



*Munster Juvenile Cross-
Country Competition
Booklet 2022*

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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 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.



INDEX

- **2022 Age Categories** 3
- **Club Apparel** 4
- **Competition Code of Conduct for Parents, Coaches & Mentors** 5
- **Permission for Use of Photographic /Film/Video Equipment** 6
- **Cross Country Regulations** 7
- **Cross Country Fixtures, Medal details & Fees** 9
- **Cross Country Distances** 10

2022 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.

Please note all ages in this booklet should be read as UNDER the stated age.

- Age 9 Born 2014
- Age 10 Born 2013
- Age 11 Born 2012
- Age 12 Born 2011
- Age 13 Born 2010
- Age 14 Born 2009
- Age 15 Born 2008
- Age 16 Born 2007
- Age 17 Born 2006
- Age 18 Born 2005
- Age 19 Born 2004

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.



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 Aine Moran, Dooneen A.C. (female officer) & Tim Fitzpatrick, Lisscarroll A.C. and Paul Askins, Dooneen A.C. (male officers).**

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.





- WA 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 2022, no athlete turning 7 in 2022 may compete).
- **Club teams** in the 11-19 age group all must have competed in the Provincial/Regional Cross-Country Championships in order to qualify for Nationals. **There is no follow-on All Ireland competition for U/9 & U/10 age groups. They compete at Munster level only. If a Club team has not competed and qualified from Munster Championships, they cannot subsequently enter a team at National level even if there is space.**
- *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.
- Athletes must be registered.
- Pacing of athletes will mean disqualification. Please inform club officials and parents.
- **It is strongly recommended that all athletes wear the correct footwear. Any athletes who choose to run barefoot on the day of a Championships shall be moved by the Starter to the outside of the start line for their own safety.**
- **No earphones should be worn at any time in call area or competition.**

Medals:	<p>“A” Championships</p> <p>“B” Competition</p>	<p>First 12 individuals</p> <p>First 3 County and Club teams</p> <p>First 12 individuals</p> <p>First 3 County and Club teams</p>
Fees:	<p>Club</p> <p>County</p> <p>Individual</p>	<p>Free</p> <p>€20 plus transaction fee</p> <p>€5 plus transaction fee</p>

Relay Teams

€8 plus transaction fee

- **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.
- **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 11th December) as they are free and they will be calculated from the results on the day.* County teams do need to be entered in advance by County Secretaries. There is no need to name individual athletes on the team, just the team name. **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 michaellillis38@gmail.com or 065 9050051.

“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

Munster Juvenile Inter-Club Relays

1. All athletes must be registered. (2022 Ages apply).
2. Teams do not have to qualify from County Championships, it is an open entry competition.
3. Entries online through Club Secretary for Relay Championships.
4. Club Singlet must be worn.
5. **It is strongly recommended that all athletes wear the correct footwear.** It is not advisable that any athlete runs barefoot due to the danger of being spiked or treading on anything sharp or dangerous that may inadvertently be in the cross country location.
6. No Entries on the day.
7. Age groups will be U10 Girls, U10 Boys, U12 Girls, U12 Boys, U14 Girls, U14 Boys & U16 Mixed Relay
8. For U16 Mixed Relay team, there must be **2 girls and 2 boys** and girls will run with girls and boys with boys on the relay legs.
9. 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 2022, no athlete turning 7 in 2022 may compete).
10. There is no limit on the number of teams that any Club can enter in a particular age group.
11. For each age group, Clubs do not have to enter a minimum of two athletes at the upper age eg. for an U12 relay, Clubs can enter 4 U/11 athletes, they don't need to have a minimum of two U12 athletes on the team.
12. All teams must be pre-entered online. Maximum of 5 athletes per team (4 + 1 subs). Fee is €8.59c per team.
13. First 3 teams receive medals; Sub must be declared and present on the day to receive medal.
14. *For the Relay competitions, if all Clubs could bring their own relay batons. Munster will provide a limited number of batons for use by Clubs that have numerous teams entered on the day.*

Distances

Girls 10	4 x 500m (Munster Only)
Boys 10	4 x 500m (Munster Only)
Girls 12	4 x 500m
Boys 12	4 x 500m
Girls 14	4 x 500m
Boys U14	4 x 500m
Mixed U16	4 x 500m (Munster Only)

Age Rules

Athletes born in 2015 are not eligible to participate in the U10 Relay

Girls	Born	Boys
U09 Girls	2014	U09 Boys
U10 Girls	2013	U10 Boys
U11 Girls	2012	U11Boys
U12 Girls	2011	U12 Boys
U13 Girls	2010	U13 Boys
U14 Girls	2009	U14 Boys
U15 Girls	2008	U15 Boys
U16 Girls	2007	U16 Boys

Athletes can move up one age group for Relays eg. for U10 relays, athletes must be born in either 2014 or 2013.