



# *Munster Juvenile Outdoor Competition Booklet 2024*

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[www.munsterathletics.com](http://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](http://www.munsterathletics.com).*

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



## INDEX

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•	<b>2024 Age Categories</b>	<b>5</b>
•	<b>Club Apparel</b>	<b>6</b>
•	<b>Competition Code of Conduct for Parents, Coaches &amp; Mentors</b>	<b>7</b>
•	<b>Permission for Use of Photographic /Film/Video Equipment</b>	<b>9</b>
•	<b>2024 Juvenile Fixtures</b>	<b>10</b>
•	<b>Outdoor Rules – U/12 to U/19</b>	<b>12</b>
•	<b>Outdoor Rules – U/9 to U/11</b>	<b>14</b>
•	<b>Table of Hurdles &amp; Throws Specifications</b>	<b>15</b>
•	<b>Munster Outdoor U/12 to U/19 Events Guide</b>	<b>16</b>
•	<b>Munster Outdoor U/9 to U/13 Timetable</b>	<b>18</b>
	<b>Munster Outdoor U/14 to U/19 Timetable</b>	<b>20</b>
•	<b>Munster Juvenile “B” T&amp;F Championships T/Table &amp; Info</b>	<b>24</b>
•	<b>Appendix – Field Standards for High Jump &amp; Pole Vault</b>	<b>25</b>



## Munster Council Officers 2023

Position	Officer
<b>Chairman</b>	Mossie Woulfe, Limerick
<b>Vice Chairman</b>	Jim Ryan, Tipperary
<b>Administration Secretary</b>	Esther Fitzpatrick, Cork
<b>Treasurer</b>	Patrick O'Donoghue, Kerry
<b>Assistant Treasurer</b>	Albert Doyle, Tipperary
<b>Assistant Treasurer</b>	Michael Godley, Kerry
<b>Registrar</b>	John Copithorne, Cork
<b>PRO Juvenile</b>	
<b>PRO Masters</b>	James Sexton, Clare
<b>Junior, U/23, Senior &amp; Master's T&amp;F Competition Secretary</b>	Padraig Kelly, Cork
<b>Junior, Senior &amp; Master's Indoor Competition Secretary</b>	Padraig Kelly, Cork
<b>Juvenile Indoor &amp; Outdoor Track &amp; Field Competition Secretary</b>	Orla Fitzgerald, Kerry
<b>Cross Country &amp; Road Competition Secretary</b>	Michael Lillis, Clare
<b>Child Officers</b>	Male - Tim Fitzpatrick, Cork Male - Paul Askins, Limerick Female - Aine Moran, Limerick
<b>Equipment Officer</b>	Karl O'Connell, Cork
<b>IT Officer</b>	Michael Godley, Kerry
<b>Munster Rep. National Executive</b>	Brid Golden, Waterford
<b>Munster Rep. National Competition Committee</b>	Orla Fitzgerald, Kerry
<b>Munster Rep. National Juvenile Committee</b>	P.J. O'Rourke

## Munster Council Contacts

Contact	E-mail
<b>General Information</b>	<a href="mailto:info@munsterathletics.com">info@munsterathletics.com</a>
<b>Administration Secretary</b>	<a href="mailto:tfsecretary@munsterathletics.com">tfsecretary@munsterathletics.com</a>
<b>Senior T&amp;F Competition Secretary</b>	<a href="mailto:pkelly@munsterathletics.com">pkelly@munsterathletics.com</a>
<b>Juvenile Competition (Indoor &amp; T&amp;F) Secretary</b>	<a href="mailto:ofitzgerald@munsterathletics.com">ofitzgerald@munsterathletics.com</a>
<b>Senior Indoor Competition Secretary</b>	<a href="mailto:pkelly@munsterathletics.com">pkelly@munsterathletics.com</a>
<b>Cross Country Competition Secretary</b>	<a href="mailto:ccsecretary@munsterathletics.com">ccsecretary@munsterathletics.com</a>

## 2024 Age Categories

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### Age Categories:

Age categories calculated from 31<sup>st</sup> December in the year of competition.

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.

Category	Birth Year
Under 9	2016
Under 10	2015
Under 11	2014
Under 12	2013
Under 13	2012
Under 14	2011
Under 15	2010
Under 16	2009
Under 17	2008
Under 18	2007
Under 19	2006

### Notices:

This Booklet is subject to change.

Up to date Timetables will be published on the Munster Athletics Website prior to each competition.

## Club Apparel

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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

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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 Aine Moran (female officer) & Tim Fitzpatrick, Paul Askins (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](mailto:childwelfare@athleticsireland.ie)



## Athletics Ireland Code of Conduct for Coaches & Officials

Sport should be safe, fun, inclusive and conducted in a spirit of fair play. All coaches and officials must adhere to the following code of conduct when providing services to children in sport.

### All coaches, officials and volunteers in athletics should:

- Consider the well-being and safety of participants before the development of performance.
- Develop an appropriate working relationship with participants, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and the experience of those taking part.
- Promote the positive aspects of the sport (e.g. fair play)
- Display consistently high standards of behaviour.
- Follow all guidelines laid down by the national governing body and the club.
- Hold appropriate qualifications and insurance cover.
- Never exert undue influence over participants to gain personal benefit or reward.
- Never condone rule violations, rough play or the use of prohibited substances.
- Encourage participants to value their performances and not just results.
- Encourage and guide participants to accept responsibility for their own performance and behaviour.
- Never use foul or inappropriate language.
- Never engage in any form of sexual activity with anyone under the age of 18, or vulnerable adults.
- Read, understand, and put into practice all club policies and procedures.
- Coaches and leaders should never place themselves in a compromising position by texting or communicating via social media sites with juvenile athletes. All such communications regarding athletics should be sent via the parents or guardians of the athlete.





## 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 Orla Fitzgerald, the Munster Juvenile Secretary. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent/guardian.



## Juvenile Fixtures 2024



Date	April 2024	Venue
Sat 27 <sup>th</sup>	<a href="#">South Munster Schools T&amp;F Championships</a>	tbc
Date	May 2024	Venue
Thurs 2 <sup>nd</sup>	<a href="#">East Munster Schools (Girls) T&amp;F Championships</a>	Waterford RSC
Tues 7 <sup>th</sup>	<a href="#">North Munster Schools T&amp;F Championships</a>	tbc
Wed 8 <sup>th</sup>	<a href="#">East Munster Schools (Boys) T&amp;F Championships</a>	Templemore
Thurs 9 <sup>th</sup>	<a href="#">North Munster Schools T&amp;F Championships</a>	tbc
Sat 11 <sup>th</sup>	<a href="#">South Munster Schools T&amp;F Championships</a>	tbc
Sat 18 <sup>th</sup>	<a href="#">Munster Schools T&amp;F Championships</a>	Templemore
Sat 25 <sup>th</sup>	<a href="#">Munster Juvenile U11-U16 Combined Events &amp; Junior/U23/Senior/Masters T&amp;F Championships Day 1</a>	Templemore
Sun 26 <sup>th</sup>	<a href="#">Munster Juvenile U11-U16 Combined Events &amp; Junior/U23/Senior/Masters T&amp;F Championships Day 2</a>	Templemore
Sat 31 <sup>st</sup>	<a href="#">123.ie All-Ireland Schools T&amp;F Championships Day 1</a>	Tullamore

Date	June 2024	Venue
Sat 1 <sup>st</sup>	<a href="#">Irish Schools T&amp;F Championships Day 2</a>	Tullamore
Sat 8 <sup>th</sup>	<a href="#">Munster Juvenile U12-U13 and U9-U11 Team T&amp;F Championships Day 1</a>	Castleisland
Sun 9 <sup>th</sup>	<a href="#">Munster Juvenile U12-U13 and U9-U11 Team T&amp;F Championships Day 2</a>	Castleisland
Sat 15 <sup>th</sup>	<a href="#">Munster U14-U19 Track &amp; Field Championships Day 1</a>	Waterford RSC
Sun 16 <sup>th</sup>	<a href="#">Munster U14-U19 Track &amp; Field Championships Day 2</a>	Waterford RSC
Sat 22 <sup>nd</sup>	<a href="#">Tailteann Games Championships</a>	Morton Stadium, Santry
Sun 23 <sup>rd</sup>	National U9-U11 Teams Games, U12 (U13 HJ) Championships and Relays	Tullamore
Sat 29 <sup>th</sup>	National Seniors Day 1	Morton Stadium, Santry
Sun 30 <sup>th</sup>	National Seniors Day 2	Morton Stadium, Santry

Date	July 2024	Venue
Sat 6 <sup>th</sup>	<a href="#">Munster Juvenile U9-U16 B T&amp;F Championships</a>	Newcastle West
Sun 7 <sup>th</sup>	National Juvenile T&F Championships Day 1	Tullamore
Sat 13 <sup>th</sup>	<a href="#">AAI Games and Combined Events Championships Day 1</a>	Tullamore
Sun 14 <sup>th</sup>	<a href="#">AAI Games and Combined Events Championships Day 2</a>	Tullamore
Sat 20 <sup>th</sup>	<a href="#">National Juvenile B T&amp;F Championships and Relays</a>	Tullamore
Sun 21 <sup>st</sup>	<a href="#">National Juvenile T&amp;F Championships Day 2</a>	Tullamore
Sat 27 <sup>th</sup>	<a href="#">National Juvenile T&amp;F Championships Day 3</a>	Tullamore

Date	August 2024	Venue
Sat 3 <sup>rd</sup>	National Juniors & U23 T&F Championships	Tullamore
Sun 4 <sup>th</sup>	National Masters T&F Championships	Tullamore

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## Munster Athletics Juvenile U 12 to U/19 Track & Field Regulations 2024



### 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 to qualify for the National Championships except in the 600m where 3 qualify.
3. Athletes are confined to their own age group.
4. All athletes must be registered.
5. Ages 12, 13, 14, 15 and 16 are limited to 3 events plus relay. Ages 17, 18 and 19 are limited to 4 events plus relay.
6. Club Singlets must be worn.
7. All entries will be online <https://entry.athleticsireland.ie/#/>
8. **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
9. All athletes must collect a competition number.
10. All athletes must collect number 1 hour prior to their event minimum.
11. 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.
12. **ONLY 5mm SPIKES MAY BE USED**
13. Athletes are permitted to use their own implements for the Shot, Javelin, Discus and Hammer but implements must be inspected before the competition. Athletes are not permitted to use their own Turbo Javelin.
14. Only starting blocks provided by the organising committee may be used.
15. U12 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".
16. **Athletes from U14 upwards must use Starting Blocks. Blocks are optional for U12 and U13s.**
17. **WA False Start Rules apply. U16 upwards First false start leads to disqualification.**
18. **U13, 14, 15 - One false start and all are on warning of next false start leading to disqualification.**
19. **Combined Events all age categories. One false start and all are on warning, next false start leads to disqualification.**
20. Athletes must leave the arena when their event is complete.
21. Winning athletes must report for medal presentation 20 minutes after their event where possible.
22. Coaches and parents are *not allowed* on the track at any time. Any parent or club official found on the track risks the possibility of their athlete and club being disqualified.
23. 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
24. **All FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
25. In all field events, except the High Jump and Pole Vault 3 attempts plus 3 final throws/jumps for the 8 best athletes
26. Opening Heights for the High Jump and Pole Vault can be found in the Appendix at the end of this booklet.

27. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have **entered** those events in the Provincial/Regional Championships
28. 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.**
29. Please do not leave your personal belongings unattended.
30. 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.
31. **An athlete shall be excluded from participation in all further events in the championships (over both days), 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.**
32. 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](http://www.munsterathletics.com) or announced over the P A on the day of competition.
33. No Smoking or Vaping is permitted within the stadium..

Please direct any queries to Munster Juvenile Secretary at [ofitzgerald@munsterathletics.com](mailto:ofitzgerald@munsterathletics.com).

## Munster Athletics Juvenile U/9 to U/11 Team Games Regulations 2024



### U9 Girls & Boys Born 2016

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

### U10 Girls & Boys Born 2015

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

### U11 Girls & Boys Born 2014

60m  
600m  
Long Jump  
Turbo Javelin (300 gr)

1. Clubs will enter their athletes in individual events at <https://entry.athleticsireland.ie/#/>
2. Each athlete may compete in **two** events plus a relay.
3. Individual Medals will be awarded to the top three finishers in an event.
4. **The Team results will be decided from the individual results.** There will be no need for clubs to declare their teams on the day. Top two ranked athletes will constitute a club's "A" team, 3<sup>rd</sup> and 4<sup>th</sup> ranked athletes will constitute a club's "B" team.
5. Medals will be awarded to members of the top 3 teams in each event.
6. Three (3) teams qualify per Region per age group to National Championships.
7. In the U9 and U10 Long Jump competition, no board will be used, the athlete must take off before the edge of the pit. 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 results are on times.
11. Standing or crouch start is optional. The standing start command for all sprints are "on your marks" and "set".
34. Persistent false starts may lead to disqualification.
35. No entry or change of entry on the day of competition.
36. Club singlets must be worn – no tracksuits.
37. **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.**

### **U9-U11 Inter-Club Relays**

- No entry on the day of competition. Online entry <https://entry.athleticsireland.ie/#/>
- Athletes may step up ONE (1) age group only and may compete in TWO (2) relays on the day except.
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age.
- Relay teams qualify from region, 3 teams per region.

## 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

## Table of Throwing Implements

Boys	12	13	14	15	16	17	18	19
Shot	2k	2k	2.72k	3k	4k	5k	5k	6k
Discus			0.7k	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

<p><b>GIRLS 12</b>          60m Sprint          600m          High Jump          Long Jump          Shot Put          Turbo Javelin</p>	<p><b>GIRLS 13</b>          80m Sprint          60m Hurdles          600m          High Jump          Long Jump          Shot Put          Javelin</p>	
<p><b>GIRLS 14</b>          80m Sprint          75m Hurdles          200m          800m          1500m          2000m Walk.          Discus          Hammer          High Jump          Javelin          Long Jump          Shot Put</p>	<p><b>GIRLS 15</b>          100m Sprint          80m Hurdles          250m Hurdles          200m          800m          1500m          2000m Walk.          Discus          Hammer          High Jump          Javelin          Long Jump          Shot Put          Pole Vault          Triple Jump</p>	<p><b>GIRLS 16</b>          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</p>
<p><b>GIRLS 17</b>          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</p>	<p><b>GIRLS 18</b>          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</p>	<p><b>GIRLS 19</b>          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</p>



<p><b>BOYS 12</b>          60m Sprint          600m          High Jump          Long Jump          Shot Put          Turbo Javelin</p>	<p><b>BOYS 13</b>          80m Sprint          60m Hurdles          600m          High Jump          Long Jump          Shot Put          Javelin</p>	
<p><b>BOYS 14</b>          80m Sprint          75m Hurdles          200m          800m          1500m          2000m Walk.          Discus          Hammer          High Jump          Javelin          Long Jump          Shot Put</p>	<p><b>BOYS 15</b>          100m Sprint          80m Hurdles          250m Hurdles          200m          800m          1500m          2000m Walk.          Discus          Hammer          High Jump          Javelin          Long Jump          Shot Put          Pole Vault          Triple Jump</p>	<p><b>BOYS 16</b>          100m Sprint          100m Hurdles          250m Hurdles          200m          800m          1500m          3000m          3000m Walk.          Discus          Hammer          High Jump          Javelin          Long Jump          Shot Put          Pole Vault          Triple Jump</p>
<p><b>BOYS 17</b>          100m Sprint          100m Hurdles          300m Hurdles          200m          400m          800m          1500m          3000m          2000m S/Chase (3'0")          3000m Walk          Discus          Hammer          High Jump          Javelin          Long Jump          Pole Vault          Shot Put          Triple Jump</p>	<p><b>BOYS 18</b>          100m Sprint          110m Hurdles          400m Hurdles          200m          400m          800m          1500m          3000m          3000m S/Chase (3'0")          5000m Walk.          Discus          Hammer          High Jump          Javelin          Long Jump          Pole Vault          Shot Put          Triple Jump</p>	<p><b>BOYS 19</b>          100m Sprint          110m Hurdles          400m Hurdles          200m          400m          800m          1500m          3000m          3000m S/Chase (3'0")          5000m Walk.          Discus          Hammer          High Jump          Javelin          Long Jump          Pole Vault          Shot Put          Triple Jump</p>



## Munster Athletics – U11 to U16 Combined Events & U13 to U19 Pole Vault Championships 2024

Date	Combined Events	Pole Vault
Saturday 25 <sup>th</sup> May	Girls U11 to U16 @ 11am	Boys U13 to U16 @ 11am Boys U17 to U19 @ 1pm
Sunday 26 <sup>th</sup> May	Boys U11 to U16 @ 11am	Girls U13 to U16 @ 11am Girls U17 to U19 @ 1pm

Please note this competition is being held in conjunction with the Munster U20/U23/Senior & Masters Track and Field Championships. As throwing events will be taking place, please note, the infield area is out of bounds at all times.

### Entry & Closing Dates

Closing Date for Entries: 9pm Friday May 17th

Late Entries will be accepted up to 9pm Monday May 20<sup>th</sup>

Entry Cost: €5

Late entry Cost: €8

Entry via [entry.athleticsireland.ie](http://entry.athleticsireland.ie)

### COMBINED EVENTS

The combined events championships does not qualify athletes to the national championships. Open Entry for the U12 to U16 National Championships. Participation in the Munster Championships is not required to participate in the national combined events championships.

U11 Boys & Girls will have a quadrathlon (60m, Long Jump, Shot & 600m)

U12 Boys & Girls will have a Pentathlon (60m, Long Jump, High Jump, Shot & 600m)

U13 - U16 Boys & Girls will have a Pentathlon (60mH, Long Jump, High Jump, Shot & 800m)

For the Long Jump and shot put, athlete will have 3 attempts.

### Specifications

Age Group	Hurdles	Shot	High Jump
U11 B & G	N/A	2 kg	N/A
U12 B & G	N/A	2 kg	Open 1.00m, Up 6cm to 1.18m, thereafter by 3 cm
U13 B & G	60mH, 0.686m	2 kg	Open 1.00m, Up 6cm to 1.24m, thereafter by 3 cm
U14 Girls	75mH, 0.686m	2 kg	Open 1.06m, Up 6cm to 1.24m, thereafter by 3 cm
U15 Girls	80mH, 0.762m	2.72 kg	Open 1.12m, Up 6cm to 1.30m, thereafter by 3 cm
U16 Girls	80mH, 0.762m	3 kg	Open 1.18m, Up 6cm to 1.30m, thereafter by 3 cm
U14 Boys	75mH, 0.762m	2.72 kg	Open 1.12m, Up 6cm to 1.30m, thereafter by 3 cm
U15 Boys	80mH, 0.838m	3 kg	Open 1.18m, Up 6cm to 1.36m, thereafter by 3 cm
U16 Boys	100mH, 0.838m	4 kg	Open 1.24m, Up 6cm to 1.42m, thereafter by 3 cm

### POLE VAULT

The U15 – U19 Pole Vault is a qualifying event for the national championships. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have **entered** the pole vault at the Munster Championships. There are no national championships for U13 & U14 Pole Vault.

U17 – U19 Pole will be run with the Munster U20 Pole Vault competition, athletes can compete in both categories but must enter both categories.

## **POLE VAULT**

Boys 13 start at 1.35m up by 15cm to 2.10m after by 10cm  
Boys 14 start at 1.50m up by 15cm to 2.10m after by 10cm  
Boys 15 start at 1.65m up by 15cm to 2.10m after by 10cm  
Boys 16 start at 1.80m up by 15cm to 2.10m 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 2.60m after by 10cm

Girls 13 start at 1.35m up by 15cm to 2.10m after by 10cm  
Girls 14 start at 1.35m up by 15cm to 2.10m after by 10cm  
Girls 15 start at 1.50m up by 15cm to 2.10m after by 10cm  
Girls 16 start at 1.50m up by 15cm to 2.10m after by 10cm  
Girls 17 start at 1.50m up by 15cm to 2.40m after by 10cm  
Girls 18 start at 1.50m up by 15cm to 2.40m after by 10cm  
Girls 19 start at 1.50m up by 15cm to 2.40m after by 10cm



## Munster Athletics - U9 to U13 Track & Field Championships 2024

Saturday 8<sup>th</sup> & Sunday 9<sup>th</sup> June 2024 – Venue: Castleisland @ 10am

### DAY 1 – SATURDAY 8<sup>th</sup> JUNE 2024

Track Events – Saturday 10:00am			Field Events – Saturday 10:00am		
Gender	Age Group	Event	Gender	Age Group	Event
Girls	U13	60m Hurdles (2'3")	Girls	U11	Long Jump (Pit 1)
			Girls	U10	Long Jump (Pit 1)
Girls	U10	500m (Times)	Girls	U9	Long Jump (Pit 1)
Girls	U11	600m (Times)			
Boys	U12 & U13	600m Heats	Boys	U12	Long Jump (Pit 2)
Girls	U9	300m (Times)	Boys	U13	Long Jump (Pit 2)
<b>Girls</b>	<b>U13</b>	<b>Hurdle Final</b>	Girls	U9	Turbo Javelin (300g)
			Girls	U10	Turbo Javelin (300g)
			Girls	U11	Turbo Javelin (300g)
			Boys	U12	Turbo Javelin (300g)
Girls	U12	60m Sprint (Heats)			
Boys	U13	80m Sprint (Heats)	Girls	U13	Javelin
Girls	U9	60m Sprints (Times)			
Girls	U10	60m Sprints (Times)	Girls	U12	Shot Put (2kg)
Girls	U11	60m Sprints (Times)	Girls	U13	Shot Put (2kg)
Boys	U12 & U13	600m Finals	Boys	U13	High Jump
			Girls	U12	High Jump
Girls	U12	60m Final			
Boys	U13	80m Final			
Girls	U9, U10, U11	4 x 100m Relays			
Girls	U12 & U13	4 x 100m Relays			

**Munster AAI reserve the right to change the order of events to assist with the smooth running of these Championships.**

**The programme may move ahead of the scheduled time by 1 hour but not before 1pm**

**PLEASE LISTEN TO THE P. A. ANNOUNCEMENTS**



## Munster Athletics - U9 to U13 Track & Field Championships 2023

Saturday 8<sup>th</sup> & Sunday 9<sup>th</sup> June 2024 – Venue: Castleisland @ 10am

### DAY 2 – SUNDAY 9<sup>th</sup> JUNE 2024

Track Events – Sunday 10:00am			Field Events – Sunday 10:00am		
Gender	Age Group	Event	Gender	Age Group	Event
Boys	U13	60m Hurdles (2'3")	Boys	U11	Long Jump (Pit 1)
			Boys	U10	Long Jump (Pit 1)
Boys	U10	500m (Times)	Boys	U9	Long Jump (Pit 1)
Boys	U11	600m (Times)			
Girls	U12 & U13	600m Heats	Girls	U12	Long Jump (Pit 2)
Boys	U9	300m (Times)	Girls	U13	Long Jump (Pit 2)
<b>Boys</b>	<b>U13</b>	<b>Hurdle Final</b>	Boys	U9	Turbo Javelin (300g)
			Boys	U10	Turbo Javelin (300g)
Boys	U12	60m Sprint (Heats)	Boys	U11	Turbo Javelin (300g)
Girls	U13	80m Sprint (Heats)	Girls	U12	Turbo Javelin (300g)
Boys	U9	60m Sprints (Times)			
Boys	U10	60m Sprints (Times)	Boys	U13	Javelin
Boys	U11	60m Sprints (Times)			
			Boys	U12	Shot Put (2kg)
<b>Girls</b>	<b>U12 &amp; U13</b>	<b>600m Finals</b>	Boys	U13	Shot Put (2kg)
<b>Boys</b>	<b>U12</b>	<b>60m Final</b>	Girls	U13	High Jump
<b>Girls</b>	<b>U13</b>	<b>80m Final</b>	Boys	U12	High Jump
Boys	U9, U10, U11	4 x 100m Relays			
Boys	U12 & U13	4 x 100m Relays			

Munster AAI reserve the right to change the order of events to assist with the smooth running of these Championships.

The programme may move ahead of the scheduled time by 1 hour but not before 1pm

**PLEASE LISTEN TO THE P. A. ANNOUNCEMENTS**



## Munster Athletics – U14 to U19 Track & Field Championships 2024

Saturday 15<sup>th</sup> & Sunday 16<sup>th</sup> June 2024 – Venue: Waterford RSC

### Day 1 – Saturday 15<sup>th</sup> June 2024

TRACK EVENTS			FIELD EVENTS	
Time	Event	Age Categories	Events	Time
<b>10.00am</b>	<b>800m</b>	B17, B18, B19	<b>HIGH JUMP 10:00am</b>	
	800m	G17, G18, G19	Girls U14 (1.10m)	
			Boys U19 (1.50m)	
	2000m Walks	G13, B13, G14, B14, G15, B15, G16	Girls U16 (1.20m)	
	3000m Walks	B16, G17, B17, G18, G19	Girls U18 (1.30m)	
	5000m Walks	B18, B19	Boys U17 (1.35m)	
			Boys U15 (1.25m)	
	110m Hurdles (3'3")	B19		
	110m Hurdles (3'0")	B18	<b>TRIPLE JUMP 10:00am</b>	
	100m Hurdles (3'0")	B17	Boys U17, U18, U15 (Pit 2)	
	100m Hurdles (2'9")	G19	Girls U16, U17, (Pit 2)	
	100m Hurdles (2'9")	B16, G18		
	80m Hurdles (2'9")	B15	<b>LONG JUMP 10:00am</b>	
	100m Hurdles (2'6")	G17	Girls U19 (Pit 1)	
	80m Hurdles (2'6")	G15, G16	Girls U15 (Pit 1)	
	75m Hurdles (2'6")	B14	Boys U14 (Pit 1)	
	75m Hurdles (2'3")	G14	Boys U16(Pit 2)	
			Girls U18 (Pit 2)	
	Break on Track		Boys U18 (Pit 1)	
	200m Heats	G14, B14, G15, B15, G16, B16	<b>POLE VAULT **</b>	
			Boys U13 - U19 <b>10.30am</b>	
	400m	G17, B17, G18, B18, G19, B19	Girls U13 - U19 <b>1.30pm</b>	
	3000m	G16, G17, G18, G19	<b>SHOT 10:00am</b>	
	3000m	B16, B17, B18, B19	Girls U19 (4kg)	
			Girls U18 (3kg)	
	100m Heats	G17, G18, G19	Girls U17 (3kg)	
	100m Heats	B17, B18, B19	Girls U16 (3kg)	
			Boys U17 (5kg)	
	200m Finals	G14, B14, G15, B15, G16, B16	Girls U14 (2kg)	
	100m Finals	G17, B17, G18, B18, G19, B19	<b>DISCUS 12:30am</b>	
			Girls U15 g)	
	4 X 100m Relays	B14, G15, B16, G17, B18, G19	Boys U14 (.75kg)	
			Boys U15 (1kg)	
			Boys U16 (1kg)	
			Girls U18 (1kg)	
			Boys U19 (1.5kg)	
			<b>JAVELIN 11:00am</b>	
			Girls U16 (500g)	
			Girls U14 (400g)	
			Boys U17 (700g)	
			Boys U19 (800g)	
			Boys U15 (500g)	
			Boys U18 (700g)	
			<b>HAMMER 9:30am</b>	
			Boys U18 (5kg)	
			Girls U19 (4kg)	
			Girls U17 (3kg)	
			Boys U16 (4kg)	
			Girls U15 (2.5kg)	
			Boys U14 (2.5kg)	

**Munster AAI reserve the right to change the order of events.  
The programme may move ahead of the scheduled time by 1 hour but not before 1pm.**

**PLEASE LISTEN TO THE P. A. ANNOUNCEMENTS**

**In the event of heats in the 400m, Long Hurdles or 800m, the results will be decided on times**

**\*\*Boys Pole Vault U13 & U19 10.30am warm up, start at 11.30am**

**\*\*Girls Pole Vault U13 – U19 – 1.30pm warm up, start at 2.30pm**

## DAY 2 – SUNDAY 16<sup>th</sup> June 2024

TRACK EVENTS			FIELD EVENTS	
Time	Event	Age Categories	Events	Time
10.00am	800m	G14, B14, G15, B15, G16, B16	<b>HIGH JUMP 10:00am</b>	
			Girls U15	
	<b>250m Hurdles (2'3")</b>	G15, G16	Girls U17, U19	
	<b>250m Hurdles (2'6")</b>	B15, B16	Boys U16, U18	
	<b>300m Hurdles (2'6")</b>	G17, B17	Boys U14	
	<b>400m Hurdles (2'6")</b>	G18, G19		
	<b>400m Hurdles (2'9")</b>	B18	<b>LONG JUMP 10:00am</b>	
	<b>400m Hurdles (3'0")</b>	B19	Girls U16 (Pit 1)	
			Boys U19 (Pit 1)	
	<b>2000m Steeplechase (3'0")</b>	B17, B18, B19	Boys U17 (Pit 1)	
	<b>2000m Steeplechase (2'6")</b>	G17, G18, G19	Boys U15 (Pit 2)	
			Girls U17 (Pit 2)	
	Break on Track		Girls U14 (Pit 2)	
	200m Heats	G17, B17, G18, B18, G19, B19	<b>TRIPLE JUMP 10.00am</b>	
			Girls U19 (Pit 2)	
	80m Heats	G14, B14	Girls U18 (Pit 2)	
	100m Heats	G15, B15, G16, B16	Girls U15 (Pit 2)	
	100m Heats		Boys U16 (Pit 2)	
			Boys U19 (Pit 2)	
	<b>1500m Finals</b>	G14, G15, G16, G17, G18, G19		
	<b>1500m Finals</b>	B14, B15, B16, B17, B18, B19	<b>SHOT 10:00am</b>	
			Boys U18 (5k)	
	<b>200m FINALS</b>	G17, B17, G18, B18, G19, B19	Boys U14 (2.72kg)	
			Boys U15 (3kg)	
	<b>80m FINALS</b>	G14, B14	Boys U16 (4kg)	
			Boys U19 (6kg)	
	<b>100m Finals</b>	G15, B15, G16, B16	Girls U15 (2.72kg)	
	<b>4 x 100m</b>	G14, B15, G16, B17, G18, B19	<b>DISCUS 12:30am</b>	
			Girls U17 (1kg)	
			Boys U18 (1.5kg)	
			Girls U14 (.75kg)	
			Boys U17 (1.5kg)	
			Girls U16 (1kg)	
			Girls U19 (1kg)	
			<b>JAVELIN 10:00am</b>	
			Boys U16 (600g)	
			Girls U17 (600g)	
			Girls U15 (400g)	
			Girls U18 (500g)	
			Girls U19 (600g)	
			Boys U14 (400g)	
			<b>HAMMER 9:30am</b>	
			Boys U19 (6kg)	
			Boys U17 (5kg)	
			Girls U18 3kg)	
			Girls U16 (3kg)	
			Boys U15 (3kg)	
			Girls U14 (2.5kg)	

**Munster AAI reserve the right to change the order of events.  
The programme may move ahead of the scheduled time by 1 hour but not before 1pm**

**PLEASE LISTEN TO THE P. A. ANNOUNCEMENTS**

**In the event of heats in the 800m results will be decided on times**



# Munster Athletics - U9 to U16 Juvenile "B" Track & Field Championships 2024

Saturday 6<sup>th</sup> July – Venue: Newcastle West @ 11am

<b>GIRLS TRACK EVENTS COMMENCE AT 10AM</b>			
Gender	Age Group	Track Events	
Girls	U09	60m Heats	
Girls	U10	60m Heats	
Girls	U11	60m Heats	
Girls	U12	80m Heats	
Girls	U13	80m Heats	
Girls	U14	80m Heats	
<b>SEMI-FINALS IN SAME ORDER</b>			
Girls	U15	100m Heats	
Girls	U16	100m Heats	
<b>SPRINT FINALS IN SAME ORDER</b>			
Girls	U10	500m Heats	
Girls	U11	600m Heats	
Girls	U12	600m Heats	
Girls	U13	600m Final	
Girls	U09	300m Final	
Girls	U14	800m Final	
Girls	U15	800m Final	
Girls	U16	800m Final	
<b>FINALS IN SAME ORDER</b>			
<b>THERE WILL BE A SHORT BREAK</b>			
<b>BOYS TRACK EVENTS</b>			
Gender	Age Group	Track Events	
Boys	U09	60m Heats	
Boys	U10	60m Heats	
Boys	U11	60m Heats	
Boys	U12	80m Heats	
Boys	U13	80m Heats	
Boys	U14	80m Heats	
<b>SEMI-FINALS IN SAME ORDER</b>			
Boys	U15	100m Heats	
Boys	U16	100m Heats	
<b>ALL SPRINT FINALS IN SAME ORDER AS ABOVE</b>			
<b>MIDDLE DIST. RACES WILL BE DECIDED ON TIMES</b>			
Boys	U10	500m Final	
Boys	U11	600m Final	
Boys	U12	600m Final	
Boys	U13	600m Final	
Boys	U09	300m Final	
Boys	U14	800m Final	
Boys	U15	800m Final	
Boys	U16	800m Final	

<b>BOYS FIELD EVENTS START AT 10AM</b>				
Long Jump Pit 1	Long Jump Pit 2	Turbo Javelin	Shot Putt	High Jump
Boys 09	Boys 11	Boys 11	Boys 16	Boys 12
Boys 10	Boys 12	Boys 09	Boys 13	Boys 14
Boys 13	Boys 14	Boys 10	Boys 15	Boys 16
Boys 15	Boys 16	Boys U12	Boys 14	Boys 13
			Boys 12	Boys 15

<b>GIRLS FIELD EVENTS START WHEN BOYS ARE COMPLETED</b>				
Long Jump Pit 1	Long Jump Pit 2	Turbo Javelin	Shot Putt	High Jump
Girls 09	Girls 11	Girls 10	Girls 16	Girls 12
Girls 10	Girls 12	Girls 09	Girls 13	Girls 14
Girls 13	Girls 14	Girls 11	Girls 15	Girls 16
Girls 15	Girls 16	Girls U12	Girls 14	Girls 13
			Girls 12	Girls 15

### General Notes

Please note that Girls will start with Track events and Boys will start with Field events

Events.  
This is to avoid clashes between the Track and the Field.

**Athletes may compete in two events only.**

It will be the best of **three** attempts in all Field Events

### Eligibility

**All athletes who competed in the Munster "A" Championships but did not win an individual medal are eligible to compete. Newly registered athletes are also eligible.**

### Competition Numbers

**Must be collected at least 45 minutes before the competition commences.  
i.e. 10:15am.**

**COMPETITIONS COMMENCE AT 11am**

**5mm Needle Spikes Only Allowed**



## 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 13 start at 1.35m up by 15cm to 2.10m after by 10cm

Boys 14 start at 1.50m up by 15cm to 2.10m after by 10cm

Boys 15 start at 1.65m up by 15cm to 2.10m after by 10cm

Boys 16 start at 1.80m up by 15cm to 2.10m 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 2.60m after by 10cm

Girls 13 start at 1.35m up by 15cm to 2.10m after by 10cm

Girls 14 start at 1.35m up by 15cm to 2.10m after by 10cm

Girls 15 start at 1.50m up by 15cm to 2.10m after by 10cm

Girls 16 start at 1.50m up by 15cm to 2.10m after by 10cm

Girls 17 start at 1.50m up by 15cm to 2.40m after by 10cm

Girls 18 start at 1.50m up by 15cm to 2.40m after by 10cm

Girls 19 start at 1.50m up by 15cm to 2.40m after by 10cm