

## Munster Juvenile Inter-Club Indoor Relays – Sunday 22<sup>nd</sup> January 2017

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*Venue: Nenagh Indoor Stadium*

*Date: Sunday 22<sup>nd</sup> January 2017*

*Time: 11am*

*Entry Fee: €5.00 per team*

*Closing Date: Midnight on Wednesday 18<sup>th</sup> January 2017. 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 (**EXCEPT for U/9 Relays where all athletes must turn 8 in 2017 (ie. no U/8 athletes allowed)**) and may compete in TWO (2) relays on the day
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age
- 17,18,19 age groups all athletes may move up one age group
- If 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 22<sup>nd</sup> January 2017**

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*Venue: Nenagh Indoor Stadium*

*Date: Sunday 22<sup>nd</sup> January 2017*

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

*Entry Fee: €2.00 per athlete*

*Closing Date: Midnight on Wednesday 18<sup>th</sup> January 2017. 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.***