



*Munster Juvenile Indoor
Competition Booklet 2016*



**All Enquiries to Munster Juvenile Secretary,
Anne Cullinane.
E-Mail: juvenilesecretary@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 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.



INDEX

• Munster Council Officers & Contacts	4
• 2016 Age Categories	5
• Club Apparel	6
• Competition Code of Conduct for Parents, Coaches & Mentors	7
• Permission for Use of Photographic /Film/Video Equipment	8
• 2016 Juvenile Fixtures	9
• Indoor Rules	11
• Table of Hurdles & Shot Specifications	14
• Munster Indoor U/11 to Youth Combined Events Info	15
• Munster Indoor U/11 to Youth Combined Events Timetable	16
• Munster Indoor Relay Championships Timetable & Info	18
• Munster Juvenile Indoor Pole Vault Championships Info	19
• Munster Indoor U/9 to U/12 Events Guide	20
• Munster Indoor U/9 to U/12 Timetables	21
• Munster Indoor U/13 to U/19 Events Guide	22
• Munster Indoor U/13 to U/19 Timetables	24
• Appendix 1 – Field Standards for High Jump & Pole Vault	26
• Munster Convention	27
• Munster Star Awards	28



Munster Council Officers

Position	Officer
Chairman	Mossie Woulfe, Limerick
Vice Chairman	John Devine, Clare
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, Senior & Masters Indoor Competition Secretary	Padraig Kelly, Cork
Juvenile Indoor & Outdoor Track & Field Competition Secretary	Anne Cullinane, Limerick
Cross Country & Road Competition Secretary	Michael Lillis, Clare
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	Jim Ryan, Tipperary
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	secretary@munsterathletics.com
Senior T&F Competition Secretary	tfsecretary@munsterathletics.com
Juvenile Competition (Indoor & T&F) Secretary	juvenilesecretary@munsterathletics.com
Senior Indoor Competition Secretary	indoorsecretary@munsterathletics.com
Cross Country Competition Secretary	ccsecretary@munsterathletics.com

2016 Age Categories

2016 Age Categories (as per AAI Juvenile Competition Booklet 2016)

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 2008

Age 10 Born 2007

Age 11 Born 2006

Age 12 Born 2005

Age 13 Born 2004

Age 14 Born 2003

Age 15 Born 2002

Age 16 Born 2001

Age 17 Born 2000

Age 18 Born 1999

Age 19 Born 1998

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

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 Mary Meagher (female officer) & Tim Fitzpatrick (male officer).**

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 with Anne Cullinane, 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 2016



Date	January 2016	Venue
Sat 2nd	Munster Junior & U/23 Men's Indoor Championships & Munster Juvenile & Youth Girls Pentathlon Championships @ 9.30am	Nenagh Indoor Stadium
Sun 3rd	Munster Junior & U/23 Women's Indoor Championships & Munster Juvenile & Youth Boys Pentathlon Championships @ 9.30am	Nenagh Indoor Stadium
Sat 9th	GloHealth 4km Cross Country, Juvenile "B" Championships & Juvenile Relay Championships	ALSAA, Dublin
Sat 9th	Celtic Cross Country	Scotland
Sat 16th	ANI International Cross Country	Greenmount
Sat 16th	AAI National Indoor League - Round 1	AIT International Arena, Athlone
Sun 17th	Munster Senior & Masters Indoor Championships@ 10.30am	Nenagh Indoor Stadium
Sat 23rd	GloHealth National Indoor Combined Events Championships - All Age Categories	AIT International Arena, Athlone
Sun 24th	Munster Juvenile Indoor Relay Championships & Juvenile U/15 to U/19 Pole Vault Championships	Nenagh Indoor Stadium
Sun 24th	GloHealth National Intermediate & Masters Cross Country Championships	Dundalk I.T., Co. Louth
Thurs 28th	East Munster Schools Cross Country Championships	WIT, Waterford
Thurs 28th	North Munster Schools Cross Country Championships	Pallaskenry, Co. Limerick
Fri 29th	South Munster Schools Cross Country Championships	Cork I.T.
Sat 30th	Munster Star Awards	Listowel, Co. Kerry
Sat 30th	AAI National Indoor League - Round 2	AIT International Arena, Athlone
Sun 31st	GloHealth National Junior & U/23 Indoor Championships	AIT International Arena, Athlone

Date	February 2016	Venue
Sat 6th	National Indoor League Final	AIT International Arena, Athlone
Sat 6th	Munster Convention	Blarney Golf Resort Hotel, Blarney, Co. Cork
Sun 7th	Munster Intermediate & Junior Cross Country & Juvenile Inter-County Cross Country Relay Championships	Enniskeane, West Cork
Sun 7th	GloHealth AAI Indoor Games	AIT International Arena, Athlone
Sun 7th	European Club Cross Country Championships	Turkey
Thurs 11th	GloHealth Munster Schools Cross Country Championships	Cork I.T.

Fri 12th	Irish Universities Indoor Championships	AIT International Arena, Athlone
Sat 13th	Munster U/9 to U/12 Indoor Championships	Nenagh Indoor Stadium
Sun 14th	Munster U/9 to U/12 Indoor Championships	Nenagh Indoor Stadium
Sun 14th	GloHealth Inter County Cross Country Championships	tbc
Sat 20th	Munster U/13 to U/19 Indoor Championships	Nenagh Indoor Stadium
Sun 21st	Munster U/13 to U/19 Indoor Championships	Nenagh Indoor Stadium
Sat 27th	AAI Star Awards	Tullamore
Sat 27th	GloHealth Senior Indoor Championships	AIT International Arena, Athlone
Sun 28th	GloHealth Senior Indoor Championships	AIT International Arena, Athlone

Date	March 2016	Venue
Tues 1st	Munster Schools Indoor Games	Nenagh Indoor Stadium
Sat 5th	Irish Universities Cross Country Championships	Sligo Racecourse
Sat 5th	GloHealth All-Ireland Schools Cross Country Championships	Sligo Racecourse
Fri 11th - Sun 13th	World Universities Cross Country Championships	Italy
Sat 12th - Sun 13th	European Winter Throws	tbc
Sat 12th	GloHealth Juvenile Indoor Championships - Day 1	AIT International Arena, Athlone
Sun 13th	GloHealth Juvenile Indoor Championships - Day 2	AIT International Arena, Athlone
Thurs 17th - Sun 20th	World Indoor Championships	Oregon, USA
Sat 19th	GloHealth Juvenile Indoor Relay Championships - Day 3	AIT International Arena, Athlone
Sat 19th	SIAB Schools International Cross Country	Callendar Park, Falkirk, Scotland
Sun 20th	GloHealth National Master Indoor Championships	AIT International Arena, Athlone
Tues 29th - Sun 3rd April	European Master Indoor Championships	Italy

- *Dates correct at time of publication (2nd January 2015).*

Munster Athletics Juvenile Indoor Regulations 2016



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.
4. Club Singlets must be worn.
5. The first three (3) from each region **qualify** for the National Championships.
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 must they must use the Crouch Start position.
 - U14 to U19 shall 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.

365. 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 juvenilesecretary@munsterathletics.com

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	13.72m	9.14m	9.72m
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
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

Munster U/11 to Youth Indoor Combined Events Championships– Saturday 2nd January (Girls) & Sunday 3rd January (Boys) 2016

Venue: Nenagh Indoor Stadium

Date: Saturday 2nd & Sunday 3rd January 2016

Time: 9.30am

Entry Fee: €5.00 per athlete payable online with entries

**Closing Date: *ONLINE ENTRY ONLY. Closing Date is midnight on Wednesday 30th
December 2015. Strictly no entry on the day***

ALL ATHLETES MUST BE REGISTERED

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

EVENTS Pentathlon

U11	Boys & Girls	60m	Long Jump	Shot Putt	600m (4 Events only, no HJ)
U12	Boys & Girls	60m	Long Jump	High Jump	Shot Putt 800M
U 13	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

Youth Women (U/17 & U/18)	60mH	Long Jump	High Jump	Shot	800m
Youth Men (U/17 & U/18)	60mH	Long Jump	High Jump	Shot	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
Youth Girls	60m	76.2cm	2' 6"	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
Youth Boys	60m	91.4cm	3' 0"	5	13.72m	9.14m	9.72m

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 increment 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.

EVENT:	Junior & U23 + Juvenile Pentathlon INDOOR CHAMPIONSHIPS	Date:	2 nd January 2016
VENUE:	Nenagh Olympic Stadium, Nenagh, Co, Tipperary	Time:	9:30am

ORDER OF EVENTS – SATURDAY 2 nd JANUARY 2016									
CENTRE TRACK					MAIN TRACK				
Championship & Pentathlon Hurdles					Championship & Pentathlon Events				
Time		Gender	Age Cat	Event	Time		Gender	Age Cat	Event
10:00		Men	U23	60m H 3'6"	11:30		Men	Junior	400m
		Men	Junior	60m H 3'3"			Men	U23	400m
	C.E.	Women	Youth	60m H 2'9"					
	C.E.	Girls	U16	60m H 2'6"	12:00		Men	Junior	1500m
	C.E.	Girls	U15	60m H 2'6"			Men	U23	1500m
	C.E.	Girls	U14	60m H 2'3"					
	C.E.	Girls	U13	60m H 2'3"					
Championship & Pentathlon Sprints					13:15		Men	Junior	200m
		Men	U23	60m			Men	U23	200m
		Men	Junior	60m					
	C.E.	Girls	U11	60m	13:45		Men	Junior	800m
	C.E.	Girls	U12	60m			Men	U23	800m
Championship & Pentathlon High Jumps					14:15		Men	Junior	4 x 200m
	C.E.	Women	Youth	High Jump		C.E.	Girls	U12	600m
		Men	Junior/U23	High Jump		C.E.	Girls	U13	800m
	C.E.	Girls	U13	High Jump		C.E.	Girls	U14	800m
	C.E.	Girls	U14	High Jump		C.E.	Girls	U15	800m
	C.E.	Girls	U12	High Jump		C.E.	Girls	U16	800m
	C.E.	Girls	U15	High Jump		C.E.	Women	Youths	800m
	C.E.	Girls	U16	High Jump		C.E.	Girls	U11	600m
C. E. Final Events as they become available									

SHOT PUTT – Check In when event is called					LONG JUMP – Check In when event is called				
10:30	C.E.	Girls	U15	Shot – 2.72k	10:45		Men	Junior/U23	Long Jump
10:30	C.E.	Girls	U16	Shot – 3k	10:45	C.E.	Women	Youths	Long Jump
11:10	C.E.	Girls	U13	Shot – 2k	11:15	C.E.	Girls	U12	Long Jump
12:00	C.E.	Girls	U12	Shot – 2k	12:00	C.E.	Girls	U13	Long Jump
13:00	C.E.	Girls	U14	Shot – 2k	12:30	C.E.	Girls	U14	Long Jump
14:00	C.E.	Women	Youths	Shot – 3k	13:00	C.E.	Girls	U15	Long Jump
		Men	Junior	Shot – 6k	13:00	C.E.	Girls	U16	Long Jump
		Men	U23	Shot – 7.26k	14:00	C.E.	Girls	U11	Long Jump
		Men	U23/Jun	Weight – 35lbs					

EVENT:	Junior & U23 + Juvenile Pentathlon INDOOR CHAMPIONSHIPS	Date:	3rd January 2016
VENUE:	Nenagh Olympic Stadium, Nenagh, Co, Tipperary	Time:	9:30am

ORDER OF EVENTS – SUNDAY 3 RD JANUARY 2016									
CENTRE TRACK					MAIN TRACK				
Championship & Combined Event Hurdles					Championship & Combined Events				
Time		Gender	Age Cat	Event	Time		Gender	Age Cat	Event
10:00	C.E.	Men	Youth	60m H 3'0"	10:30		Women	Jnr/U23/Snr	3k Walks
		Women	U23	60m H 2'9"			Men	Jnr/U23/Snr	5K Walks
		Women	Junior	60m H 2'9"					
	C.E.	Boys	U16	60m H 2'9"	12:00		Women	Junior	400m
	C.E.	Boys	U15	60m H 2'9"			Women	U23	400m
	C.E.	Boys	U14	60m H 2'6"					
	C.E.	Boys	U13	60m H 2'3"	12:15		Women	U23	1500m
							Women	Junior	1500m
Championship & Combined Event Sprints									
		Women	U23	60m	13:15		Women	Junior	200m
		Women	Junior	60m			Women	U23	200m
	C.E.	Boys	U11	60m					
	C.E.	Boys	U12	60m	14:00		Women	Junior	800m
							Women	U23	800m
Championship & Combined Event High Jumps									
					14:15		Women	Junior	4 x 200m
	C.E.	Men	Youth	High Jump					
		Women	Junior/U23	High Jump		C.E.	Boys	U12	600m
	C.E.	Boys	U13	High Jump		C.E.	Boys	U13	800m
	C.E.	Boys	U14	High Jump		C.E.	Boys	U14	800m
	C.E.	Boys	U12	High Jump		C.E.	Boys	U15	800m
	C.E.	Boys	U15	High Jump		C.E.	Boys	U16	800m
	C.E.	Boys	U16	High Jump		C.E.	Boys	Youths	800m
						C.E.	Boys	U11	600m
									C. E. Final Events as they become available

SHOT PUTT – Check In when event is called					LONG JUMP – Check In when event is called				
10:30	C.E.	Boys	U15	Shot – 3k	10:45		Women	Junior/U23	Long Jump
10:30	C.E.	Boys	U16	Shot – 4k	10:45	C.E.	Boys	Youths	Long Jump
11:10	C.E.	Boys	U13	Shot – 2k	11:15	C.E.	Boys	U12	Long Jump
12:00	C.E.	Boys	U12	Shot – 2k	12:00	C.E.	Boys	U13	Long Jump
13:00	C.E.	Boys	U14	Shot – 2.72k	12:30	C.E.	Boys	U14	Long Jump
14:00	C.E.	Boys	Youths	Shot – 5k	13:00	C.E.	Boys	U15	Long Jump
		Women	Junior	Shot - 4k	13:00	C.E.	Boys	U16	Long Jump
		Women	U23	Shot – 4k	14:00	C.E.	Boys	U11	Long Jump

Munster Juvenile Indoor Relays – Sunday 24th January 2016

Venue: Nenagh Indoor Stadium

Date: Sunday 24th January 2016

Time: 11am

Entry Fee: €5.00 per team

Closing Date: Midnight on Wednesday 20th January 2016. All Entries Online

Girls U/10	4x 100m
Boys U/10	4 x 100m
Girls U/12	4 x 100m
Boys U/12	4 x 100m
Girls U/14	4 x 200m
Boys U/14	4 x 200m
Girls U/16	4 x 200m
Boys U/16	4 x 200m
Girls U/18	4 x 200m
Boys U/18	4 x 200m

Break

Girls U/9	4x100m
Boys U/9	4 x 100m
Girls U/11	4 x 100m
Boys U/11	4 x 100m
Girls U/13	4 x 100m
Boys U/13	4 x 100m
Girls U/15	4 x 200m
Boys U/15	4 x 200m
Girls U/17	4 x 200m
Boys U/17	4 x 200m
Girls U/19	4 x 200m
Boys U/19	4 x 200m

PLEASE NOTE:

- **No entry on the day of competition, entries ONLINE through Club Secretary**
- Athletes may step up **ONE (1)** age group only 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 a sub is present on the day and declared, medal will be presented
- 4 x 100 relays - the third athlete breaks.
- **Relay teams qualify from region, 3 teams per region per age category**
- 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.**

**Munster Juvenile U/15 to U/19 Indoor Pole Vault Championships –
Sunday 24th January 2016**

Venue: Nenagh Indoor Stadium

Date: Sunday 24th January 2016

Time: 11am (Girls) 1pm (Boys)

Entry Fee: €2.00 per athlete

Closing Date: Midnight on Wednesday 20th January 2016. Online Entry Only

**11am start for Girls competition (all ages)
1pm start for Boys competition (all ages)**

Competition is for Girls & Boys U/15 to U/19

Opening Heights

Boys 15 start at 2.15cm up by 15cm to 2.30m after by 10cm

Boys 16 start at 2.30cm up by 15cm to 2.45m after by 10cm

Boys 17 start at 2.30cm up by 15cm to 2.45m after by 10cm

Boys 18 start at 2.30cm up by 15cm to 2.45m after by 10cm

Boys 19 start at 2.30cm up by 15cm to 2.50m after by 10cm

Girls 15 start at 1.50m up by 15cm

Girls 16 start at 1.50m up by 15cm

Girls 17 start at 1.50 cm up by 15cm

Girls 18 start at 1.50 cm up by 15cm

Girls 19 start at 1.50 cm up by 15cm

***This Championships will be held with the Munster Juvenile Indoor Relay
Championships***

Munster Juvenile U/9 to U/12 Indoor Championships – Saturday 13th & Sunday 14th February 2016

Venue: Nenagh Indoor Stadium

Date: Saturday 13th & Sunday 14th February 2016

Time: 10.30am (High Jump), 11am Outer Track & other Field Events, 11.30am Centre Track

Entry Fee: Individual €2, Relay €5

ONLINE ENTRY ONLY. CLOSING DATE FOR RECEIPT OF ENTRIES: MIDNIGHT ON FRIDAY 5TH FEBRUARY 2016. STRICTLY NO ENTRY ON THE DAY

All Athletes must be registered

EVENTS

GIRLS U9	GIRLS U10	GIRLS U11	GIRLS U12
60m Sprint 300m Long Jump	60m Sprint 500m Long Jump	60m Sprint 600m Long Jump	60m Sprint 600m Long Jump High Jump Shot Putt
BOYS U9	BOYS U10	BOYS U11	BOYS U12
60m Sprint 300m Long Jump	60m Sprint 500m Long Jump	60m Sprint 600m Long Jump	60m Sprint 600m Long Jump High 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 - INDOOR CHAMPIONSHIPS 2016
SATURDAY 13TH & SUNDAY 14TH FEBRUARY

UNDER 09 TO U12 GIRLS & BOYS ORDER OF EVENTS

DAY 1 - SATURDAY

CENTRE TRACK EVENTS	OUTSIDE TRACK EVENTS	JUMPS - FINALS	THROWS - FINALS
11:30am Boys U12 60m	11:00am Girls U09 300m	10:30am Boys U12 High Jump	11:00am Girls U12 Shot Putt
Boys U10 60m	Girls U11 600m	11:00am Boys U11 Long Jump	
Boys U11 60m	Girls U10 500m	Boys U09 Long Jump	
Boys U09 60m	Girls U12 600m	Boys U12 Long Jump	
IF REQUIRED SEMI-FINALS IN SAME ORDER AS ABOVE FINALS AT 14:00PM	HEATS IN THE MORNING FINALS OF ABOVE AT 14:30PM	Boys U10 Long Jump	

DAY 2 - SUNDAY

CENTRE TRACK EVENTS	OUTSIDE TRACK EVENTS	JUMPS - FINALS	THROWS - FINALS
12:00pm Girls U12 60m	11:00am Boys U09 300m	10:30am Girls U12 High Jump	11:00am Boys U12 Shot Putt
Girls U10 60m	Boys U11 600m	11:00am Girls U11 Long Jump	
Girls U11 60m	Boys U10 500m	Girls U09 Long Jump	
Girls U09 60m	Boys U12 600m	Girls U12 Long Jump	
IF REQUIRED SEMI-FINALS IN SAME ORDER AS ABOVE FINALS AT 14:00PM	HEATS IN THE MORNING FINALS OF ABOVE AT 14:30PM	Girls U10 Long Jump	

Munster Juvenile U/13 to U/19 Indoor Championships – Saturday 20th & Sunday 21st February 2016

Venue: Nenagh Indoor Stadium

Date: Saturday 20th & Sunday 21st February 2016

Time: 10am (High Jump), 11am Outer Track & other Field Events, 12.30pm Centre Track

Entry Fee: Individual €2, Relay €5

ONLINE ENTRY ONLY. CLOSING DATE FOR RECEIPT OF ENTRIES: MIDNIGHT ON FRIDAY 12TH FEBRUARY 2016 STRICTLY NO ENTRY ON THE DAY

Check In:

***All TRACK EVENTS at Call Room When Event is called
All FIELD EVENTS at EVENT SITE when EVENT is called.***

All Athletes must be registered

EVENTS

GIRLS 13

60m Sprint
60m Hurdles
600m
High Jump
Long Jump
Shot Put

GIRLS 14

60m Sprint
60m Hurdles
800m
1000m Walk
High Jump
Long Jump
Shot Put

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

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 13

60m Sprint
60m Hurdles
600m
High Jump
Long Jump
Shot Put

BOYS 14

60m Sprint
60m Hurdles
800m
1000m Walk
High Jump
Long Jump
Shot Put

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

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

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: U13 TO U19 INDOOR CHAMPIONSHIPS Date: 20th FEBRUARY, 2016

VENUE: Nenagh Olympic Stadium, Nenagh, Co, Tipperary Time: 9:30am

Day 1 – The Order of Events for Saturday

EVENTS ON – CENTRE TRACK			EVENTS ON – MAIN TRACK		
High Jump Commences at 10am			Commences at – 11am		
Girls	U18 & U19	Mat 1	Girls	U16 to U19	200m
Boys	U13 & U15	Mat 2			
Girls	U17	Mat 1	Girls	U13 to U19	600m (U/13) & 800m
Boys	U14 & U16	Mat 2			
			Boys	U14 & U15	1k Walks
SPRINT HURDLES – 12:30am					
Boys	U19	60m (3'3")	Girls	U16 to U19	1500m Walks
Boys	U18	60m (3'0")			
Boys	U17	60m (3'0")	Boys	U18 to U19	400m
Boys	U16	60m (2'9")			
Boys	U15	60m (2'9")	Boys	U16 to U19	1500m
Boys	U14	60m (2'6")	CHECK – IN		
Boys	U13	60m (2'3")			
FINALS IN SAME ORDER IF REQUIRED			<ol style="list-style-type: none"> 1. Check – In for all Track Events is in Call Room when Event is called 2. Check - In for Field Events when Event is called <p style="color: red; font-weight: bold; margin-top: 10px;">STRICTLY NO ENTRY ON THE DAY</p>		
SPRINTS					
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					

JUMPS & THROWS

JUMPS – COMMENCE AT 11am			THROWS – COMMENCE AT 11am	
TRIPLE JUMP	Pit 2	Girls U18, U19	SHOT PUT	Girls U17 (3kg)
LONG JUMP	Pit 1	Girls U15	SHOT PUT	Girls U18 (3kg)
LONG JUMP	Pit 2	Girls U16	SHOT PUT	Girls U19 (4kg)
LONG JUMP	Pit 1	Boys U18, U19	SHOT PUT	Boys U16 (4kg)
LONG JUMP	Pit 2	Boys U17	SHOT PUT	Girls U15 (2.72kg)
LONG JUMP	Pit 1	Girls U14	SHOT PUT	Boys U14 (2.72kg)
LONG JUMP	Pit 2	Boys U13	SHOT PUT	Girls U13 (2kg)

IMPORTANT

1. 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.
2. Clubs are required to submit the names of two (2) people to officiate on both days of the championships. Failure to do so may result in your entries not being processed

STRICTLY NO ENTRIES ON THE DAY OF COMPETITION

MUNSTER ATHLETICS

EVENT:	U13 TO U19 INDOOR CHAMPIONSHIPS	Date:	21 ST FEBRUARY, 2016
VENUE:	Nenagh Olympic Stadium, Nenagh, Co, Tipperary	Time:	9:30am
Day 2 – The Order of Events for Sunday			

EVENTS ON – CENTRE TRACK			EVENTS ON – MAIN TRACK		
High Jump Commences at 10am			Commences at – 11am		
Boys	U18 & U19	Mat 1	Boys	U16 to U19	200m
Girls	U13 & U15	Mat 2			
Boys	U17	Mat 1	Boys	U13 to U19	600m (U/13) & 800m
Girls	U14 & U16	Mat 2			
			Girls	U14 & U15	1k Walks
SPRINT HURDLES – 12:30					
Girls	U19	60m (2'9")	Boys	U16 to U19	1500m Walks
Girls	U18	60m (2'6")			
Girls	U17	60m (2'6")	Girls	U18 to U19	400m
Girls	U16	60m (2'6")			
Girls	U15	60m (2'6")	Girls	U16 to U19	1500m
Girls	U14	60m (2'3")	<p style="color: red; font-weight: bold; margin: 0;">CHECK – IN</p> <p style="margin: 0;">1. Check – In for all Track Events is in Call Room when Event is called</p> <p style="margin: 0;">2. Check for Field Events when Event is called</p> <p style="color: red; font-weight: bold; margin: 0;">STRICTLY NO ENTRY ON THE DAY</p>		
Girls	U13	60m (2'3")			
FINALS IN SAME ORDER IF REQUIRED					
SPRINTS					
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					

JUMPS & THROWS					
JUMPS – COMMENCE AT 11am			THROWS – COMMENCE AT 11am		
TRIPLE JUMP	Pit 2	Boys U18, U19	SHOT PUT	Boys U17 (5kg)	
LONG JUMP	Pit 1	Boys U15	SHOT PUT	Boys U18 (5kg)	
LONG JUMP	Pit 2	Boys U16	SHOT PUT	Boys U19 (6kg)	
LONG JUMP	Pit 1	Girls U18, U19	SHOT PUT	Girls U16 (3kg)	
LONG JUMP	Pit 2	Girls U17	SHOT PUT	Boys U15 (3kg)	
LONG JUMP	Pit 1	Boys U14	SHOT PUT	Girls U14 (2kg)	
LONG JUMP	Pit 2	Girls U13	SHOT PUT	Boys U13 (2kg)	

IMPORTANT

1. 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.
2. Clubs are required to submit the names of two (2) people to officiate on both days of the championships. Failure to do so may result in your entries not being processed

STRICTLY NO ENTRIES ON THE DAY OF COMPETITION

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 15 start at 2.15m up by 15cm to 2.30m after by 10cm
Boys 16 start at 2.30m up by 15cm to 2.45m 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 2.50m after by 10cm

Girls 15 start at 1.50m up by 15cm
Girls 16 start at 1.50m up by 15cm
Girls 17 start at 1.50 cm up by 15cm
Girls 18 start at 1.50 cm up by 15cm
Girls 19 start at 1.50 cm up by 15cm

MUNSTER CONVENTION



The 2016 Munster Convention will be held on **Saturday 6th February 2016** in the Blarney Golf Resort Hotel, Blarney, Co. Cork (same venue as Munster Star Awards in 2015).

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

MUNSTER STAR AWARDS



The 2015 Munster Star Awards will be held on **Saturday 30th January 2016** in the Listowel Arms Hotel, Listowel, Co. Kerry @ 8pm sharp.

Munster Star Award Winners 2015

Indoor & Track and Field Awards

Clare	Clodha Blake	St. John's A.C.
Clare	Darragh Minitier	St. Mary's A.C.
Cork	Vickie Cusack	Liscarroll A.C.
Cork	Damien Hickey	Abbeystriders A.C.
Kerry	Fiona Doyle	Star of the Laune A.C.
Kerry	Darragh Courtney	St. Brendan's A.C.
Limerick	Sophie Meredith	St. Mary's A.C.
Limerick	Jamie Mitchell	Emerald A.C.
Tipperary	Miriam Daly	Carrick on Suir A.C.
Tipperary	David Ryan	Moycarkey C. C. A.C.
Waterford	Denise O'Connor	Tramore A.C.
Waterford	James Murphy	Waterford A.C.
Junior Women	Leanne Prout	Carrick on Suir A.C.
Junior Men	Darren Prout	Carrick on Suir A.C.
Under 23 Women	Grace Lynch	Iveragh A.C.
Under 23 Men	Cormac Lynch	Marian A.C.
Senior Women	Genieve Rowland	Templemore A.C.
Senior Men	John O'Dwyer	Templemore A.C.
Master Women	Sheila O'Donoghue	Gneeveguilla
Master Men	John Leahy	Kilmurray Ibrickane A.C.

Juvenile Cross Country Awards

Clare	Aisling Kelly	St. John's A.C.
Cork	Darragh McElhinney	Bantry A.C.
Kerry	Sasha Brent	Lios Tuathail A.C.
Limerick	Eoghan Beery	Dooneen A.C.

Tipperary	Ciara Cummins	Nenagh Olympic A.C.
-----------	---------------	---------------------

Waterford	Orla Queally	Ferrybank A.C.
-----------	--------------	----------------

Senior / Master Cross Country and Road Awards

Senior Men	Michael Harty	East Cork A.C.
------------	---------------	----------------

Senior Women	Shona Heaslip	An Ríocht A.C.
--------------	---------------	----------------

Master Men	Philip Harty	West Waterford A.C.
------------	--------------	---------------------

Master Women	Niamh O'Sullivan	An Ríocht A.C.
--------------	------------------	----------------

Master Women	Maria McCarthy	Farranfore A.C.
--------------	----------------	-----------------

Club Awards

Best Juvenile Indoor Club	Dooneen A.C.
---------------------------	--------------

Junior/Senior Indoor Club	Leevale A.C.
---------------------------	--------------

Indoor Masters Club	Rising Sun A.C.
---------------------	-----------------

Best Juvenile Track/Field Club	Emerald A.C.
--------------------------------	--------------

Junior/Senior Track/Field Club	Bandon A.C.
--------------------------------	-------------

Masters Track/Field Club	Waterford A.C.
--------------------------	----------------

Juvenile Cross Country Club	Ennis Track A.C.
-----------------------------	------------------

Senior/Master Club Cross Country & Road	Ennis Track A.C.
---	------------------

Best Juvenile "B" Cross Country Club	Ennis Track 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
-----------------------------	------

Achievement Awards	Joe Gough	West Waterford A.C.
---------------------------	-----------	---------------------

	Noelle Lenihan	North Cork A.C.
--	----------------	-----------------

International Award	Ciara Neville	Emerald A.C.
----------------------------	---------------	--------------

Patsy O'Connor Award	Mary Meagher	Blarney Inniscarra A.C.
-----------------------------	--------------	-------------------------

Hall of Fame Award	Jerry Kiernan	
---------------------------	---------------	--