



***Munster Juvenile Indoor
Competition Booklet 2020***

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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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2020 Age Categories

2020 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 2012

Age 10 Born 2011

Age 11 Born 2010

Age 12 Born 2009

Age 13 Born 2008

Age 14 Born 2007

Age 15 Born 2006

Age 16 Born 2005

Age 17 Born 2004

Age 18 Born 2003

Age 19 Born 2002

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

Munster Child Officers and Referees on Duty at each Championships will be posted at the competition venue on entrance door and notice boards. These are the people to speak to if you have a complaint.

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 2020



Date	January 2020	Venue
Sun 5th	Munster U/11 to U/16 Combined Events & Junior & U/23 Indoor Championships	Nenagh Indoor Stadium
Sat 11th	AAI National Indoor League - Round 1 Online entry	National Sports Campus, Abbotstown, Dublin
Sat 11th	Celtic Cross Country	Stirling, Scotland
Sat 18th	Irish Life Health Indoor Combined Events - All Ages Online entry	AIT International Arena, Athlone
Sun 19th	Munster Juvenile Inter-Club Relays, Pole Vault & Some U/17 to U/19 Field Events	Nenagh Indoor Stadium
Sat 25th	Irish Life Health National Junior & U/23 Indoor Championships	AIT International Arena, Athlone
Sun 26th	AAI National Indoor League - Round 2	AIT International Arena, Athlone
Thurs 30th	North Munster Schools Cross Country Championships	Pallaskenry
Thurs 30th	South Munster Schools Cross Country Championships	Tramore Valley Park, Cork
Fri 31st	East Munster Schools Cross Country Championships	Carriganore, WIT, Waterford

Date	February 2020	Venue
Sat 1st	Munster Star Awards Banquet	Tower Hotel, Waterford
Sun 2nd	ECCC XC Senior & U/20	TBC
Sat 8th	Irish Life Health National Inter/Master/Juv "B" & Relays Cross Country	TBC
Sat 8th	Munster Convention	Limerick venue
Sun 9th	AAI National Indoor Games	National Sports Campus, Abbotstown, Dublin
Wed 12th	AIT International Grand Prix	AIT International Arena, Athlone
Thurs 13th	Irish Life Health Munster Schools Cross Country Championships	Clarecastle, Co. Clare
Sat 15th	Munster U/9 to U/11 Indoor Championships & Juvenile & Women's & Men's Walks & Men's 3km	Nenagh Indoor Stadium
Sun 16th	Munster Senior & Masters Indoor Championships	Nenagh Indoor Stadium
Sat 22nd	Munster U/12 to U/19 Indoor Championships - Day 1	Nenagh Indoor Stadium
Sun 23rd	Munster U/12 to U/19 Indoor Championships - Day 2	Nenagh Indoor Stadium
Sat 29th	Irish Life Health National Senior Indoor Championships	National Indoor Arena, Abbotstown, Dublin
Sat 29th	AAI Juvenile Star Awards	Bridge House, Tullamore

Date	March 2020	Venue
Sun 1st	<i>Irish Life Health National Senior Indoor Championships</i>	<i>National Indoor Arena, Abbotstown, Dublin</i>
Sun 1st	<i>Munster 4 Mile Road Championships</i>	<i>Waterford (venue tbc)</i>
Tues 3rd	<u>Munster Schools Indoor Games</u>	<i>Nenagh Indoor Stadium</i>
Sat 7th	<i>Irish Life Health All Ireland Schools Cross Country Championships</i>	<i>Santry Demesne, Santry, Dublin</i>
Sat 7th	<i>Irish Life Health National 20km Walks</i>	<i>Raheny</i>
Sun 8th	<i>Irish Life Health National Masters Indoor Championships</i>	<i>AIT International Arena, Athlone</i>
Fri 13th	<i>IAAF World Indoor Championships (13th to 15th)</i>	<i>Nanjing, China</i>
Sun 15th	<i>World Masters Indoors (15th - 21st)</i>	<i>Braga, Portugal</i>
Sat 21st	<i>SIAB Schools International Cross Country</i>	<i>Falkirk, Scotland</i>
Sat 21st	<i>20th European Throwing Cup (21st & 22nd)</i>	<i>Leiria, Portugal</i>
Sat 28th	<i>Irish Life Health National Juvenile Indoor Championships - Day 1</i>	<i>AIT International Arena, Athlone</i>
Sun 29th	<i>Irish Life Health National Juvenile Indoor Championships - Day 2</i>	<i>AIT International Arena, Athlone</i>

Date	April 2020	Venue
Sat 4th	<i>Irish Life Health National Juvenile Indoor Championships - Day 3</i>	<i>AIT International Arena, Athlone</i>



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 2020.

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.

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

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

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

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

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

IMPORTANT

By submitting your entries for these Championships, you are declaring on behalf of your Club that the athletes are technically proficient and competent to take part in the Hurdles, High Jump and Shot Put in the interest of Safety.

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

Jnr & Under 23 events will be run together except for mens hurdles and throws

All Jnr & U23 track events except for 60m, Results will be decided on times.

Order & Timing of events may change, please listen to announcements

Munster U/11 to U/16 Indoor Combined Events Championships– Sunday 5th January 2020

Venue: Nenagh Indoor Stadium

Date: Sunday 5th January 2020

Time: 10am

Entry Fee: €5.00 per athlete payable online with entries

Closing Date: ONLINE ENTRY ONLY. Closing Date is midnight on Thursday 2nd January 2020. Strictly no entry on the day

ALL ATHLETES MUST BE REGISTERED FOR 2020

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

EVENTS - Quadrathlon/Pentathlon

U11	Boys & Girls	60m	Long Jump	Shot Putt	600m (Quadrathlon)
U12	Boys & Girls	60m	Long Jump	High Jump	Shot Putt 600m
U13	Boys & Girls	60mH	Long Jump	High Jump	Shot Putt 800m
U14	Boys & Girls	60mH	Long Jump	High Jump	Shot Putt 800m
U15	Boys & Girls	60mH	Long Jump	High Jump	Shot Putt 800m
U16	Girls	60mH	Long Jump	High Jump	Shot Putt 800m
U16	Boys	60mH	Long Jump	High Jump	Shot Putt 800m

Hurdles Specifications

					Approach	Interval	Finish
Girls 13	60m	68.6cm	2' 3"	5	11.00m	7.25m	20.00m
Girls 14	60m	68.6cm	2' 3"	5	11.50m	7.50m	18.50m
Girls 15	60m	76.2cm	2' 6"	5	12.00m	8.00m	16.00m
Girls 16	60m	76.2cm	2' 6"	5	12.00m	8.00m	16.00m
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

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 increments and then in 3cm increments.

Rules

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

Munster Juvenile Inter-Club Indoor Relays & Some U17 to U19 Field Events Sunday 19th January 2020

Juvenile Indoor Inter Club Relays + Some U17 to U19 Field Events

Day: **SUNDAY 19TH JANUARY** Venue: **Nenagh Indoor Stadium, Nenagh**

ORDER OF EVENTS – SUNDAY 19th JANUARY 2020

10:30am

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

FINALS OF ABOVE

1:30pm

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

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

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 Boys: U13, U14, U15, U16, U17, U18, U19,
Senior

01:30

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

10:00am

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

12 noon

Triple Jump Girls U17*, U18, U19

1.30pm

Triple Jump Boys U17*, U18, U19

***U17 Triple Jump a Development Event only. No Nationals**

RELAYS INFO

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.

MUNSTER ATHLETICS

JUVENILE U09, U10,U11 - INDOOR CHAMPIONSHIPS + ALL JUVENILE WALK EVENTS 2020

Nenagh Olympic Stadium Nenagh, Co. Tipperary

SATURDAY 15th FEBRUARY 2020

SCHEDULE

Time	CENTRE TRACK 10:00AM			Time	OUTSIDE TRACK STARTS AT 11:30AM		
	EVENT	AGE GROUP	HEATS		EVENT	AGE GROUP	
10:00am	60m Sprint	Girls Under 09	Heats	11:30am	600m	Girls Under 11	
	60m Sprint	Boys Under 09	Heats		600m	Boys Under 11	
	60m Sprint	Girls Under 10	Heats		300m	Girls Under 09	
	60m Sprint	Boys Under 10	Heats		300m	Boys Under 09	
	60m Sprint	Girls Under 11	Heats		500m	Girls Under 10	
	60m Sprint	Boys Under 11	Heats		500m	Boys Under 10	
13:00pm	60m Sprint	Girls Under 09	Semi-Finals	14:00pm	1K Walks	Girls U13, U14, U15	
	60m Sprint	Boys Under 09	Semi-Finals		1K Walks	Boys U13, U14, U15	
	60m Sprint	Girls Under 10	Semi-Finals		1.5K Walks	Girls U16, U17, U18, U19	
	60m Sprint	Boys Under 10	Semi-Finals		1.5K Walks	Boys U16, U17, U18, U19	
	60m Sprint	Girls Under 11	Semi-Finals		15:00pm	3k Walk	Jnr, U23, Snr, 0/35, 0/50, 0/65 Men & Women
	60m Sprint	Boys Under 11	Semi-Finals				Men: Junior & 065
14:30pm	60m Sprint	Girls Under 09	Finals	15:30pm	3000m	Race 1 – Women All Grades	
	60m Sprint	Boys Under 09	Finals			Race 2 – Men Jnr, U23, Snr	
	60m Sprint	Girls Under 10	Finals			Race 3 – Men 035 - 045	
	60m Sprint	Boys Under 10	Finals			Race 4 – Men 050+	
	60m Sprint	Girls Under 11	Finals		11:00 am	Long Jump	Girls Under 11
	60m Sprint	Boys Under 11	Finals			Long Jump	Boys Under 11
12:30pm	Shot Putt 2Kg	Girls Under 11		Long Jump	Girls Under 09		
	Shot Putt 2Kg	Boys Under 11		Long Jump	Boys Under 09		
				Long Jump	Girls Under 10		
				Long Jump	Boys Under 10		

ADVANCEMENT FROM HEATS TO SEMI-FINALS IF REQUIRED

Declared Athletes	HEATS			SEMI - FINALS			Final
	Heats	Places	Times	Heats	Places	Times	
1 - 8							1
9 - 16	2	3	2				1
17 - 24	3	2	2				1
25 - 32	4	3	4	2	3	2	1
33 - 40	5	4	4	3	2	3	1
41 - 48	6	3	6	3	2	3	1
49 - 56	7	3	3	3	2	3	1
57 - 64	8	2	8	3	2	3	1
65 - 72	9	2	6	3	2	3	1
73 - 80	10	2	4	3	2	3	1
81 - 88	11	2	2	3	2	3	1

All Times Displayed on this Programme are approximate and may change as the Championships progress. Please listen to announcements

MUNSTER ATHLETICS ACCEPT NO RESPONSIBILITY FOR ATHLETES MISSING THEIR EVENT

EVENTS – U12 to U19

GIRLS 12

60m Sprint
60m Hurdles*
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
Triple Jump*

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
 60m
 Hurdles*
 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
 Triple Jump*

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

*All events marked in red are at Development Events and are at Munster level only. No National follow on.

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

MUNSTER ATHLETICS

EVENT: U12 TO U19 INDOOR CHAMPIONSHIPS **Date:** Saturday 22nd FEBRUARY, 2020
VENUE: Nenagh Olympic Stadium, Nenagh, Co, Tipperary **Time:** 10:00am

Day 1 – The Order of Events for Saturday

HURDLES – CENTRE TRACK 10:00 AM

Boys	U19	60m (3'3")
Boys	U18	60m (3'0")
Boys	U17	60m (3'0")
Boys	U16	60m (2'9")
Boys	U15	60m (2'9")
Boys	U14	60m (2'6")
Boys	U13	60m (2'3")
Boys	U12	60m (2'3")

FINALS IN SAME ORDER IF REQUIRED

SPRINTS

Girls	U12	60m
Girls	U13	60m
Girls	U14	60m
Girls	U15	60m
Girls	U16	60m
Girls	U17	60m
Girls	U18	60m
Girls	U19	60m

FINALS IN SAME ORDER IF REQUIRED

OUTSIDE TRACK – 11AM

Girls	U16 to U19	200m
Girls	U14 to U19	800m
Girls	U12 & U13	600m
Boys	U18 to U19	400m
Boys	U16 to U19	1500m

HIGH JUMP – CENTRE TRACK (After 60m)

Boys	U13 & U15	Mat 1
Boys	U14 & U16	Mat 2
Boys	U12	Mat 1

LONG JUMP – 10AM

LONG JUMP	Girls U15	Pit 1
LONG JUMP	Girls U16	Pit 2
LONG JUMP	Boys U18, U19	Pit 1
LONG JUMP	Boys U17	Pit 2
LONG JUMP	Girls U14	Pit 1
LONG JUMP	Boys U12	Pit 2
LONG JUMP	Boys U13	Pit 1

THROWS – 11AM

SHOT PUT	Boys U16	(4kg)
SHOT PUT	Girls U15	(2.72kg)
SHOT PUT	Boys U14	(2.72kg)
SHOT PUT	Girls U13	(2kg)
SHOT PUT	Girls U12	(2kg)

ADVANCEMENT FROM HEATS TO SEMI-FINALS IF REQUIRED

Declared Athletes	HEATS			SEMI - FINALS			Final
	Heats	Places	Times	Heats	Places	Times	
1 – 8							1
9 - 16	2	3	2				1
17 - 24	3	2	2				1
25 - 32	4	3	4	2	3	2	1
33 - 40	5	4	4	3	2	3	1
41 - 48	6	3	6	3	2	3	1
49 – 56	7	3	3	3	2	3	1
57 – 64	8	2	8	3	2	3	1
65 – 72	9	2	6	3	2	3	1
73 – 80	10	2	4	3	2	3	1
81 - 88	11	2	2	3	2	3	1

MUNSTER ATHLETICS

EVENT: U12 TO U19 INDOOR CHAMPIONSHIPS

Date: Sunday 23rd FEBRUARY, 2020

VENUE: Nenagh Olympic Stadium, Nenagh, Co, Tipperary **Time:** 10:00am

Day 2 – The Order of Events for Sunday

HURDLES – CENTRE TRACK 10:00

AM

Girls	U19	60m (2'9")
Girls	U18	60m (2'6")
Girls	U17	60m (2'6")
Girls	U16	60m (2'6")
Girls	U15	60m (2'6")
Girls	U14	60m (2'3")
Girls	U13	60m (2'3")
Girls	U12	60m (2'3")

FINALS IN SAME ORDER IF REQUIRED

SPRINTS

Boys	U12	60m
Boys	U13	60m
Boys	U14	60m
Boys	U15	60m
Boys	U16	60m
Boys	U17	60m
Boys	U18	60m
Boys	U19	60m

FINALS IN SAME ORDER IF REQUIRED

OUTSIDE TRACK – 11AM

Boys	U16 to U19	200m
Boys	U14 to U19	800m
Boys	U12 & U13	600m
Girls	U18 to U19	400m
Girls	U16 to U19	1500m

HIGH JUMP – CENTRE TRACK (After 60m)

Girls	U13 & U15	Mat 1
Girls	U14 & U16	Mat 2
Girls	U12	Mat 1

LONG JUMP – 10AM

LONG JUMP	Boys U15	Pit 1
LONG JUMP	Boys U16	Pit 2
LONG JUMP	Girls U18/U19	Pit 1
LONG JUMP	Girls U17	Pit 2
LONG JUMP	Boys U14	Pit 1
LONG JUMP	Girls U12	Pit 2
LONG JUMP	Girls U13	Pit 1

THROWS – 11AM

SHOT PUT	Girls U16	(3kg)
SHOT PUT	Boys U15	(3kg)
SHOT PUT	Girls U14	(2kg)
SHOT PUT	Boys U13	(2kg)
SHOT PUT	Boys U12	(2kg)

ADVANCEMENT FROM HEATS TO SEMI-FINALS IF REQUIRED							
Declared Athletes	HEATS			SEMI - FINALS			Final
	Heats	Places	Times	Heats	Places	Times	
1 – 8							1
9 - 16	2	3	2				1
17 - 24	3	2	2				1
25 - 32	4	3	4	2	3	2	1
33 - 40	5	4	4	3	2	3	1
41 - 48	6	3	6	3	2	3	1
49 – 56	7	3	3	3	2	3	1
57 – 64	8	2	8	3	2	3	1
65 – 72	9	2	6	3	2	3	1
73 – 80	10	2	4	3	2	3	1
81 - 88	11	2	2	3	2	3	1

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 1.50m up by 15cm to 3.00 after by 10cm
Boys 14 start at 2.10m up by 15cm to 3.00m after by 10cm
Boys 15 start at 2.10m up by 15cm to 3.00m after by 10cm
Boys 16 start at 2.25m up by 15cm to 3.00m after by 10cm
Boys 17 start at 2.25m up by 15cm to 3.00m after by 10cm
Boys 18 start at 2.25m up by 15cm to 3.00m after by 10cm
Boys 19 start at 2.25m up by 15cm to 3.00m after by 10cm

Girls 13 start at 1.20m up by 15cm to 3.00m after by 10cm
Girls 14 start at 1.35m up by 15cm to 3.00m after by 10cm
Girls 15 start at 1.50m up by 15cm to 3.00m after by 10cm
Girls 16 start at 1.50m up by 15cm to 3.00m after by 10cm
Girls 17 start at 1.50 cm up by 15cm to 3.00m after by 10cm
Girls 18 start at 1.50 cm up by 15cm to 3.00m after by 10cm
Girls 19 start at 1.50 cm up by 15cm to 3.00m after by 10cm

MUNSTER CONVENTION



The 2020 Munster Convention will be held at 11am on Saturday 8th February 2020 in the Longcourt House Hotel, Newcastlewest, Co. Limerick.

More details will be on the Munster Athletics website, www.munsterathletics.com at a later date.

MUNSTER STAR AWARDS



The 2019 Munster Star Awards will be held on **Saturday 1st February 2020** in The Tower Hotel, Waterford.

Munster Star Award Winners 2019

Indoor & Track and Field Awards

Clare	Ava Rochford	Ennis Track A.C.
Clare	Noah McConway	St. Cronan's A.C.
Cork	Emily Wall	Leevale A.C.
Cork	Marc Jones	Leevale A.C.
Kerry	Alyce O'Connor	Kenmare A.C.
Kerry	Cillian Griffin	Tralee Harriers A.C.
Limerick	Laura Frawley	St. Mary's A.C. Lk
Limerick	Geoffery Joy O'Regan	Sunhill Harriers A.C.
Tipperary	Anna Ryan	Moycarkey Coolcree A.C.
Tipperary	Sean Carolan	Nenagh Olympic A.C.
Waterford	Emily O'Mahony	Waterford A.C.
Waterford	Aidan Burke	Waterford A.C.
Junior Women	Roseann Fitzgerald	Carrick on Suir A.C.
Junior Men	Sean Mockler	Moycarkey Coolcree A.C.
Senior Women	Roisin Howard	Bandon A.C.
Senior Men	William Hughes	Thurles Crokes A.C. Joint Award
	Alan O'Connor	Tralee Harriers A.C. Joint Award
Master Women	Genieve Rowland	Templemore A.C.
Master Men	Tim Ryan	Dooneen A.C.
Achievement Awards	Annette Quaid	Leevale A.C.
	Aoife Cooke	Eagle A.C.
	Diarmuid O'Connor	Bandon A.C.
	Aoife O'Sullivan	Liscarroll A.C.
International Awards	Joe Gough	West Waterford A.C.
	Stephanie Cotter	West Muskerry A.C.

Patsy O'Connor Award Limerick

Hall of Fame Award Waterford

Juvenile Cross Country Awards

Clare	Dean Casey	Ennis Track A.C.
Cork	Emma Landers	Youghal A.C.
Kerry	Niamh O'Mahoney	An Ríocht A.C.
Limerick	Kevin O'Grady	Dooneen A.C.
Tipperary	Cian Hodgins,	Nenagh Olympic A.C.
Waterford	Lucy Holmes	West Waterford A.C.

Senior / Master Cross Country and Road Awards

Senior Men	Sean Doyle	North Cork A.C.
Senior Women	Fiona Santry	East Cork A.C.
Master Men	Dermott Hayes	Dundrum A.C.
Master Women	Ann Mangan	Star of the Laune A.C.

Club Awards

Best Juvenile Indoor Club	Leevale A.C.
Junior/Senior Indoor Club	Waterford A.C.
Indoor Masters Club	Ennis Track A.C.
Best Juvenile Track/Field Club	Leevale A.C.
Junior/Senior Track/Field Club	Leevale A.C.
Masters Track/Field Club	Templemore A.C.
Juvenile Cross Country Club	Ennis Track A.C.
Best Juvenile "B" Cross Country Club	St. Cronan's A.C.
Senior X Country & Road Club	Ennis Track A.C.
Master X Country & Road Club	Dundrum 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
Senior Cross Country County	Cork