



*Munster Juvenile Cross-  
Country Competition  
Booklet 2021*

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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 wellbeing 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 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 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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## 2021 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.

Please note all ages in this booklet should be read as UNDER the stated age.

- Age 9 Born 2013
- Age 10 Born 2012
- Age 11 Born 2011
- Age 12 Born 2010
- Age 13 Born 2009
- Age 14 Born 2008
- Age 15 Born 2007
- Age 16 Born 2006
- Age 17 Born 2005
- Age 18 Born 2004
- Age 19 Born 2003

## 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 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

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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 notices at the venue for the Referee/Children's Officers name(s) – these are the people to speak to if you have a complaint. **The Munster Child Officers are Aine Moran, Dooneen A.C. (female officer) & Tim Fitzpatrick, Lisscarroll A.C. and Paul Askins, Dooneen A.C. (male officers).**

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

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





## 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 Michael Lillis, the Munster Cross Country Secretary. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent/guardian.**





- **Timetables will be in operation for all Munster Cross Country competitions and available on the Munster Athletics website at [www.munsterathletics.com](http://www.munsterathletics.com)**
- Clubs will be permitted to set up bases on the infield of the Course but should keep a suitable distance away from the next Club base.
- One team manager per Club is to be appointed to look after athletes, numbers, results and all queries on the day.
- Each County must provide a Covid-19 Officer at each Cross Country venue.
- Athletes, coaches, parents/guardians, officials and spectators will be required to complete a Covid-19 Health Screening questionnaire prior to attending at the venue. Link to the questionnaire will be posted on the Munster Athletics website.
- Everyone attending the venue is responsible for providing their own masks, hand sanitising equipment and any other equipment required to comply with the Covid-19 guidelines in operation at the time of the competition.
- Winning athletes can collect their individual medals on the day from a table near the finish line. There will be no medal presentation. Club team medals can be collected by the Team Managers as soon as results are available. For County team medals, one representative from each County should be appointed to collect any County team medals.
- Athletics Ireland and Sport Ireland Guidelines can be found [here](#).
- There will be no livestreaming of the event.
- IAAF Rules apply
- Athletes may move up **ONE** age group except for the U/9 age group. To compete U/9, the minimum age is **EIGHT** years (i.e. all athletes must turn 8 years old in 2021, no athlete turning 7 in 2021 may compete).
- **Club teams** in the 11-19 age group all must have competed in the Provincial/Regional Cross-Country Championships in order to qualify for Nationals. **There is no follow-on All Ireland competition for U/9 & U/10 age groups. They compete at Munster level only.**
- *Following the 2019 Munster Convention, it has been decided that the U/20 Women's*



*Munster Cross Country Race will be run in conjunction with the Juvenile U19 girl's race and the U/20 Men's Munster Cross Country Race will be run in conjunction with the Juvenile U19 boy's race. An U/19 athlete may score on the U/20 Team if selected & entered as well as score on U/19 Club and County Teams.*

- All entries for Nationals to go through Regional Secretaries.
- Athletes must be registered.
- Pacing of athletes will mean disqualification. Please inform club officials and parents.
- **It is strongly recommended that all athletes wear the correct footwear. No earphones should be worn at any time in call area or competition.**

<b>Medals:</b>	<b>“A” Championships</b>	<b>First 12 individuals</b> <b>First 3 County and Club teams</b>
	<b>“B” Competition</b>	<b>First 12 individuals</b> <b>First 3 County and Club teams</b>
<b>Fees:</b>	<b>Club</b>	<b>Free</b>
	<b>County</b>	<b>€20</b>
	<b>Individual</b>	<b>€5</b>
	<b>Relay Teams</b>	<b>€5</b>

- **Juvenile “B” Competition is open to athletes who HAVE NOT WON an Individual, Regional, County or Club Cross Country medal at Munster or National Championships.**
- To be eligible for the “B” Championships, all athletes must have competed in the “A” Championships.
- Entries through Club Secretary for “B” Competition.
- Entries through Club Secretary for Inter Club Relays. Club Singlets must be worn.
- **ONLINE ENTRY** will be in operation for all Munster Cross Country Competitions. *Athletes just need to be entered as individuals. Club Teams **DO NOT** need to be entered online (except for the Juvenile Inter-Club XC Relays on 28<sup>th</sup> November) as they are free and they will be calculated from the results on the day.* County teams do need to be entered in advance by County Secretaries. There is no need to name individual athletes on the team, just the team name. **PAYMENT ONLINE ONLY, NO CHEQUES/POSTAL ORDERS.**

**Any Athletes who qualify for National Cross-Country Championships & who are unable to attend on the day, please let the Munster Cross Country Secretary, Michael Lillis know without delay so that a substitute can be added to the Munster team. Contact Michael at [michaellillis38@gmail.com](mailto:michaellillis38@gmail.com) or 065 9050051.**

## Munster/National Cross-Country Championships 2021

Date	October 2021	Venue
17th	AAI Autumn Cross Country	Dublin
24th	Munster Juvenile Even Age, U23 & Novice Cross Country Championships	The Turnpike, Two Mile Borris, Thurles.
31st	Munster Juvenile Uneven Age, Junior & Senior Cross Country Championships	The Turnpike, Two Mile Borris, Thurles.

Date	November 2021	Venue
7th	Munster Juvenile "B" & Intermediate Cross Country Championships	Castlelyons, Co. Cork
21st	AAI National Juvenile Even Age, Junior & Senior Cross-Country Championships	Clonliffe, Santry Demesne
28th	Munster Juvenile XC Relays and Masters Cross Country Championships	Clarecastle, Co. Clare

Date	December 2021	Venue
5th	AAI National Juvenile Uneven Age, & Novice Cross Country Championships	Gowran

Medals:	“A” Championships	First 12 individuals First 3 County and Club teams
	“B” Competition	First 12 individuals First 3 County and Club teams
Fees:	Club	Free
	County	€20
	Individual	€5
	Relay Teams	€5

- **Payment online with entries. No Cheques/Postal Orders will be accepted.**

### **“A” Cross Country Distances**

<b>Girls</b>	<b>Distances</b>	<b>Boys</b>	<b>Distances</b>
09	750m	09	750m (Munster Only)
10	1000m	10	1000m (Munster)
11	1500m	11	1500m
12	2000m	12	2000m
13	2500m	13	2500m
14	3000m	14	3000m
15	3500m	15	3500m
16	4000m	16	4000m
17	4000m	17	5000m
18	4000m	18	6000m
19	4000m	19	6000m

### **Juvenile “B” Cross Country Distances**

<b>Girls</b>	<b>Distances</b>	<b>Boys</b>	<b>Distances</b>
09	750m	09	750m (Munster only)
11	1000m	11	1000m
13	1500m	13	1500m
15	2500m	15	2500m
17	3000m	17	3000m