
Fri 10th	<u>South Munster Schools BOYS T&F Championships</u>	CIT, Cork
Sat 18th	<u>Irish Life Health Munster Schools T&F Championships</u>	CIT, Cork
Sat 25th	<u>Munster U/9 to U/11 Individual T&F & Pairs + Women's & Men's Walks & Women's 3km races & Senior, M35 - M45 Men's 5km Races</u>	CIT, Cork

Date	June 2019	Venue
Sat 1st	<u>Irish Life Health Irish Schools T&F Championships</u>	Tullamore
Sat 8th	<u>Munster U/12 to U/19 T&F Championships - Day 1</u>	Templemore Track, Co. Tipperary
Sun 9th	<u>Munster Junior, U/23, Senior & Masters T&F Championships</u>	Templemore Track, Co. Tipperary
Sat 15th	<u>Munster U/12 to U/19 T&F Championships - Day 2</u>	An Ríocht A.C. Track, Castleisland, Co. Kerry
Sun 16th	<u>Munster U/12 to U/19 T&F Championships - Day 3</u>	An Ríocht A.C. Track, Castleisland, Co. Kerry
Sat 22nd	<u>Irish Life Health Tailteann Games T&F Championships</u>	Morton Stadium, Santry
Sat 22nd	AAI Games & Irish Life Health Combined Events Day 1	Morton Stadium, Santry
Sun	Irish Life Health Combined Events Day 2 & Juvenile Combined Events	Morton Stadium, Santry

23rd		
Sat 29th	<i>AAI Children's Games & Limited U/12 & U/13 Events</i>	<i>Tullamore</i>
Sun 30th	<i>Munster Juvenile "B" T&F & Juvenile Pentathlon Championships</i>	<i>Lee's Road, Ennis, Co. Clare.</i>

Date	July 2019	Venue
Sat 6th	Irish Life Health Junior & U/23 T&F Championships	Tullamore
Sun 7th	Irish Life Health Juvenile T&F Championships - Day 1	Tullamore
Sat 13th	Irish Life Health National Juvenile T&F Championships - Day 2	Tullamore
Sun 14th	Irish Life Health National Juvenile T&F Championships - Day 3	Tullamore
Thurs 18th - 21st)	European U/20 T&F Championships	Boras, Sweden
Sat 20th	SIAB Track & Field Championships	Swansea University
Sun 21st	Irish Life Health Juvenile "B" T&F & Relay Championships	Tullamore
Sat 20th - 28th	15th EYOF	Baku, AZE

Munster Athletics Juvenile U 12 to U/19 Track & Field Regulations 2019



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 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 **Immediately after their competition is over, all athletes must remove any field event marks put down by them before or during the competition (ie tape, tacks, pins).**
- 26 Opening Heights for the High Jump and Pole Vault can be found in the Appendix at the end of this booklet.
- 27 Turbo Javelin rules and format are as javelin competition. 3 individual throws per athlete. Top 8 to final.
- 28 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*

29 Regional Competition Secretaries must be available for queries on the days of competition.

30 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.**

31 Please do not leave your personal belongings unattended.

32 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.

33 **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.**

34 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.

35 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.

Please direct any queries to Munster Juvenile Assistant Secretary at ahoey@munsterathletics.com.

**SPRINT/HURDLES (SHORT & LONG) 200M & 400M QUALIFICATION
(Relays will be done on times as qualification is from County Championships)**

No of Heats	Advancement
2 Heats	First Three(3) + the Two (2) Best Times
3 Heats	First Two (2) + the Two (2) Best Times
4 Heats	The Winner of each Heat + Four Next Best Times
5 Heats	The Winner and the 3 Next Best Times
6 Heats	The Winner and the 2 Next Best Times
7 Heats	The Winner and the Next Best Time
8 Heats	First 2 athletes + 8 Next Best Times to Semi Finals

Munster Athletics Juvenile U/9 to U/11 Team Games Regulations 2019



U9 Girls & Boys Born 2011

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

U10 Girls & Boys Born 2010

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

U11 Girls & Boys Born 2009

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 2011**)
4. Each team's combined distances or combined times are added for team scoring.
5. Medals for 1st, 2nd and 3rd 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. **Teams are calculated according to how the athletes finish in the event. There is no need to declare teams beforehand. Enter athletes as individuals and they are automatically entered for team competition as well if Clubs have more than one athlete in an event.**

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 2011.**
- 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 2011.**
- **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*	100m	91.4cm 3' 0"	10	13.00m	8.50m	10.50m
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 13

80m Sprint
60m Hurdles
600m
High Jump
Long Jump
Shot Put
Javelin
Pole Vault*
2k Walk*

****U13/U/14 Pole Vault and U13 Walk at Munster level only. No National competition in these age groups.***

GIRLS 14

80m Sprint
75m Hurdles

200m
800m
1500m
2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Shot Putt
Pole Vault*

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 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 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 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 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
2k Walk*
Pole Vault*

**U13/U14 Pole Vault & U13 Walks at Munster level only. No National competition in these age groups.*

BOYS 14

80m Sprint
75m Hurdles

200m
800m
1500m

2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault*
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

U09 to U11 Pairs Competition + U12& U13 Field Event Senior, Junior Master – Distance Events Walks Championships 2019

Saturday 25th May

Venue: CIT Cork

11:00				10:00		
Event	Gender	Categories	Type	Event	Gender	Age
3k Walk	Women	Senior, Junior, U23, W35 - W70	Finals	Long Jump (Pit 1)	Girls	U9
3k Walks	Men	65 + Plus Only	Finals	Long Jump (Pit 2)	Boys	U9
5k Walks	Men	Senior, Junior, U23, M35 - M60	Finals	11:15		
11:45				Long Jump (Pit 1)	Girls	U12
60m Sprint	Girls	U9	Timed	Long Jump (Pit 2)	Boys	U12
60m Sprint	Boys	U9	Timed	12:30		
60m Sprint	Girls	U10	Timed	Long Jump (Pit 1)	Girls	U10
60m Sprint	Boys	U10	Timed	Long Jump (Pit 2)	Boys	U10
60m Sprint	Girls	U11	Timed	14:00		
60m Sprint	Boys	U11	Timed	Long Jump (Pit 1)	Girls	U11
13:00				Long Jump (Pit 2)	Boys	U11
Event	Gender	Categories	Type	15:15		
300m	Girls	U9	Timed	Long Jump (Pit 1)	Girls	U13
300m	Boys	U9	Timed	Long Jump (Pit 2)	Boys	U13
500m	Girls	U10	Timed	10:00		
500m	Boys	U10	Timed	Turbo Javelin	Girls	U10
600m	Girls	U11	Timed	Turbo Javelin	Boys	U10
600m	Boys	U11	Timed	11:00		
14:15				Turbo Javelin	Girls	U11
Event	Gender	Categories	Type	Turbo Javelin	Boys	U11
3000m	Women	Masters (W35-W70)		12:00		
5000m	Women	Senior, Junior & U23	Finals	Turbo Javelin	Girls	U12
5000m	Men	Senior, Junior, U23 & Masters (M35 – M70+)	Finals	Turbo Javelin	Boys	U12
15:30				13:00		
Event	Gender	Categories	Type	Turbo Javelin	Girls	U9
4 x 100m	Girls	U9	Timed	Turbo Javelin	Boys	U9
4 x 100m	Boys	U9	Timed	10:30		
4 x 100m	Girls	U10	Timed	High Jump	Girls	U12
4 x 100m	Boys	U10	Timed	High Jump	Boys	U12
4 x 100m	Girls	U11	Timed	High Jump	Girls	U13
4 x 100m	Boys	U11	Timed	High Jump	Boys	U13
				10:00		
				Shot Putt	Girls	U13
				Shot Putt	Boys	U13
				Shot Putt	Girls	U12
				Shot Putt	Boys	U12



Munster Athletics

JUVENILE – T & F Championships 2019 (Day 1)

Saturday 8TH June – Venue: Templemore

ORDER OF EVENTS

Check in for Hurdles closes at 10:00am

10:30am	Boys	U19	110m Hurdles 3'3"
	Boys	U18	110m Hurdles 3'0"
	Boys	U17	100m Hurdles 3'0"
	Girls	U19	100m Hurdles 2'9"
	Boys	U16	100m Hurdles 2'9"
	Boys	U15	80m Hurdles 2'9"
	Girls	U17 & U18	100m Hurdles 2'6"
	Girls	U15 & U16	80m Hurdles 2'6"
	Boys	U14	75m Hurdles 2'6"
	Girls	U14	75m Hurdles 2'3"
	Boys	U13	60m Hurdles 2'3"
	Girls	U13	60m Hurdles 2'3"

Check in for 600m/800m closes at 12:00pm

1:00pm	Girls & Boys	U12	600m Heats
	Girls & Boys	U13	600m Heats
	Girls & Boys	U14	800m Heats
			800m Heats
	Girls & Boys	U15	
	Girls & Boys	U16	800m Heats
	Girls & Boys	U17	800m Heats
	Girls & Boys	U18	800m Heats
	Girls & Boys	U19	800m Heats

Check in for Steeplechase closes at 2:00pm

2:30pm	Girls	U17	2K Steeplechase
	Girls	U18	2K Steeplechase
	Girls	U19	3K Steeplechase
	Boys	U17	2K Steeplechase
	Boys	U18/U19	3K Steeplechase

Check in for Relays closes at 3:30pm

4:00pm	Boys	U12	4 x 100m Relay
	Girls	U13	4 x 100m Relay
	Boys	U14	4 x 100m Relay
	Girls	U15	4 x 100m Relay
	Boys	U16	4 x 100m Relay
	Girls	U17	4 x 100m Relay
	Boys	U18	4 x 100m Relay
	Girls	U19	4 x 100m Relay

9.30am	Girls & Boys	U13, U14, U15, U16	Pole Vault
Warm Up			

10:00am	Girls	U16	High Jump
	Girls	U18	Long Jump
	Boys	U17	Shot Putt (5k)
11:00am	Boys	U16	High Jump
	Girls	U19	Long Jump
	Boys	U19	Long Jump
	Girls	U17	Shot Putt (3k)
12:00	Girls	U17	Long Jump
	Boys	U15	Javelin (500g)
	Boys	U18	Long Jump
	Girls	U18	Shot Putt (3k)

1:00pm	Girls & Boys	U17, U18, U19	Pole Vault
Warm up			

1:30pm	Boys	U18	Javelin (700g)
	Girls	U15	High Jump
	Girls	U16	Long Jump
	Boys	U17	Long Jump

2:30pm	Girls	U14	Javelin (400g)
	Boys	U16	Long Jump Pit 2

3:30pm	Girls	U14	High Jump
	Boys	U14	Javelin (400g)
	Boys	U19	Shot Putt (6k)

10:00am	Girls	U15	Hammer (2.5k)
	Boys	U14	Hammer (2.5k)
	Girls	U14	Hammer (2.5k)
	Boys	U15	Hammer (3k)
After Hammer Competitions			
	Boys	U16	Discus (1k)
	Girls	U16	Discus (1k)
	Girls	U17	Discus (1k)
	Boys	U17	Discus (1.5k)



Munster Athletics

JUVENILE – T & F Championships 2019 (Day 2)

Saturday 15TH June – Venue: Castleisland

Order of Events

Check in for the Walks/400m closes at 9:30am

10:00am	Girls U13,U14,U15, U16	2K Walks Finals
	Girls U17,U18, U19	3k Walks Finals
	Boys U13, U14, U15	2K Walks Finals
	Boys U16, U17	3K Walks Finals
	Boys U18, U19	5K Walks Finals
	Girls U17,U18, U19	400m
	Boys U17,U18, U19	400m

10:00am	Boys U17	High Jump
	Boys U15	Long Jump (Pit 1)
	Boys U14	Shot Putt (2.72k)
	Boys U13	Javelin (400g)

11:00am	Boys U19	High Jump
	Girls U14	Long Jump
	Girls U16	Triple Jump
	Boys U18	Shot Putt (5k)
	Girls U13	Javelin (400g)

Check in for the sprints closes at 11:30am

12:00	Girls & Boys U12	60m Heats
	Girls & Boys U13	80m Heats
	Girls & Boys U14	80m Heats
	Girls & Boys U15	100m Heats
	Girls & Boys U16	100m Heats
	Girls & Boys U17	100m Heats
	Girls & Boys U18	100m Heats
	Girls & Boys U19	100m Heats

12:00	Boys U14	Long Jump
	Boys U16	Triple Jump
	Boys U17	Javelin (700g)

1:30pm	Girls U15	Long Jump
	Girls U17	Triple Jump
	Boys U19	Javelin (800g)

Check in for the 3000m closes at 2:00pm

2:30pm	Boys U16, U17, U18, U19	3000m Finals
	Girls U16, U17, U18, U19	3000m Finals

2:30pm	Boys U14	High Jump
	Boys U17	Triple Jump
	Girls U15	Shot Putt (2.72k)
	Girls U16	Javelin (500g)

Check in for sprint finals closes at 3:00pm

3:30pm	Girls & Boys	Sprint Finals
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Check in for Relays closes at 3:45pm

4:15pm		
	Girls U12	4 x 100m Relay
	Boys U13	4 x 100m Relay
	Girls U14	4 x 100m Relay
	Boys U15	4 x 100m Relay
	Girls U16	4 x 100m Relay
	Boys U17	4 x 100m Relay
	Girls U18	4 x 100m Relay
	Boys U19	4 x 100m Relay

Hammer & Discus

10am	Girls U16	Hammer (3k)
	Boys U16	Hammer (4k)
	Girls U17	Hammer (3k)
	Boys U18	Hammer (5k)
	After Hammer	
	Girls U15	Discus (0.75k)
	Girls U18	Discus (1k)
	Girls U19	Discus (1k)
	Girls U14	Discus (0.75k)



Munster Athletics

JUVENILE – T & F Championships 2019 (Day 3)

Sunday 16TH June – Venue: Castleisland

Check in for 200m & 1500m Closes at 10:30am

11:00am	Girls & Boys U14	200m Heats
	Girls & Boys U15	200m Heats
	Girls & Boys U16	200m Heats
	Girls & Boys U17	200m Heats
	Girls & Boys U18	200m Heats
	Girls & Boys U19	200m Heats
	Girls & Boys U14	1500m Finals
	Girls & Boys U15	1500m Finals
	Girls & Boys U16	1500m Finals
	Girls & Boys U17	1500m Finals
	Girls & Boys U18	1500m Finals
	Girls & Boys U19	1500m Finals

10:00am	Boys U15	High Jump
	Boys U19	Triple Jump
	Girls U14	Shot Putt (2k)
	Girls U18	Javelin (500g)

11:00am	Girls U19	High Jump
	Boys U18	Triple Jump
	Girls U16	Shot Putt (3k)
	Girls U17	Javelin

12:00	Boys U18	High Jump
	Girls U18	Triple Jump
	Boys U16	Shot Putt (4k)
	Girls U19	Javelin (600g)

1:30pm	Girls U17	High Jump
	Girls U19	Triple Jump
	Boys U15	Shot Putt (3k)
	Boys U16	Javelin (600g)

Check in for 200m Finals closes at 1:00pm

1:30pm	200m Finals
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Check in for Hurdles close at 2:00pm

2:30pm	Girls U15	250m Hurdles	(2'3")
	Girls U16	250m Hurdles	(2'3")
	Boys U15	250m Hurdles	(2'6")
	Boys U16	250m Hurdles	(2'6")
	Girls U17	300m Hurdles	(2'6")
	Boys U17	300m Hurdles	(2'6")
	Girls U18	400m Hurdles	(2'6")
	Boys U18	400m Hurdles	(2'9")
	Girls U19	400m Hurdles	(2'6")
	Boys U19	400m Hurdles	(3'0")

2.30pm	Girls U18	High Jump
	Boys U15	Triple Jump
	Girls U19	Shot Putt (4k)
	Girls U15	Javelin (400g)

Hammer & Discus

10:00am	Girls U19	Hammer	(4k)
	Boys U19	Hammer	(6k)
	Boys U17	Hammer	(5k)
	Girls U18	Hammer	(3k)

After Hammer Competitions

	Boys U18	Discus	(1.5k)
	Boys U15	Discus	(1k)
	Boys U14	Discus	(0.75k)
	Boys U19	Discus	(1.75k)



Munster Athletics

Juvenile "B" T&F Championships + Juvenile Pentathlons 2019

Sunday 30th June Venue: Lee's Road, Ennis, Co. Clare

Event Schedule – 10.30am Start for Track & Field Events

Events	Age Category	Events	Age Category
100m Hurdles (2'9") C.E.	Boys U16	Long Jump	Boys U09
80m Hurdles (2'9") C.E.	Boys U15	Long Jump	Boys U10
80m Hurdles (2'6") C.E.	Girls U16	Long Jump + C.E.	Boys U11
80m Hurdles (2'6") C.E.	Girls U15	Long Jump + C.E.	Boys U12
75m Hurdles (2'3") C.E.	Girls U14	Long Jump + C.E.	Boys U13
75m Hurdles (2'6") C.E.	Boys U14	Long Jump + C.E.	Boys U14
60m Hurdles (2'3") C.E.	Girls & Boys U13	Long Jump + C.E.	Boys U15
		Long Jump + C.E.	Boys U16
60m Heats + C.E.	Girls & Boys U11		
80m Heats + C.E.	Girls & Boys U12	Turbo Javelin	Boys U11
60m Heats	Girls U09	Turbo Javelin	Boys U09
60m Heats	Girls U10	Turbo Javelin	Boys U10
80m Heats	Girls U13		
80m Heats	Girls U14	Shot Putt + C.E. (4k)	Boys U16
100m Heats	Girls U15	Shot Putt + C.E. (2k)	Boys U13
100m Heats	Girls U16	Shot Putt + C.E. (3k)	Boys U15
		Shot Putt + C.E. (2.72k)	Boys U14
300m	Girls U09	Shot Putt + C.E. (2k)	Boys U12
500m	Girls U10	Shot Putt + C.E. (2k)	Boys U11

THERE WILL BE A SHORT BREAK ON THE TRACK TO ALLOW FIELD EVENTS TO CATCH UP

60m Heats	BoysU09	High Jump + C.E.	Boys U12
60m Heats	BoysU10	High Jump + C.E.	Boys U14
80m Heats	BoysU13	High Jump + C.E.	Boys U16
80m Heats	BoysU14	High Jump + C.E.	Boys U13
100m Heats	BoysU15	High Jump + C.E.	Boys U15
100m Heats	BoysU16		
		Long Jump	Girls U09
200m C.E.	Girls & Boys U11	Long Jump	Girls U10
		Long Jump + C.E.	Girls U11
300m	BoysU09	Long Jump + C.E.	Girls U12
500m	BoysU10	Long Jump + C.E.	Girls U13
		Long Jump + C.E.	Girls U14
600m + C.E. (Times)	Girls & Boys U11	Long Jump + C.E.	Girls U15
600m + C.E. (Times)	Girls & Boys U12	Long Jump + C.E.	Girls U16
600m + C.E. (Times)	Girls & Boys U13		
800m + C.E. (Times)	Girls & Boys U14	Turbo Javelin	Girls U11
800m + C.E. (Times)	Girls & Boys U15	Turbo Javelin	Girls U09
800m + C.E. (Times)	Girls & Boys U16	Turbo Javelin	Girls U10

IMPORTANT

Online entry only.

“B” Eligibility: Athletes that have not won medals in the “A” Championships.

Where heats are required, the heat times will count for the Pentathlon.

The 600/800m will be run after the 4th

Pentathlon event in each category.

Participating Clubs without exception are required to provide help to run the Championships. Failure to do so will lead to competition numbers being withheld.

Shot Putt + C.E. (3k) Girls U16

Shot Putt + C.E. (2k) Girls U13

Shot Putt + C.E. (2.72k) Girls U15

Shot Putt + C.E. (2k) Girls U14

Shot Putt + C.E. (2k) Girls U12

Shot Putt + C.E. (2k) Girls U11

High Jump + C.E. Girls U12

High Jump + C.E. Girls U14

High Jump + C.E. Girls U16

High Jump + C.E. Girls U15

High Jump + C.E. Girls U13

IMPORTANT INFORMATION

Please note the following for the Juvenile Outdoor Combined Events Championships on Sunday 30th June in Lee's Road, Ennis, Co. Clare @ 10.30am :-

The Combined Events are as follows:-

U11 Boys & Girls do 60m, Long Jump, Shot Putt & 600m (4 Events only, no HJ)

U12 Boys & Girls do 60m, Long Jump, High Jump, Shot Putt and 600m

U 13 Boys & Girls do 60mH, Long Jump, High Jump, Shot Putt & 600m

U14 Boys & Girls do 75mH, Long Jump, High Jump, Shot Putt & 800m

U15 Boys & Girls do 80mH, Long Jump, High Jump, Shot Putt & 800m

U16 Girls do 80mH, Long Jump, High Jump, Shot Putt & 800m

U16 Boys do 100mH, Long Jump, High Jump, Shot Putt & 800m

A Timetable has been posted on the Munster Athletics Website at www.munsterathletics.com.

Check-In Details

The Combined Events Championships will commence at 10.30am sharp. **There will be no advance check-in on the morning of the Championships. Instead, on the week of the Championships, Start Lists will be circulated to all Clubs to check their entries & confirm that all athletes entered will be attending. No changes will be allowed on the day of competition. For all events, athletes just check in when their event is called.** Athletes will need to collect numbers from the Competition Secretary on the morning of the Championships.

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.

Shot Putt Weights:

- Girls & Boys U/11, U/12, U13 & Girls U/14 – **2k**
- Boys U14 & Girls U/15 – **2.72k**
- Boys U/15 & Girls U/16 – **3k**
- Boys U/16 – **4k**

Rules

- All athletes should be technically proficient and competent to compete in each event.
- 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.

Entry Information

Online Entry at this link - <https://ireland.entry4sports.com/#/>

Closing date: Midnight on Wednesday 26th June 2019.

Fees

Combined Events Fee: €5.00 per athlete plus transaction fee of 0.39c

All fees to be paid online with entries.

There will definitely be no entries on the day.

Yours in Sport,

Aisling Hoey

Munster Assistant Juvenile Outdoor Comp. Secretary

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

Selection Criteria

1. Full programme of events for U18 Age Category
2. Based on results of 2019 AAI National Track & Field Championships
3. Selection by Juvenile Athletic Committee
4. Notification via Juvenile Secretary
5. Acceptance of selection is subject to clean bill of health signed by coach

Youth Nations - 2019 Events

Girls under 18	Boys under 18
100m H	110m H
400m H	400m H
100m	100m
200m	200m
400m	400m
800m	800m
1500m	1500m
3000m	3000m
2000m S/C	3000m S/C
Walk	Walk
4 x 100m Relay	4 x 100m Relay
4 x 400m Relay	4 x 400m Relay
High Jump	High Jump
Long Jump	Long Jump
Triple Jump	Triple Jump
Pole Vault	Pole Vault
Shot	Shot
Discus	Discus
Hammer	Hammer
Javelin	Javelin