



*Munster Juvenile Cross-
Country Competition Booklet
2019/2020*

All Enquiries to Munster Cross Country Secretary,
Michael Lillis.

E-Mail: ccsecretary@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 wellbeing 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 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 of Athletics Ireland Code of Ethics and acts as a guide for all rules. The Code has been distributed by Athletics Ireland to all Munster Clubs & is readily available from Athletics Ireland & on the Munster Athletics website at www.munsterathletics.com.

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



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Munster Council Officers 2019

Position	Officer
Chairman	Mossie Woulfe, Limerick
Vice Chairman	Ina Killeen, 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 notices at the venue for the Referee/Children's Officers name(s) – 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

Athletics Ireland is fully committed to providing a positive, fair & safe environment for our children and officials. Athletics Ireland 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





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 Michael Lillis, the Munster Cross Country Secretary. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent/guardian.



Munster Athletics Juvenile Cross-Country Regulations 2019



- **Start time 11.30, first race for all Munster Juvenile competitions.**
- IAAF Rules apply
- Athletes may move up **ONE** age group except for the U/9 age group. To compete U/9, the minimum age is **EIGHT** years (i.e. all athletes must turn 8 years old in 2019, no athlete turning 7 in 2019 may compete).
- Spot Checks will be undertaken
- **First four (4) club teams** in the 11-19 age group all must have competed in the Provincial/Regional Cross-Country Championships. **There is no follow-on All Ireland competition for U/9 & U/10 age groups. They compete at Munster level only.**
- Three (3) teams from each Munster, Ulster, Connaught, 4 from Leinster and 1 Team from the Region of Dublin qualify for County Teams.
- For National Championships, in the 17 - 19 age groups **OPEN ENTRY** will apply **provided** the athlete **HAS ENTERED** the Provincial/Regional Cross-Country Championships. Open entries must be with National at closing date for competition, **entries through Provincial Secretary ONLY.**
- For National competitions, U/18 Athletes can enter both U/18 and U/20 races and score on Club and County teams in both age categories as long as they are entered in both age groups. U/18 athletes are considered for the U/20 Euro Cross Team based on their finishing position in the trial race.
- *Following the 2019 Munster Convention, it has been decided that the U/20 Women's Munster Cross Country Race will be run in conjunction with the Juvenile U19 girl's race and the U/20 Men's Munster Cross Country Race will be run in conjunction with the Juvenile U19 boy's race. An U/19 athlete may score on the U/20 Team if selected & entered as well as score on U/19 Club and County Teams.*
- All entries for Nationals to go through Regional Secretaries
 - **Province:** 12 athletes to run with 6 to score
 - **County:** 10 athletes to run with 6 to score
 - **Club:** 6 athletes to run with 4 to score

NOTE: U19 Girls Club: 6 athletes to run with 3 to score.

- Athletes must be registered
- Pacing of athletes will mean disqualification. Please inform club officials and parents.

- Only athletes **declared** on the team sheets will score.

It is strongly recommended that all athletes wear the correct footwear. No earphones should be worn at any time in call area or competition.

- Munster Fees:

Club	Free
County	€10
Individual	€2
Relays	€5each

- **Juvenile “B” Competition is open to athletes who HAVE NOT WON an Individual, Regional, County or Club Cross Country medal at Munster or National Championships.**
- To be eligible for the “B” Championships, all athletes must have competed in the “A” Championships.
- Entries through Club Secretary for “B” Competition.
- Entries through Club Secretary for Inter Club Relays. Club Singlets must be worn.
- For National Championships, County Teams **must be entered online in advance** and results will be determined by the first 6 County athletes across the line. NO team declarations are necessary.
- **ONLINE ENTRY** will be in operation for all Munster Cross Country Competitions. *Athletes just need to be entered as individuals. Club Teams DO NOT need to be entered online (except for the Juvenile Inter-Club XC Relays on 17th November) as they are free and they will be calculated from the results on the day.* County teams do not need to be entered in advance either and will be calculated from the results on the day ***and all Counties will be billed for fees at the end of the last competition in December.*** All details can be found on the “Forms” page of the Munster Athletics website at www.munsterathletics.com. **No Postal Entries will be accepted. PAYMENT ONLINE ONLY, NO CHEQUES/POSTAL ORDERS.**

Any Athletes who qualify for National Cross-Country Championships & who are unable to attend on the day, please let the Munster Cross Country Secretary, Michael Lillis know without delay so that a substitute can be added to the Munster team. Contact Michael at ccsecretary@munsterathletics.com or 065 9050051.

Munster/National Cross-Country Championships 2019/2020

Date	October 2019	Venue
Sun 20th	Munster Juvenile Even Age, Novice & U/23 Cross Country Championships @ 11.30am	Limerick Racecourse

Date	November 2019	Venue
Sun 10th	Munster Juvenile Uneven Age, U/20 & Senior Cross-Country Championships @ 11.30am	Conna, Co. Cork
Sat 16th	British & Irish Masters Cross Country International	England
Sun 17th	Munster Masters & Juvenile Inter-Club Cross Country Championships @ 11.30am	Beaufort, Co. Kerry
Sun 24th	Irish Life Health National Juvenile Even Age & Senior & Junior Cross-Country Championships	National Sports Campus, Abbotstown, Dublin

Date	December 2019	Venue
Sun 1st	Munster Juvenile "B" & Intermediate Cross-Country Championships @ 11.30am	Turnpike, Two Mile Borris, Co. Tipperary
Sun 8th	European XC	Lisbon, Portugal
Sun 15th	Irish Life Health National Novice & Juvenile Uneven Age Cross Country Championships	TBC

Medals:

“A” Championships	First 12 individuals
	First 3 County and Club teams
“B” Competition	First 12 individuals
	First 3 County and Club teams

Fees:

Club	Free
County	€10
Individual	€2
Relay Teams	€5

- Payment online with entries. No Cheques/Postal Orders will be accepted.

“A” Cross Country Distances

Girls	Distances	Boys	Distances
09	750m	09	750m (Munster Only)
10	1000m	10	1000m (Munster)
11	1500m	11	1500m
12	2000m	12	2000m
13	2500m	13	2500m
14	3000m	14	3000m
15	3500m	15	3500m
16	4000m	16	4000m
17	4000m	17	5000m
18	4000m	18	6000m
19	4000m	19	6000m

Juvenile “B” Cross Country Distances

Girls	Distances	Boys	Distances
09	750m	09	750m (Munster only)
11	1000m	11	1000m
13	1500m	13	1500m
15	2500m	15	2500m
17	3000m	17	3000m

Juvenile Cross-Country Inter-Club Relays

Munster Juvenile Inter-Club Relays – Sunday 17th November 2019
National Juvenile Inter-Club Relays – Sunday 9th February 2020 (TBC)

- All athletes must be registered. (2019 Ages apply)
- Entries online through Club Secretary for Relay Championships.
- Club Singlet must be worn.
- No Entries on the day.
- All teams must be pre-entered online with team list, date of birth, registration number. Maximum of 5 athletes per team (4 + 1 sub). 5 Euro per team.
- First 3 teams receive medals; A sub must be declared and present on the day to receive medal.
- **1 team per Club per age group**
- **There is no follow-on All Ireland competition for U/10 or U/16 Relays**

Cross Country Inter Club Relays

Girls	10	4 x	500m Relays (Munster Only)
Boys	10	4 x	500m Relays (Munster Only)
Girls	12	4 x	500m Relays
Boys	12	4 x	500m Relays
Girls	14	4 x	500m Relays
Boys	14	4 x	500m Relays
Girls	16	4 x	500m Relays (Munster Only)
Boys	16	4 x	500m Relays (Munster Only)