

**Cumann Luthchleas Scoileanna Na Mumhan
Munster Schools Athletic Association**

**INDOOR GAMES, TUESDAY 7th MARCH 2017 IN NENAGH INDOOR ARENA
@ 11am**

All enquires to MARY ASHE at 058 43116/ 086-8227064

Due to the huge numbers now competing at this event & to ensure a timely start & end to the day, this year all entries should be completed Online (Details as per e-mail sent to all Schools on Thursday 16th February)

Closing date for entries is 6pm on Friday 3rd March 2017. Any entries received after this date will be charged 10 euro per relay team instead of 5 euro per team. Your co-operation would be greatly appreciated.

See Entry Rules below.

RULES OF COMPETITION

Events:

60m; 600m; 1200m; 60m Hurdles*; 4 x 200m Relay – All Grades

**(There are no Minor Girls/Boys Hurdles)*

High Jump: Junior/Intermediate ONLY
(starting heights Girls 1.40m – Boys 1.55m)

Shot: All Grades

Long Jump: All Grades

Age Groups:

Age groups for girls & boys shall be as follows:

Minor: Under 14 on 1st July 2017

Junior: Under 15 on 1st July 2017

Intermediate: Under 17 on 1st July 2017

Athletes must compete in their own age group **EXCEPT** for relays.

Entry:

- **All Entries should be completed online before 6pm on Friday 3rd March. Please note that the Relay team entry fee will increase from 5 euro to 10 euro after the Closing Date.**
- Fee shall be €5.00 per athlete/ €5 per Relay Team if entered before the Closing date & €10 per Relay Team if entered after the Closing date. Fees payable on the day of competition when collecting numbers.
- Athletes must compete in their own age group except for relays.
- A school may not enter more than ***three*** athletes in any event.

Competition Wear:

Acceptable competition wear is a school singlet or a white or plain singlet. Club singlets, International singlets, fancy T-Shirts or unacceptable logos may not be worn. ***Only 5mm spikes may be used.*** Athletes may not run in bare feet.

Competition Area Rules:

- 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.
- An athlete must leave the competition area when their event is complete.
- Teachers, coaches, or parents are **NOT ALLOWED** in the competition area at any time.

Field Events:

Three attempts only at Long Jump and Shot. All Field Event athletes must be technically proficient & competent in the event in the interest of safety.

Outer Track Events:

600m, 1200m & 4 x 200m Relays will be decided on fastest times. There will be no heats & finals.

Relays:

For Relay competitions only, an athlete may compete out of his/her age category but may only compete in **ONE** Relay on the day.

Starting Heights in Junior/Intermediate High Jump:

Girls – 1.40m

Boys - 1.55m

Shot Putt Weights:

	CATEGORY	WEIGHT
BOYS	Minor	3.00kg
	Junior	4.00 kg
	Intermediate	5.00kg
GIRLS	Minor	2.72kg
	Junior	2.72kg
	Intermediate	3.00kg

Hurdles Specifications:

Category	Distance	Height	No. Flights	Approach	Interval	Finish
Junior Girls	60m	76.2cm 2' 6"	5	11.50m	7.50m	18.50m
Inter Girls	60m	76.2cm 2' 6"	5	12.00m	8.00m	16.00m
Junior Boys	60m	84.0cm 2' 9"	5	12.00m	8.00m	16.00m
Inter Boys	60m	91.4cm 3'0"	5	13.00m	8.50m	13.00m

Medals:

Medals shall be awarded to the first three in each event.

Arena Rules:

Please have respect for the Arena & its environs & adhere to all the rules of the Arena including those set out below: -

- Each competing school must take responsibility for the good behaviour of its athletes within the Arena.
- To this end, each school is asked to have present a teacher or designated adult charged with maintaining an acceptable level of behaviour from their athletes.
- Competitors will, at all times, obey stewards and officials of the meeting.
- Please do not leave your personal belongings unattended.