



Munster Juvenile Outdoor Competition Booklet 2023

All Enquiries to Munster Juvenile Secretary, Orla Fitzgerald
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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 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 the 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 Policy Statement from the 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.



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Munster Council Officers 2023

Position	Officer
Chairman	Mossie Woulfe, Limerick
Vice Chairman	Jim Ryan, Tipperary
Administration Secretary	Esther Fitzpatrick, Cork
Treasurer	Patrick O'Donoghue, Kerry
Assistant Treasurer	Albert Doyle, Tipperary
Assistant Treasurer	Michael Godley, Kerry
Registrar	John Copithorne, Cork
PRO Juvenile	
PRO Masters	James Sexton, Clare
Junior, U/23, Senior & Master's T&F Competition Secretary	Padraig Kelly, Cork
Junior, Senior & Master's Indoor Competition Secretary	Padraig Kelly, Cork
Juvenile Indoor & Outdoor Track & Field Competition Secretary	Orla Fitzgerald, Kerry
Cross Country & Road Competition Secretary	Michael Lillis, Clare
Child Officers	Male - Tim Fitzpatrick, Cork Male - Paul Askins, Limerick Female - Aine Moran, Limerick
Equipment Officer	Karl O'Connell, Cork
IT Officer	Michael Godley, Kerry
Munster Rep. National Executive	Brid Golden, Waterford
Munster Rep. National Competition Committee	Orla Fitzgerald, Kerry
Munster Rep. National Juvenile Committee	P.J. O'Rourke,

Munster Council Contacts

Contact	E-mail
General Information	info@munsterathletics.com
Administration Secretary	tfsecretary@munsterathletics.com
Senior T&F Competition Secretary	pkelly@munsterathletics.com
Juvenile Competition (Indoor & T&F) Secretary	ofitzgerald@munsterathletics.com
Senior Indoor Competition Secretary	pkelly@munsterathletics.com
Cross Country Competition Secretary	ccsecretary@munsterathletics.com

2023 Age Categories

Age Categories:

Age categories calculated from 31st December in the year of competition.

No athlete may obtain a birthday in the year of competition and compete in that age. Please note all ages in this booklet should be read as UNDER the stated age.

Category	Birth Year
Under 9	2015
Under 10	2014
Under 11	2013
Under 12	2012
Under 13	2011
Under 14	2010
Under 15	2009
Under 16	2008
Under 17	2007
Under 18	2006
Under 19	2005

Notices:

This Booklet is subject to change.

Up to date Timetables will be published on the Munster Athletics Website prior to each competition.

Club Apparel

All Munster Clubs should be aware of the protocol around competition apparel.

- Official Club singlets must be worn in all Munster 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 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 Aine Moran (female officer) & Tim Fitzpatrick, Paul Askins (male officer).**

ANY BREACH OF THIS CODE MAY LEAD TO YOUR EXCLUSION FROM FUTURE EVENTS

Munster Athletics is fully committed to providing a positive, fair & safe environment for our children and officials. Munster Athletics acknowledges 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



Athletics Ireland Code of Conduct for Coaches & Officials

Sport should be safe, fun, inclusive and conducted in a spirit of fair play. All coaches and officials must adhere to the following code of conduct when providing services to children in sport.

All coaches, officials and volunteers in athletics should:

- Consider the wellbeing and safety of participants before the development of performance.
- Develop an appropriate working relationship with participants, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and the experience of those taking part.
- Promote the positive aspects of the sport (e.g. fair play)
- Display consistently high standards of behaviour.
- Follow all guidelines laid down by the national governing body and the club.
- Hold appropriate qualifications and insurance cover.
- Never exert undue influence over participants to gain personal benefit or reward.
- Never condone rule violations, rough play or the use of prohibited substances.
- Encourage participants to value their performances and not just results.
- Encourage and guide participants to accept responsibility for their own performance and behaviour.
- Never use foul or inappropriate language.
- Never engage in any form of sexual activity with anyone under the age of 18, or vulnerable adults.
- Read, understand and put into practice all club policies and procedures.
- Coaches and leaders should never place themselves in a compromising position by texting or communicating via social media sites with juvenile athletes. All such communications regarding athletics should be sent via the parents or guardians of the athlete.



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 Orla Fitzgerald, 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 2023



Date	May 2023	Venue
Wed 3 rd	East Munster Schools GIRLS T&F Championships	Templemore
Thurs 4 th	Kerry Schools T&F Championships	
Tues 8 th	North Munster Schools T&F Championships - Day 1	Templemore
Sat 6 th	South Munster Schools GIRLS T&F Championships	Mardyke, Cork
Tues 9 th	North Munster Schools T&F Championships Day 1	Castleisland, Kerry
Thurs 11 th	East Munster Schools T&F Boys	RSC, Waterford
Thurs 11 th	North Munster Schools T&F Championships - Day 2	Castleisland
Sat 13 th	South Munster Schools BOYS T&F Championships	Mardyke
Sat 20 th	Munster Schools T&F Championships	Castleisland
Sat 27 th	Munster U11-U16 CE, Junior, U23, Senior & Masters T&F Championships Day 1	Templemore

Date	June 2023	Venue
Sat 3 rd	Irish Schools T&F Championships	Tullamore
Mon 5 th	Munster Junior, U23, Senior & Master's T&F Championships Day 2	Templemore
Sat 10 th	Munster U/9 to U/13 T&F Championships	An Ríocht A.C. Track, Castleisland, Co. Kerry
Sun 11 th	Munster U/9 to U/13 T&F Championships	An Ríocht A.C. Track, Castleisland, Co. Kerry
Sat 17 th	Munster U/14 to U/19 Track & Field Championships	Templemore
Sun 18 th	Munster U/14 to U/19 Track & Field Championships	Templemore
Sat 24 th	Irish Life Health Tailteann Games T&F Championships	Morton Stadium, Santry

Sun 25th	National Junior & U/23 T&F Championships	Tullamore
Sun 25th	Munster Juvenile U9-U16 "B" Track & Field Championships	Templemore

Date	July 2023	Venue
Sun 1st	Children's Games & U/12 & U/13 Championships & Relays	Tullamore
Sat 8th	National Juvenile T&F Championships Day 1	Tullamore
Sun 9th	National Juvenile Inter Club Relays 14-19	Tullamore
Sun 9th	National Juvenile "B" Championships	Tullamore
Sat 15th	SIAB Track & Field Championships	Morton Stadium
Sat 15th	AAI Games & Combined Events Championships Day 1	TBC
Sun 16th	AAI Games & Combined Events Championships - Day 2	TBC
Sat 22nd	National Juvenile T&F Championships Day 2	Tullamore
Sun 23rd	National Juvenile T&F Championships Day 3	Tullamore



NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIP.

1. Individual Track & Field Championships for Boys and Girls ages 12-19.
2. The first four (4) from each region to qualify for the National Championships except in the 600m where 3 qualify.
3. Athletes are confined to their own age group.
4. All athletes must be registered.
5. Ages 12, 13, 14, 15 and 16 are limited to 3 events plus relays. Ages 17, 18 and 19 are limited to 4 events plus relay.
6. Club Singlets must be worn.
7. All entries will be online <https://entry.athleticsireland.ie/#/>
8. **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
9. All athletes must collect a competition number.
10. All athletes must collect number 1 hour prior to their event minimum.
11. All athletes Track & Field must check in at the REGISTRATION AREA and collect a number and report to Call Area or field event when called.
12. **ONLY 5mm SPIKES MAY BE USED**
13. Only starting blocks provided by the organising committee may be used.
14. U12 must do a crouched start. Below U12 age standing or crouch start is optional. The commands for all sprints are "on your marks" and "set".
15. **Athletes from U14 upwards must use Starting Blocks. Blocks are optional for U12 and U13s.**
16. **WA False Start Rules apply. U16 upwards First false start leads to disqualification.**
17. **U13,14, 15 - One false start and all are on warning of next false start leading to disqualification.**
18. **Combined Events all age categories. One false start and all are on warning of next false start leading to disqualification.**
19. Athletes must leave the arena when their event is complete.
20. Winning athletes must report for medal presentation 20 minutes after their event where possible.
21. Coaches and parents are not allowed in the Competition Area at any time. Any parent or club official found on the track risks the possibility of their athlete and club being disqualified.
22. The guidelines for middle distance events are
 - A final will be held if there are 16 or less in the 600m, 800m.
 - 20 or less in the 1500m
23. **All FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
24. In all field events except the High Jump and Pole Vault 3 attempts plus 3 final throws/jumps for the 8 best athletes
25. Opening Heights for the High Jump and Pole Vault can be found in the Appendix at the end of this booklet.
26. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships
27. **Regional Competition Secretaries must be available for queries on the days of competition.**
28. Please have respect for the stadium and its environs and adhere to all the rules of the stadium.

29. **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. Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g.: earphones, notebooks, tablets, iPods, smart phones etc.) in the competition area. NOTE: The competition area starts at the assembly/call room.
32. **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 fida effort to compete in an event.**
33. 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.

Please direct any queries to Munster Juvenile Secretary at ofitzgerald@munsterathletics.com.

Munster Athletics Juvenile U/9 to U/11 Team Games Regulations 2023



U9 Girls & Boys Born 2015

60m
300m
Long Jump
Turbo Javelin (300gr)

U10 Girls & Boys Born 2014

60m
500m
Long Jump
Turbo Javelin (300 gr)

U11 Girls & Boys Born 2013

60m
600m
Long Jump
Turbo Javelin (300 gr)

1. Clubs will enter their athletes in individual events at <https://entry.athleticsireland.ie/#/>
2. Each athlete may compete in **two** events plus a relay.
3. Individual Medals will be awarded to the top three ranked athletes in an event.
4. **The Team results will be decided from the individual results.** There will be no need for clubs to declare their teams on the day. The two highest ranked athletes from a club will constitute Team "A", next two highest ranked athletes will constitute Team "B" etc.
5. Medals will be awarded to the top three teams in each event.
6. Three (3) teams qualify per Region per age group to National Championships.
7. **One member of the team maybe changed for National Childrens Games**
8. In the U9 and U10 Long Jump competition, no board will be used, the athlete must take off before the edge of the pit. U11 Long Jump competition is from the board. 3 Jumps only per athlete.
9. Turbo Javelin throw as per javelin throw (tip must hit ground).
10. One throw per athlete per round with the throw measured to where tip first touches ground.
11. 60m, 300m, 500m, 600m results are on times.
12. Standing or crouch start is optional. The standing start command for all sprints are "on your marks" and "set".
34. Persistent false starts may lead to disqualification.
35. No entry or change of entry on the day of competition.
36. Club singlets must be worn – no tracksuits.
37. **A Call Area will be in operation for track events. Athletes must report to the Call Area when announced over the PA. For Field events, athletes go to field event site when called.**

U9-U11 Inter-Club Relays

- No entry on the day of competition. Online entry <https://entry.athleticsireland.ie/#/>
- Athletes may step up ONE (1) age group only and may compete in TWO (2) relays on the day except.
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age.
- Relay teams qualify from region, 3 teams per region. Results will be based on heat times.

Age Group	Distance	Height	No.	Approach	Interval	Finish
Girls 13	60m	68.6cm 2' 3"	5	11.00m	7.25m	12.75m
Girls 14	75m	68.6cm 2' 3"	8	11.50m	7.50m	11.00m
Girls 15	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls 15	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
Girls 16	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls 16	250m	68.6cm 2' 3"	6	35.00m	8.00m	40.00m
Girls 17	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls 17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Girls 18	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls 18	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Girls 19	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Girls 19	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Boys 13	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
Boys 14	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.00m
Boys 15	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
Boys 15	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00cm
Boys 16	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Boys 16	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
Boys 17	100m	91.4cm 3' 0"	10	13.00m	8.50m	10.50m
Boys 17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Boys 18	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
Boys 18	400m	84.0cm 2' 9"	10	45.00m	35.00m	40.00m
Boys 19	110m	99.0cm 3' 3"	10	13.72m	9.14m	14.02m
Boys 19	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m

Table of Throwing Implements

Boys	12	13	14	15	16	17	18	19
Shot	2k	2k	2.72k	3k	4k	5k	5k	6k
Discus			0.7k	1k	1k	1.5k	1.5k	1.75k
Javelin		400gr	400gr	500gr	600gr	700gr	700gr	800gr
Turbo Javelin	300g							
Hammer			2.5k	3k	4k	5k	5k	6k
Girls	12	13	14	15	16	17	18	19
Shot	2k	2k	2k	2.72k	3k	3k	3k	4k
Discus			.75k	.75k	1k	1k	1k	1k
Javelin		400gr	400gr	400gr	500gr	500gr	500gr	600gr
Turbo Javelin	300g							
Hammer			2.5k	2.5k	3k	3k	3k	4k

GIRLS 12

60m Sprint
600m
High Jump
Long Jump
Shot Put
Turbo Javelin

GIRLS 14

80m Sprint
75m Hurdles
200m
800m
1500m
2000m Walk.
Discus
Hammer
High Jump
Javelin
Long Jump
Shot Put

GIRLS 17

100m Sprint
100m Hurdles
300m Hurdles
200m
400m
800m
1500m
3000m
2000m S/Chase (2'6")
3000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump

GIRLS 13

80m Sprint
60m Hurdles
600m
High Jump
Long Jump
Shot Put
Javelin

GIRLS 15

100m Sprint
80m Hurdles
250m Hurdles
200m
800m
1500m
2000m Walk.
Discus
Hammer
High Jump
Javelin
Long Jump
Shot Put
Pole Vault

GIRLS 18

100m Sprint
100m Hurdles
400m Hurdles
200m
400m
800m
1500m
3000m
2000m S/Chase (2'6")
3000m Walk.
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump

GIRLS 16

100m Sprint
80m Hurdles
250m Hurdles
200m
800m
1500m
3000m
2000m Walk.
Discus
Hammer
High Jump
Javelin
Long Jump
Shot Put
Pole Vault
Triple Jump

GIRLS 19

100m Sprint
100m Hurdles
400m Hurdles
200m
400m
800m
1500m
3000m
3000m S/Chase (2'6")
3000m Walk.
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump

Juvenile Track & Field

U12 – U19 EVENTS AVAILABLE – Boys

BOYS 12

60m Sprint
600m
High Jump
Long Jump
Shot Put
Turbo Javelin

BOYS 13

80m Sprint
60m Hurdles
High Jump
Long Jump
Shot Put
Javelin

BOYS 14

80m Sprint
75m Hurdles
200m
800m
1500m
2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Shot Put

BOYS 15

100m Sprint
80m Hurdles
250m Hurdles
200m
800m
1500m
2000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump

BOYS 16

100m Sprint
100m Hurdles
250m Hurdles
200m
800m
1500m
3000m
3000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump

BOYS 17

100m Sprint
100m Hurdles
300m Hurdles
200m
400m
800m
1500m
2000m S/Chase (3'0")
3000m
3000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump

BOYS 18

100m Sprint
110m Hurdles
400m Hurdles
200m
400m
800m
1500m
3000m S/Chase (3'0")
3000m
5000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump

BOYS 19

100m Sprint
110m Hurdles
400m Hurdles
200m
400m
800m
1500m
3000m S/Chase (3'0")
3000m
5000m Walk
Discus
Hammer
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump



Munster Athletics - U9 to U13 Track & Field Championships 2023

Saturday 10th & Sunday 11th June 2023 – Venue: An Ríocht, Castleisland, Co. Kerry @ 11am

DAY 1 – SATURDAY 10th JUNE 2023

Track Events – Saturday 11:00am

Gender	Age Group	Event
Girls	U13	60m Hurdles (2'3")
Girls	U13	60m Hurdles Final
Girls	U10	500m (Times)
Girls	U11	600m (Times)
Boys	U12	600m (Heats)
Boys	U13	600m (Heats)
Girls	U9	300m (Times)
Girls	U12	60m Sprint (Heats)
Boys	U13	80m Sprint (Heats)
Girls	U9	60m Sprints (Times)
Girls	U10	60m Sprints (Times)
Girls	U11	60m Sprints (Times)
Boys	U12 & U13	600m Finals
Girls	U12	60m Final
Boys	U13	80m Final
Girls	U9, U11, U13	4 x 100m Relays (Times)
Girls	U10 & U12	4 x 100m Relays (Times)

Field Events – Saturday 11:00am

Gender	Age Group	Event
Girls	U11	Long Jump (Pit 1)
Girls	U10	Long Jump (Pit 1)
Girls	U9	Long Jump (Pit 1)
Boys	U12	Long Jump (Pit 2)
Boys	U13	Long Jump (Pit 2)
Girls	U9	Turbo Javelin (300g)
Girls	U10	Turbo Javelin (300g)
Girls	U11	Turbo Javelin (300g)
Boys	U12	Turbo Javelin (300g)
Girls	U13	Javelin
Girls	U13	Shot Put (2kg)
Girls	U12	Shot Put (2kg)
Boys	U13	High Jump
Girls	U12	High Jump

Munster AAI reserve the right to change the order of events to assist with the smooth running of these Championships.

The programme may move ahead of the scheduled time by 1 hour but not before 1pm

PLEASE LISTEN TO THE P. A. ANNOUNCEMENTS



Munster Athletics - U9 to U13 Track & Field Championships 2023

Saturday 10th & Sunday 11th June 2023 – Venue: An Ríocht, Castleisland, Co. Kerry @ 11am

DAY 2 – SUNDAY 11th JUNE 2023

Track Events – Sunday 11:00am

Gender	Age Group	Event
Boys	U13	60m Hurdles (2'3")
Boys	U10	500m (Times)
Boys	U11	600m (Times)
Girls	U12 & U13	600m Heats
Boys	U9	300m (Times)
Boys	U13	Hurdle Final
Boys	U12	60m Sprint (Heats)
Girls	U13	80m Sprint (Heats)
Boys	U9	60m Sprints (Times)
Boys	U10	60m Sprints (Times)
Boys	U11	60m Sprints (Times)
Girls	U12 & U13	600m Finals
Boys	U12	60m Final
Girls	U13	80m Final
Boys	U9, U10, U11	4 x 100m Relays
Boys	U12 & U13	4 x 100m Relays

Field Events – Sunday 11:00am

Gender	Age Group	Event
Boys	U11	Long Jump (Pit 1)
Boys	U10	Long Jump (Pit 1)
Boys	U9	Long Jump (Pit 1)
Girls	U12	Long Jump (Pit 2)
Girls	U13	Long Jump (Pit 2)
Boys	U9	Turbo Javelin (300g)
Boys	U10	Turbo Javelin (300g)
Boys	U11	Turbo Javelin (300g)
Girls	U12	Turbo Javelin (300g)
Boys	U13	Javelin
Boys	U13	Shot Put (2kg)
Boys	U12	Shot Put (2kg)
Girls	U13	High Jump
Boys	U12	High Jump

Munster AAI reserve the right to change the order of events to assist with the smooth running of these Championships.

The programme may move ahead of the scheduled time by 1 hour but not before 1pm

PLEASE LISTEN TO THE P. A. ANNOUNCEMENTS



Munster Athletics – U14 to U19 Track & Field Championships 2023

Saturday 17th & Sunday 18th June 2023 – Venue: Templemore

Day 1 – Saturday 17th June

TRACK EVENTS			FIELD EVENTS	
Time	Event	Age Categories	Events	Time
11.00am	800m	B14, B15, B16, B17, B18, B19	HIGH JUMP	11:00am
	800m	G14, G15, G16, G17, G18, G19	Girls U14 (1.10m)	
			Boys U19 (1.50m)	
	2000m Walks	G13, B13, G14, B14, G15, B15, G16	Girls U16 (1.20m)	
	3000m Walks	B16, G17, B17, G18, G19	Girls U18 (1.30m)	
	5000m Walks	B18, B19	Boys U17 (1.35m)	
			Boys U15 (1.25m)	
			TRIPLE JUMP	11:00am
			Boys U17, U18, U19, U16, U15 (Pit 2)	
			Girls U16, U17, U18, U19 (Pit 2)	
			LONG JUMP	11:00am
			Girls U18-U19 (Pit 1)	
			Girls U15 (Pit 1)	
			Boys U14 (Pit 1)	
		Boys U16 (Pit 1)		
		Boys U18 (Pit 1)		
	Break on Track			
1.30pm	200m Heats	G14, B14, G15, B15, G16, B16	SHOT	11:00am
	400m	G17, B17, G18, B18, G19, B19	Girls U16 (3kg)	
	3000m	G16, G17, G18, G19	Boys U17 (5kg)	
	3000m	B16, B17, B18, B19	Girls U14 (2kg)	
	100m Heats	G17, G18, G19	Girls U19 (4kg)	
	100m Heats	B17, B18, B19	Girls U17-U18 (3kg)	
	200m Finals	G14, B14, G15, B15, G16, B16	DISCUS	12:30am
	100m Finals	G17, B17, G18, B18, G19, B19	Girls U15 (.75kg)	
	4 X 100m Relays	B14, G15, B16, G17, B18, G19	Boys U14 (.75kg)	
			Boys U15 (1kg)	
			Boys U16 (1kg)	
			Girls U18 (1kg)	
			Boys U19 (1.5kg)	
			JAVELIN	11:00am
		Girls U16 (500g)		
		Girls U14 (400g)		
		Boys U17 (700g)		
		Boys U19 (800g)		
		Boys U15 (500g)		
		Boys U18 (700g)		
		HAMMER	9:30am	
		Boys U18 (5kg)		
		Girls U19 (4kg)		
		Girls U17 (3kg)		
		Boys U16 (4kg)		
		Girls U15 (2.5kg)		
		Boys U14 (2.5kg)		

Munster AAI reserve the right to change the order of events.
The programme may move ahead of the scheduled time by 1 hour but not before 1.30pm.

PLEASE LISTEN TO THE P. A. ANNOUNCEMENTS

In the event of heats in the 400m, 800m or relays the results will be decided on heat times.

DAY 2 – SUNDAY 18th June

TRACK EVENTS			FIELD EVENTS	
Time	Event	Age Categories	Events	Time
11.00am	250m Hurdles (2'3")	G15, G16	HIGH JUMP	11:00am
	250m Hurdles (2'6")	B15, B16	Girls U15	
	300m Hurdles (2'6")	G17, B17	Girls U17, U19	
	400m Hurdles (2'6")	G18, G19	Boys U16, U18	
	400m Hurdles (2'9")	B18	Boys U14	
	400m Hurdles (3'0")	B19		
	2000m Steeplechase (2'6")	G17, G18, G19	LONG JUMP	11:00am
	2000m Steeplechase (3'0")	B17, B18, B19	Girls U16 (Pit 1)	
			Boys U19 (Pit 1)	
			Boys U17 (Pit 1)	
		Boys U15 (Pit 2)		
		Girls U17 (Pit 2)		
		Girls U14 (Pit 2)		
	Break on Track			
	200m Heats	G17, B17, G18, B18, G19, B19	SHOT	11:00am
	80m Heats	G14, B14	Boys U18 (5k)	
	100m Heats	G15, B15, G16, B16	Boys U14 (2.72kg)	
	100m Heats		Boys U15 (3kg)	
	1500m Finals	G14, G15, G16, G17, G18, G19	Boys U16 (4kg)	
	1500m Finals	B14, B15, B16, B17, B18, B19	Boys U19 (6kg)	
	200m FINALS	G17, B17, G18, B18, G19, B19	Girls U15 (2.72kg)	
	80m FINALS	G14, B14	DISCUS	12:30am
	100m Finals	G15, B15, G16, B16	Girls U16 (1kg)	
	4 x 100m	G14, B15, G16, B17, G18, B19	Girls U17 (1kg)	
			Girls U19 (1kg)	
			Girls U14 (.75kg)	
			Boys U17 (1.5kg)	
			Boys U18 (1.5kg)	
			JAVELIN	11:00am
			Boys U16 (600g)	
			Girls U17 (600g)	
			Girls U15 (400g)	
			Girls U18 (500g)	
			Girls U19 (600g)	
			Boys U14 (400g)	
			HAMMER	9:30am
			Boys U19 (6kg)	
			Boys U17 (5kg)	
			Girls U18 (3kg)	
			Girls U16 (3kg)	
			Boys U15 (3kg)	
			Girls U14 (2.5kg)	
			POLE VAULT	**
			Boys U13 - U19	10.30am
			Girls U13 - U19	1.30pm

**Munster AAI reserve the right to change the order of events.
The programme may move ahead of the scheduled time by 1 hour but
not before 1pm**

PLEASE LISTEN TO THE P. A. ANNOUNCEMENTS

****Boys Pole Vault U13 & U19 10.30am warm up, start at 11.30am**

****Girls Pole Vault U13 – U19 – 1.30pm warm up, start at 2.30pm**



Munster Athletics - U9 to U16 Juvenile "B" Track & Field Championships 2023

Sunday 25th June 2023 – Venue: Templemore @ 11am

General Notes

GIRLS TRACK EVENTS COMMENCE AT 11AM			
Gender	Age Group	Track Events	
Girls	U09	60m Heats	
Girls	U10	60m Heats	
Girls	U11	60m Heats	
Girls	U12	80m Heats	
Girls	U13	80m Heats	
Girls	U14	80m Heats	
SEMI-FINALS IN SAME ORDER			
Girls	U15	100m Heats	
Girls	U16	100m Heats	
SPRINT FINALS IN SAME ORDER			
Girls	U10	500m Heats	
Girls	U11	600m Heats	
Girls	U12	600m Heats	
Girls	U13	600m Final	
Girls	U09	300m Final	
Girls	U14	800m Final	
Girls	U15	800m Final	
Girls	U16	800m Final	
FINALS IN SAME ORDER			
THERE WILL BE A SHORT BREAK			
Afternoon session will not start before 1pm			
BOYS TRACK EVENTS			
Gender	Age Group	Track Events	
Boys	U09	60m Heats	
Boys	U10	60m Heats	
Boys	U11	60m Heats	
Boys	U12	80m Heats	
Boys	U13	80m Heats	
Boys	U14	80m Heats	
SEMI-FINALS IN SAME ORDER			
Boys	U15	100m Heats	
Boys	U16	100m Heats	
ALL SPRINT FINALS IN SAME ORDER AS ABOVE			
Boys	U10	500m Heats	
Boys	U11	600m Heats	
Boys	U12	600m Heats	
Boys	U13	600m Final	
Boys	U09	300m Heats	
Boys	U14	800m Final	
Boys	U15	800m Final	
Boys	U16	800m Final	
FINALS IN SAME ORDER IF REQUIRED			

Please note that Girls will start with Track events and Boys will start with Field Events.

This is to avoid clashes between the Track and the Field.

Athletes may compete in two events only.

It will be the best of **three** attempts in all Field Events

Eligibility

All athletes who competed in the Munster "A" Championships but did not win an individual medal are eligible to compete. Newly registered athletes are also eligible.

Competition Numbers

**Must be collected at least 45 minutes before the competition commences
i.e. 10:15am.**

COMPETITIONS COMMENCE AT 11am

5mm Needle Spikes Only Allowed

BOYS FIELD EVENTS START AT 11AM				
Long Jump Pit 1	Long Jump Pit 2	Turbo Javelin	Shot Putt	High Jump
Boys 09	Boys 11	Boys 10	Boys 15 & 16	Boys 12
Boys 10	Boys 12	Boys 09	Boys 14	Boys 14
Boys 13	Boys 14	Boys 11	Boys 12	Boys 13
	Boys 15 & 16	Boys 12	Boys 13	Boys 15 & 16
GIRLS FIELD EVENTS WILL NOT START BEFORE 1PM				
Long Jump Pit 1	Long Jump Pit 2	Turbo Javelin	Shot Putt	High Jump
Girls 09	Girls 11	Girls 10	Girls 15 & 16	Girls 12
Girls 10	Girls 12	Girls 09	Girls 12	Girls 14
Girls 13	Girls 14	Girls 11	Girls 13	Girls 15 & 16
	Girls 15 & 16	Girls 12	Girls 14	Girls 13

Appendix

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 1.80m 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 1.50 cm up by 15cm

Girls 16 start at 1.50 cm up by 15cm

Girls 17 start at 1.50cm up by 15cm

Girls 18 start at 1.50 cm up by 15cm

Girls 19 start at 1.50 cm up by 15cm

Heat Qualifications

2 heats – 3 places and 2 Times to Final

3 heats – 2 places and 2 Times to Final

4 heats – Winner and 4 Times to Final

5 Heats – Winner and 3 Times to Final

6 Heats – 2 places and 2 Times to 2 Semi Finals