



Munster Athletics

**Munster Juvenile Indoor
Competition Booklet 2022**

Munster Athletics

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www.munsterathletics.com



Munster Athletics

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.

See Munster Child Safeguarding Statement [here](#).

Keep up to date with all Child Welfare issues [here](#).



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Covid -19 Guidelines – See Latest Government Guidelines [here](#).

- **Everyone entering and while inside the venue must wear a mask. Athletes may remove their masks for warming up and competing only.**
- **Good hygiene practices should be maintained by everyone.**
- **Do not travel if you have tested positive for Covid-19.**
- **No cash will be taken at the door. Payment by card only.**

The Government have reiterated the need for ongoing close monitoring of the virus. Sporting bodies should continue to risk assess individual activities and events. This includes the continued implementation of good hygiene practices along with recommending symptomatic individuals do not participate in or attend sporting activities.

As set out in the announcement a large number of the public health measures currently in place can be removed. Key items in relation to sport & physical activity are as follows:

1. Formal requirements for physical distancing (2m) removed
2. 8pm closing time for sporting events removed
3. Capacity restrictions for outdoor sporting events removed
4. Capacity restrictions for indoor sporting events removed
5. Seated only spectators at indoor sporting events removed
6. Use of pods for indoor sporting activities removed
7. Use of a COVID pass to access indoor events removed

2022 Age Categories

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 2014

Age 10 Born 2013

Age 11 Born 2014

Age 12 Born 2011

Age 13 Born 2010

Age 14 Born 2009

Age 15 Born 2008

Age 16 Born 2007

Age 17 Born 2006

Age 18 Born 2005

Age 19 Born 2004

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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

Munster Child Officers and Referees on Duty at each Championships will be circulated by e-mail to all Clubs the week prior to each competition. These are the people to speak to if you have a complaint.

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

Munster Athletics request that any person wishing to engage in any video, zoom or close-range photography should register their details and collect a Hi Viz Jacket at the Check-In Desk/Number Collection Desk. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent/guardian.

See AAI Photography & Film Policy Here.

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Juvenile Indoor Fixtures 2022



Munster Athletics

Date	Day	Org	Event	Venue
05/02/2022	Sat	Munster	Munster U14 to U16 Indoor Championships – Day 1 & Jnr, U23, Snr & Masters Walks & 3k	Nenagh
06/02/2022	Sun	Munster	Munster Senior, Masters & Junior & U23 Indoor Championships	Nenagh
12/02/2022	Sat	Munster	Munster U14 to U16 Indoor Championships – Day 2 & All Juvenile Walks	Nenagh
19/02/2022	Sat	Munster	Munster U12, U13, U17 – U19 Indoor Championships Day 1	Nenagh
20/02/2022	Sun	Munster	Munster U12, U13, U17 – U19 Indoor Championships Day 2 & All Pole Vault	Nenagh
05/03/2022	Sat	Munster	Munster Juvenile Relays & U16 – U19 1500m & U17 to U19 400m	Nenagh
26/03/2022	Sat	Munster	Munster U9 to U11 Indoor Championships – Day 1	Nenagh
27/03/2022	Sun	Munster	Munster U9 to U11 Indoor Championships – Day 2	Nenagh

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Munster Athletics Juvenile Indoor Regulations 2022



Munster Athletics

1. **NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIPS.**
2. **WA Rules apply**
3. Individual Track & Field Championships for Boys and Girls ages 9-19.
4. **All athletes must be registered for 2022.**
5. Club Singlets and shorts must be worn (see Attire on page 6).
6. The first three (3) from each region **qualify** for the National Championships.
7. There is no **direct/open** entry for athletes U17, U18 or U19. These age groups must compete and qualify from their Munster Championships.
8. An athlete may compete in **THREE (3)** events plus **TWO (2)** relays.
9. Athletes are confined to their own age group (except for relays, see Relay rules below).
10. All entries must be made ONLINE & come through the Club Secretary.
11. **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
12. **Check in rules:**
 - All athletes must collect a competition number.
 - All athletes, track and field CHECK IN at the appropriate 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.
 - **Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g. Earphones, notebooks, tablets, I-Pods, smart phones etc) in the competition area. NOTE: The competition area starts at the assembly/call room.**
 - No spectators, no bags or gear to be left in the area.
13. **ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP. WA rules apply for footwear.**
14. **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.
15. **WA 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.
- 16. An athlete shall be excluded from participation in all further events in the competition, 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 fide effort to compete in an event.
 - **The duration of the competition that this rule pertains to is defined as being consecutive days i.e.. Friday, Saturday and Sunday of a single weekend.**
- 17. ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
18. Warm up marks for field events should be completed where possible before the time schedule.
19. Individual Championships **U12 to U19**: all athletes will be allowed 3 trials at field events, the top 8 athletes will be allowed a further 3 trials, except for High Jump and Pole Vault.
20. 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.
21. High Jump - Opening Heights can be found in Appendix 1 at the end of this Booklet.
22. Pole Vault – Opening Heights can be found in Appendix 1 at the end of this Booklet.
- 23. Heat Qualification**
- Where a heat is listed, if insufficient competitors check in, a **FINAL** will be held at **heat time**.
 - **400m, 600m, 800m and 1500m** will be on times only. No qualifiers to a final.
 - **200m** – 4 fastest athletes to the final
 - **60m & 60mH** – *Qualifiers depend on number of heats. See Table below:-*

ADVANCEMENT FROM HEATS TO SEMI-FINALS IF REQUIRED							
Declared Athletes	HEATS			SEMI - FINALS			Final
	Heats	Places	Times	Heats	Places	Times	
1 – 8							1
9 - 16	2	3	2				1
17 - 24	3	2	2				1
25 - 32	4	3	4	2	3	2	1
33 - 40	5	4	4	3	2	2	1
41 - 48	6	3	6	3	2	2	1
49 – 56	7	3	3	3	2	2	1
57 – 64	8	2	8	3	2	2	1
65 – 72	9	2	6	3	2	2	1
73 – 80	10	2	4	3	2	2	1
81 - 88	11	2	2	3	2	2	1

24. An athlete must inform the Chief Judge when leaving the Competition Area.
25. Athletes must leave the arena when their event is complete.

26. There will be no medal presentation. Medals will be given out at Field Event site and at Finish Line for Track Events.
27. 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.
28. Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
29. 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.**
30. Please do not leave your personal belongings unattended.
31. 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 PA on the day of competition.
32. 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).
33. Please direct any queries to Munster Juvenile Indoor Secretary at ahoey@munsterathletics.com
34. **Live results will be available each day at live.munsterathletics.ie**

RELAYS

- An athlete may move up one age group.
- Athletes may compete in **TWO (2)** relays on the day.
- At least two members of a competing relay team, participating in that event on that day must be of the correct age.
- 17, 18, 19 age groups for relays, all athletes may move up one age group.
- If **a** sub is present on the day and declared, medal will be presented.
- Relay teams qualify from region, 3 teams per region per category.
- If 6 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.

IMPORTANT

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, Pole Vault and Shot Put in the interest of Safety.



MUNSTER ATHLETICS

EVENT: U14 TO U16 INDOOR CHAMPIONSHIPS

VENUE: Nenagh Olympic Stadium, Nenagh, Co, Tipperary
DATE: Saturday 5th February
TIME: 10.00am

Session 1 10.00am

800m

<u>Gender</u>	<u>Age Cat.</u>	<u>Event</u>
Girls	U14	800m
Boys	U14	800m
Girls	U15	800m

Long Jump 10.00am

<u>Gender</u>	<u>Age Cat.</u>	<u>Event</u>
Girls	U15	Long Jump
Boys	U15	Long Jump
Girls	U16	Long Jump

Session 2 1pm

<u>Gender</u>	<u>Age Cat.</u>	<u>Event</u>
Boys	U15	800m
Girls	U16	800m
Boys	U16	800m

<u>Gender</u>	<u>Age Cat.</u>	<u>Event</u>
Boys	U16	Long Jump
Boys	U14	High Jump
Girls	U14	High Jump

1.00pm
(centre track)
2.30pm
(centre track)

200m 3.00pm

<u>Gender</u>	<u>Age Cat.</u>	<u>Event</u>
Girls	U16	200m
Boys	U16	200m

Shot Put 10.00am

<u>Gender</u>	<u>Age Cat.</u>	<u>Event</u>
Girls	U14	Shot Put
Boys	U14	Shot Put
Girls	U15	Shot Put
Boys	U15	Shot Put
Girls	U16	Shot Put
Boys	U16	Shot Put



MUNSTER ATHLETICS

EVENT: U14 TO U16 INDOOR CHAMPIONSHIPS

VENUE: Nenagh Olympic Stadium, Nenagh, Co, Tipperary
DATE: Saturday 12th February
TIME: 10.00am

Sprints			10.00am	Triple & Long Jump			10.00am
<u>Gender</u>	<u>Age Cat.</u>	<u>Event</u>		<u>Gender</u>	<u>Age Cat.</u>	<u>Event</u>	
Girls	U14	60m		Girls	U16	Triple Jump	
Boys	U14	60m		Boys	U16	Triple Jump	
Girls	U15	60m		Girls	U14	Long Jump	
Boys	U15	60m		Boys	U14	Long Jump	
Girls	U16	60m					
Boys	U16	60m					
Walks			after sprints	High Jump			
	U14-U15	1k walk		<u>Gender</u>	<u>Age Cat.</u>	<u>Event</u>	
	U16-U19	1.5k walk		Girls	U15	High Jump Outer area	
				Boys	U15	High Jump Outer area	
				Girls	U16	High Jump Outer area	
				Boys	U16	High Jump Outer area	
Hurdles							
<u>Gender</u>	<u>Age Cat.</u>	<u>Event</u>					
Girls	U14	60mH (2'3")					
Boys	U14	60mH (2'6")					
Girls	U15	60mH (2'6")					
Girls	U16	60mH (2'6")					
Boys	U15	60mH (2'9")					
Boys	U16	60mH (2'9")					



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MUNSTER ATHLETICS							
EVENT: U12 TO U19 INDOOR CHAMPIONSHIPS							
VENUE: Nenagh Olympic Stadium, Nenagh, Co, Tipperary							
DATE Saturday 19th February							
TIME: 10.00am							
Hurdles		10.00am		High Jump & Long Jump			10.00am
Gender	Age Cat.	Event		Gender	Age Cat.	Event	
Girls	U13	60mH (2'3")	10am	Girls	U12	Long Jump	(Pit 2)
Boys	U13	60mH (2'3")		Boys	U12	Long Jump	(Pit 1 after TJ)
Girls	U17	60mH (2'6")	10am	Girls	U13	High Jump Outer area	
Girls	U18	60mH (2'6")		Boys	U13	High Jump Outer area	
Girls	U19	60mH (2'9")		Girls	U12	High Jump Outer area	
Boys	U17	60mH (3'0")		Boys	U12	High Jump Outer area	
Boys	U18	60mH (3'0")		Girls	U13	Long Jump	(Pit 2)
Boys	U19	60mH (3'3")		Boys	U13	Long Jump	(Pit 1)
200m - 600m (after Hurdles) 12 pm				High Jump after Hurdles (12 pm)			
Gender	Age Cat.	Event		Gender	Age Cat.	Event	
12pm	Girls	U17	200m Heats	Girls	U17, U18, U19	High Jump Center track	
	Boys	U17	200m Heats	Boys	U17, U18, U19	High Jump Center track	
	Girls	U18	200m Heats				
	Boys	U18	200m Heats				
	Girls	U19	200m Heats	Triple Jump			10.00am
	Boys	U19	200m Heats	Gender	Age Cat.	Event	
1pm	Girls	U12	600m	Girls	U17	Triple Jump	(Pit 1)
	Boys	U12	600m	Boys	U17	Triple Jump	
	Girls	U13	600m	Girls	U18	Triple Jump	
	Boys	U13	600m	Boys	U18	Triple Jump	
	200m Finals			Girls	U19	Triple Jump	
				Boys	U19	Triple Jump	
				All Triple Jumps will be run together @ 10am			

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MUNSTER ATHLETICS						
EVENT: U12 TO U19 INDOOR CHAMPIONSHIPS						
VENUE: Nenagh Olympic Stadium, Nenagh, Co, Tipperary						
DATE Sunday 20th February						
TIME: 10.00am						
Sprints		10.00am		Long Jump		10.00am
Gender	Age Cat.	Event		Gender	Age Cat.	Event
Girls	U12	60m		Boys	U17, U18, U19	Long Jump
Boys	U12	60m		Girls	U17	Long Jump
Girls	U13	60m		Girls	U18 & U19	Long Jump
Boys	U13	60m				
Girls	U17	60m				
Boys	U17	60m				
Girls	U18	60m				
Boys	U18	60m		Pole Vault all ages		
Girls	U19	60m		Boys	9.30am warm up & 10.00am competition start	
Boys	U19	60m		Girls	1.00pm warm up & 2.00pm competition start	
800m		after 60m sprints (1pm)		Shot Put		10.00am
Gender	Age Cat.	Event		Gender	Age Cat.	Event
Girls	U17	800m		Girls	U17-18	Shot Put 3k
Boys	U17	800m		Girls	U19	Shot Put 4k
Girls	U18	800m		Girls	U12	Shot Put 2k
Boys	U18	800m		Boys	U12	Shot Put 2k
Girls	U19	800m		Girls	U13	Shot Put 2k
Boys	U19	800m		Boys	U13	Shot Put 2k
				Boys	U17-18	Shot Put 5k
				Boys	U19	Shot Put 6k

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MUNSTER ATHLETICS

EVENT: U12 TO U19 INDOOR CHAMPIONSHIPS

VENUE: Nenagh Olympic Stadium, Nenagh, Co, Tipperary

DATE: Saturday 5th March

TIME: 10.00am

1500m

<u>Gender</u>	<u>Age Cat.</u>	<u>Event</u>
Girls	U16	1500m
Boys	U16	1500m
Girls	U17	1500m
Boys	U17	1500m
Girls	U18	1500m
Boys	U18	1500m
Girls	U19	1500m
Boys	U19	1500m

Relays after 400m

<u>Gender</u>	<u>Age Cat.</u>	<u>Event</u>
Girls	U12	4x200m
Boys	U12	4x200m
Girls	U14	4x200m
Boys	U14	4x200m
Girls	U16	4x200m
Boys	U16	4x200m
Girls	U18	4x200m
Boys	U18	4x200m
Girls	U13	4x200m
Boys	U13	4x200m
Girls	U15	4x200m
Boys	U15	4x200m
Girls	U17	4x200m
Boys	U17	4x200m
Girls	U19	4x200m
Boys	U19	4x200m

400m

<u>Gender</u>	<u>Age Cat.</u>	<u>Event</u>
Girls	U17	400m
Boys	U17	400m
Girls	U18	400m
Boys	U18	400m
Girls	U19	400m
Boys	U19	400m

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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	13.00m	8.50m	13.00m
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
2k	11	2k
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

EVENTS – U9 to U11 GIRLS & BOYS INDOORS

U9	U10	U11
60m	60m	60m
300m	500m	600m
Long Jump	Long Jump	Long Jump
4 x 100m Relay	4 x 100m Relay	Shot Putt
		4 x 100m Relay

EVENTS – U12 to U19 GIRLS AND BOYS INDOOR

U12	U13	U14	U15
60m	60m	60m	60m
600m	60mH	60mH	60mH
High Jump	600m	800m	800m
Long Jump	High Jump	1000m Walk	1000m Walk
Shot Putt	Long Jump	High Jump	High Jump
4 x 200m Relay	Shot Putt	Long Jump	Long Jump
	4 x 200m Relay	Shot Putt	Shot Putt
		4 x 200m Relay	Pole Vault
			4 x 200m Relay

U16	U17	U18	U19
60m	60m	60m	60m
60mH	60mH	60mH	60mH
200m	200m	200m	200m
800m	400m	400m	400m
1500m	800m	800m	800m
1500m Walk	1500m	1500m	1500m
High Jump	1500m Walk	1500m Walk	1500m Walk
Long Jump	High Jump	High Jump	High Jump
Shot Putt	Long Jump	Long Jump	Long Jump
Pole Vault	Shot Putt	Shot Putt	Shot Putt
Triple Jump	Pole Vault	Pole Vault	Pole Vault
4 x 200m Relay	Triple Jump	Triple Jump	Triple Jump
	4 x 200m Relay	4 x 200m Relay	4 x 200m Relay

Appendix 1**Field Standard for Munster Championships****HIGH JUMP**

Girls 12 start at 1.05m up by 5cm to 1.35m after by 3cm

Girls 13 start at 1.10m up by 5cm to 1.40m after by 3cm

Girls 14 start at 1.10m up by 5cm to 1.45m after by 3cm

Girls 15 start at 1.15m up by 5cm to 1.50m after by 3cm

Girls 16 start at 1.20m up by 5cm to 1.55m after by 3cm

Girls 17 start at 1.25m up by 5cm to 1.60m after by 3cm

Girls 18 start at 1.30m up by 5cm to 1.60m after by 3cm

Girls 19 start at 1.30m up by 5cm to 1.60m after by 3cm

Boys 12 start at 1.05m up by 5cm to 1.35m after by 3cm

Boys 13 start at 1.15m up by 5cm to 1.45m after by 3cm

Boys 14 start at 1.25m up by 5cm to 1.55m after by 3cm

Boys 15 start at 1.25m up by 5cm to 1.60m after by 3cm

Boys 16 start at 1.35m up by 5cm to 1.65m after by 3cm

Boys 17 start at 1.35m up by 5cm to 1.75m after by 3cm

Boys 18 start at 1.45m up by 5cm to 1.80m after by 3cm

Boys 19 start at 1.45m up by 5cm to 1.80m after by 3cm

POLE VAULT

Boys 13 start at 1.50cm up by 15cm to 3.00 after by 10cm

Boys 14 start at 2.10cm up by 15cm to 3.00m after by 10cm

Boys 15 start at 2.10cm up by 15cm to 3.00m after by 10cm

Boys 16 start at 2.25cm up by 15cm to 3.00m after by 10cm

Boys 17 start at 2.25cm up by 15cm to 3.00m after by 10cm

Boys 18 start at 2.25cm up by 15cm to 3.00m after by 10cm

Boys 19 start at 2.25cm up by 15cm to 3.00m after by 10cm

Girls 13 start at 1.20m up by 15cm to 3.00m after by 10cm

Girls 14 start at 1.35m up by 15cm to 3.00m after by 10cm

Girls 15 start at 1.50m up by 15cm to 3.00m after by 10cm

Girls 16 start at 1.50m up by 15cm to 3.00m after by 10cm

Girls 17 start at 1.50 cm up by 15cm to 3.00m after by 10cm

Girls 18 start at 1.50 cm up by 15cm to 3.00m after by 10cm

Girls 19 start at 1.50 cm up by 15cm to 3.00m after by 10cm