



***Munster Juvenile Indoor  
Competition Booklet 2019***



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

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



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## 2019 Age Categories

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### 2019 Age Categories

1. Age categories calculated from 31<sup>st</sup> 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 2011**

**Age 10                Born 2010**

**Age 11                Born 2009**

**Age 12                Born 2008**

**Age 13                Born 2007**

**Age 14                Born 2006**

**Age 15                Born 2005**

**Age 16                Born 2004**

**Age 17                Born 2003**

**Age 18                Born 2002**

**Age 19                Born 2001**

## 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/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

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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 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](mailto: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 2019

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Date	January 2019	Venue
<b>Sun 20th</b>	<a href="#">Munster Juvenile Inter-Club Relays &amp; Juvenile Jumps &amp; Throws - Day 1</a>	Nenagh Indoor Stadium

Date	February 2019	Venue
<b>Sat 2nd</b>	Munster Star Awards Banquet	Rathkeale House Hotel, Rathkeale, Co. Limerick
<b>Sat 9th</b>	Munster U/9 to U/11 Indoor Championships & Women's & Men's Walks & Men's 3km	Nenagh Indoor Stadium
<b>Sun 10th</b>	<a href="#">Munster Junior, Senior &amp; Masters Indoor Championships</a>	Nenagh Indoor Stadium
<b>Sat 23rd</b>	<a href="#">Munster U/12 to U/19 Indoor Championships - Day 2</a>	Nenagh Indoor Stadium
<b>Sun 24th</b>	<a href="#">Munster U/12 to U/19 Indoor Championships - Day 3</a>	Nenagh Indoor

- *Dates correct at time of publication (September 2018).*





### **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 for 2019.**

4. Club Singlets and shorts must be worn.

5. The first four (4) from each region **qualify for** the National Championships except in the 600m where 3 qualify.

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 they must use the Crouch Start position.
- U14 to U19 must 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.

36. 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](http://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](mailto:juvenilesecretary@munsterathletics.com)

## Table of Hurdle and Shot Specifications

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### INDOOR

<b>Girls 13</b>	60m	68.6cm	2' 3" 5	11.00m	7.25m	20.00m
<b>Girls 14</b>	60m	68.6cm	2' 3" 5	11.50m	7.50m	18.50m
<b>Girls 15</b>	60m	76.2cm	2' 6" 5	12.00m	8.00m	16.00m
<b>Girls 16</b>	60m	76.2cm	2' 6" 5	12.00m	8.00m	16.00m
<b>Girls 17</b>	60m	76.2cm	2' 6" 5	13.00m	8.50m	13.00m
<b>Girls 18</b>	60m	76.2cm	2' 6" 5	13.00m	8.50m	13.00m
<b>Girls 19</b>	60m	84.0cm	2' 9" 5	13.00m	8.50m	13.00m
<b>Boys 13</b>	60m	76.2cm	2' 3" 5	11.00m	7.25m	20.00m
<b>Boys 14</b>	60m	76.2cm	2' 6" 5	11.50m	7.50m	18.50m
<b>Boys 15</b>	60m	84.0cm	2' 9" 5	12.00m	8.00m	16.00m
<b>Boys 16</b>	60m	84.0cm	2' 9" 5	13.00m	8.50m	13.00m
<b>Boys 17</b>	60m	91.4cm	3' 0" 5	13.00m	8.50m	13,00m
<b>Boys 18</b>	60m	91.4cm	3' 0" 5	13.72m	9.14m	9.72m
<b>Boys 19</b>	60m	99.0cm	3' 3" 5	13.72m	9.14m	9.72m

### SHOT WEIGHTS

<b>Boys</b>	<b>AGES</b>	<b>Girls</b>
2k	<b>11</b>	2k
2 k	<b>12</b>	2 k
2 k	<b>13</b>	2 k
2.72 k	<b>14</b>	2 k
3 k	<b>15</b>	2.72 k
4 k	<b>16</b>	3 k
5 k	<b>17</b>	3 k
5 k	<b>18</b>	3 k
6 k	<b>19</b>	4 k

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## Munster Juvenile Inter-Club Indoor Relays & Day 1 U12 to U19 Indoor Championships – Sunday 20th January 2019

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### Juvenile Indoor Inter Club Relays + Some U15 to U19 Field Events

Day: **SATURDAY 20<sup>TH</sup> JANUARY**

Venue: **Nenagh Indoor Stadium, Nenagh**

#### *ORDER OF EVENTS – SUNDAY 20<sup>th</sup> JANUARY 2019*

**10:30am**

**4 x 200m** Girls U9 Heats  
**4 x 200m** Boys U9 Heats  
**4 x 200m** Girls U11 Heats  
**4 x 200m** Boys U11 Heats  
**4 x 200m** Girls U13 Heats  
**4 x 200m** Boys U13 Heats  
**4 x 200m** Girls U15 Heats  
**4 x 200m** Boys U15 Heats  
**4 x 200m** Girls U17 Heats  
**4 x 200m** Boys U17 Heats  
**4 x 200m** Girls U19 Heats  
**4 x 200m** Boys U19 Heats

**10:00am**

**Shot Putt (6K)** Boys U19  
**Shot Putt (4K)** Girls U19  
**Shot Putt (5K)** Boys U18  
**Shot Putt (3K)** Girls U18  
**Shot Putt (5K)** Boys U17  
**Shot Putt (3K)** Girls U17

**10:00am**

**Pole Vault** Girls: U13, U14, U15, U16, U17, U18, U19

**01:30**

**Pole Vault** Boys: U13, U14, U15, U16, U17, U18, U19

#### FINALS OF ABOVE

**2:00pm**

**4 x 200m** Girls U10 Heats  
**4 x 200m** Boys U10 Heats  
**4 x 200m** Girls U12 Heats  
**4 x 200m** Boys U12 Heats  
**4 x 200m** Girls U14 Heats  
**4 x 200m** Boys U14 Heats  
**4 x 200m** Girls U16 Heats  
**4 x 200m** Boys U16 Heats  
**4 x 200m** Girls U18 Heats  
**4 x 200m** Boys U18 Heats

**10:00am**

**High Jump** Girls U17, U18, U19  
**High Jump** Boys U17, U18, U19  
**High Jump** Boys U16  
**High Jump** Girls U16

**10:00am**

**Long Jump** Girls U16  
**Long Jump** Boys U16  
**Long Jump** Girls U15  
**Long Jump** Boys U15  
**Long Jump** Girls U14

#### FINALS OF ABOVE

#### RELAY – QUALIFICATION

**1 Heat** If heats are not required Final will be held at heat time  
**2 Heats** Winner + 2 next best Times  
**3 Heats** 4 Fastest Times  
**4 + Heats** 4 Fastest Times

**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 2019 (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 subs (maximum of 2) are present on the day and declared, medals will be presented
- **Relay teams qualify from region, 3 teams per region per age category. All Relay entries for National Championships must come through the Munster Juvenile Secretary.**
- 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.**

***EVENTS GUIDE – U9 to U11***

**GIRLS U9**

60m Sprint  
300m  
Long Jump

**GIRLS U10**

60m Sprint  
500m  
Long Jump

**GIRLS U11**

60m Sprint  
600m  
Long Jump  
Shot Putt

**BOYS U9**

60m Sprint  
300m  
Long Jump

**BOYS U10**

60m Sprint  
500m  
Long Jump

**BOYS U11**

60m Sprint  
600m  
Long 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.***

**Juvenile Indoor U9 – U11 + Senior, Junior & Masters 3k & 5k Race's + All Walks**

Day: **SATURDAY 9<sup>TH</sup> February**

Venue: **Nenagh Indoor Stadium, Nenagh**

**ORDER OF EVENTS – SATURDAY 9<sup>TH</sup> February**

**EVENTS – CENTRE TRACK – Start 11:00am**

Event	Age Categories	Type
60m Sprint	Girls Under 09	Heats
60m Sprint	Boys Under 09	Heats
60m Sprint	Girls Under 10	Heats
60m Sprint	Boys Under 10	Heats
60m Sprint	Girls Under 11	Heats
60m Sprint	Boys Under 11	Heats
60m Sprint	Girls Under 09	Finals
60m Sprint	Boys Under 09	Finals
60m Sprint	Girls Under 10	Finals
60m Sprint	Boys Under 10	Finals
60m Sprint	Girls Under 11	Finals
60m Sprint	Boys Under 11	Finals

**EVENTS – MAIN TRACK – Start at 11: 00am**

Event	Age Categories	Type
3k Walk	Women: All Categories	Finals
3k Walk	Men: Junior & O65	Finals
5k Walk	Men: Senior & O35 -O60	Finals
600m	Girls U11	Times
600m	Boys U11	Times
300m	Girls U09	Times
300m	Boys U09	Times
500m	Girls U10	Times
500m	Boys U10	Times
3000m	Women Senior & O35 – O70	Times
3000m	Men Junior & M60+	Times
5000m	Men Senior & M35 – M55	Times

**FIELD EVENTS**

**Long Jump 10:00am**

Event	Age Categories
Long Jump	Girls Under 11
Long Jump	Boys Under 11
Long Jump	Girls Under 09
Long Jump	Boys Under 09
Long Jump	Girls Under 10
Long Jump	Boys Under 10

**Shot Putt**

Event	Age Categories
Shot Putt	Girls Under 11
Shot Putt	Boys Under 11

**SPRINT QUALIFICATION**

**Where heats are not required FINALS will be held at heat Time**

2 Heats	First Three (3) plus the Two (2) best Times
3 Heats	First Two (2) Plus the Two (2) best Times
4 Heats	Winner plus Four (4) best Times
5 Heats +	9 Fastest times to the final



## ***EVENTS – U12 to U19***

### **GIRLS 12**

60m Sprint  
600m  
High Jump  
Long Jump  
Shot Put

### **GIRLS 13**

60m Sprint  
60m Hurdles  
600m  
**1000m Walk**  
High Jump  
Long Jump  
Shot Put  
**Pole Vault**

### **GIRLS 14**

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

### **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 12**

60m Sprint  
600m  
High Jump  
Long Jump  
Shot Put

### **BOYS 13**

60m Sprint  
60m Hurdles  
600m  
**1000m Walk**  
High Jump  
Long Jump  
Shot Put  
**Pole Vault**

### **BOYS 14**

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

**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*

## Juvenile Indoor U12 – U19 Indoor Championships – Day 2

Day: **SATURDAY 23<sup>rd</sup> February**

Venue: **Nenagh Indoor Stadium, Nenagh**

### ORDER OF EVENTS – SATURDAY 23<sup>rd</sup> February

**10:30am**

Event	Age Categories	
400m	Girls & Boys U18	Times
400m	Girls & Boys U19	Times

1500m	Girls & Boys U16	Final
1500m	Girls & Boys U17	Final
1500m	Girls & Boys U18	Final
1500m	Girls & Boys U19	Final

1500m Walk	Boys	Final
1500m Walk	Boys U17	Final
1500m Walk	Boys U18	Final
1500m Walk	Boys U19	Final
1000m Walk	Boys U14/U13	Final
1000m Walk	Boys U15	Final

**NOTE: THERE WILL BE A 20 MINUTE BREAK  
ON THE TRACK AFTER THE BOYS WALKS**

1000m Walk	Girls U14/U13	Final
1000m Walk	Girls U15	Final
1500m Walk	Girls U16	Final
1500m Walk	Girls U17	Final
1500m Walk	Girls U18	Final
1500m Walk	Girls U19	Final

**2:30pm**

60m Sprint	Girls & Boys U12	Heats
60m Sprint	Girls & Boys U13	Heats
60m Sprint	Girls & Boys U14	Heats
60m Sprint	Girls & Boys U15	Heats
60m Sprint	Girls & Boys U16	Heats
60m Sprint	Girls & Boys U17	Heats
60m Sprint	Girls & Boys U18	Heats
60m Sprint	Girls & Boys U19	Heats

60m Sprint	Girls & Boys	Finals
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**10:30am**

Event	Age Categories
Shot Putt (2K)	Boys U13
Shot Putt (2K)	Girls U13
Shot Putt (3K)	Boys U15
Shot Putt (2.72K)	Girls U15
Shot Putt (3K)	Girls U16

**10:00am**

High Jump (Mat 1)	Girls U13
High Jump (Mat 2)	Boys U14
High Jump (Mat 1)	Girls U14
High Jump (Mat 2)	Boys U13
High Jump (Mat 1)	Girls U12
High Jump (Mat 2)	Boys U12
High Jump (Mat 1)	Boys U15
High Jump (Mat 1)	Girls U15

**10:00am**

Long Jump	Girls U19
Long Jump	Boys U19
Long Jump	Girls U18
Long Jump	Boys U18
Long Jump	Girls U17
Long Jump	Boys U17

### SPRINT QUALIFICATION

Where heats are not required **FINALS** will be held at heat Time

2 Heats	First Three (3) plus the Two (2) best Times
3 Heats	First Two (2) Plus the Two (2) best Times
4 Heats	Winner plus Four (4) best Times
5 Heats +	8 Fastest times to the final

## Juvenile Indoor U12 – U19 Indoor Championships – Day 3

Day: Sunday 24<sup>th</sup> February

Venue: Nenagh Indoor Stadium, Nenagh

### ORDER OF EVENTS – Sunday 24<sup>th</sup> February

<b>11:00am</b>			<b>11:00am</b>	
<b>200m</b>	Girls & Boys U16	Heats	<b>Long Jump (Pit 1)</b>	Girls U12
<b>200m</b>	Girls & Boys U17	Heats	<b>Long Jump (Pit 1)</b>	Boys U12
<b>200m</b>	Girls & Boys U18	Heats	<b>Long Jump (Pit 1)</b>	Girls U13
<b>200m</b>	Girls & Boys U19	Heats	<b>Long Jump (Pit 2)</b>	Boys U13
			<b>Long Jump (Pit 2)</b>	Boys U14
<b>600m</b>	Girls & Boys U12	Times	<b>10:00am</b>	
<b>600m</b>	Girls & Boys U13	Times	<b>Triple Jump (Pit 2)</b>	Girls U18
<b>800m</b>	Girls & Boys U14	Times	<b>Triple Jump (Pit 2)</b>	Boys U18
<b>800m</b>	Girls & Boys U15	Times	<b>Triple Jump (Pit 2)</b>	Girls U19
<b>800m</b>	Girls & Boys U16	Times	<b>Triple Jump (Pit 2)</b>	Boys U19
<b>800m</b>	Girls & Boys U17	Times		
<b>800m</b>	Girls & Boys U18	Times	<b>11:30am</b>	
<b>800m</b>	Girls & Boys U19	Times	<b>Shot Putt (2K)</b>	Boys U12
			<b>Shot Putt (2K)</b>	Girls U12
<b>60m Hurdles 3'3"</b>	Boys U19	Times	<b>Shot Putt (2K)</b>	Girls U14
<b>60m Hurdles 3'0"</b>	Boys U18	Times	<b>Shot Putt (2.72K)</b>	Boys U14
<b>60m Hurdles 3'0"</b>	Boys U17	Times	<b>Shot Putt (4K)</b>	Boys U16
<b>60m Hurdles 2'9"</b>	Girls U19	Times		
<b>60m Hurdles 2'9"</b>	Boys U16	Times		
<b>60m Hurdles 2'9"</b>	Boys U15	Times		
<b>60m Hurdles 2'6"</b>	Girls U18	Times		
<b>60m Hurdles 2'6"</b>	Girls U17	Times		
<b>60m Hurdles 2'6"</b>	Girls U16	Times		
<b>60m Hurdles 2'6"</b>	Girls U15	Times		
<b>60m Hurdles 2'6"</b>	Boys U14	Times		
<b>60m Hurdles 2'3"</b>	Girls U14	Times		
<b>60m Hurdles 2'3"</b>	Boys U13	Times		
<b>60m Hurdles 2'3"</b>	Girls U13	Times		
<b>200m Sprint</b>	Girls	<b>Finals</b>		
<b>200m Sprint</b>	Boys	<b>Finals</b>		

### 200 SPRINT QUALIFICATION

Where heats are not required **FINALS** will be held at heat Time

**2 Heats**      **Winner (1) plus the Two (2) best Times**

**3 Heats**      **4 Fastest times to the final**

## Appendix 1

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### 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 2.15cm up by 15cm to 2.30m after by 10cm

Boys 14 start at 2.15cm up by 15cm to 2.30m after by 10cm

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 13 start at 1.50m up by 15cm

Girls 14 start at 1.50m up by 15cm

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

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The 2019 Munster Convention will be held at 12 noon on **Saturday 26<sup>th</sup> January 2019** in Clare. All motions & nominations must be with Munster Administration Secretary, Esther Fitzpatrick (e-mail: [tfsecretary@munsterathletics.com](mailto:tfsecretary@munsterathletics.com)) by **Sunday 20<sup>th</sup> January 2019**. More details will be on the Munster Athletics website, [www.munsterathletics.com](http://www.munsterathletics.com) at a later date.



The 2018 Munster Star Awards will be held on **Saturday 2<sup>nd</sup> February 2019** in The Rathkeale House Hotel, Rathkeale, Co. Limerick.

### **Munster Star Award Winners 2018**

TBC – December 2018