



*Munster Juvenile Outdoor
Competition Booklet 2022*

All Enquiries to Munster Juvenile Secretary, Aisling Hoey
E-Mail: ahoey@munsterathletics.com

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 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.



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.

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 2012
- 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

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.





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 the Munster Juvenile Secretary at the Check-In Desk.

It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent/guardian.



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, Dooneen A.C. (female officer) & Tim Fitzpatrick, Liscarroll A.C. and Paul Askins, Dooneen A.C. (male officers).**

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.





Munster Athletics

Please note the following for the Juvenile Outdoor Combined Events Championships on Saturday 28th May 2022 in MTU, Cork :-

The Combined Events are as follows:-

U11 Boys & Girls do 60m, Long Jump, Shot Putt & 600m (4 Events only, no HJ)

U12 Boys & Girls do 60m, Long Jump, High Jump, Shot Putt and 600m

U 13 Boys & Girls do 60mH, Long Jump, High Jump, Shot Putt & 600m

U14 Boys & Girls do 75mH, Long Jump, High Jump, Shot Putt & 800m

U15 Boys & Girls do 80mH, Long Jump, High Jump, Shot Putt & 800m

U16 Girls do 80mH, Long Jump, High Jump, Shot Putt & 800m

U16 Boys do 100mH, Long Jump, High Jump, Shot Putt & 800m

Timetable on the Munster Athletics Website at www.munsterathletics.com.

Check-In Details

The Combined Events Championships will commence at 10am sharp. **On the week of the Championships, Start Lists will be circulated to all Clubs to check their entries & confirm that all athletes entered will be attending. No changes will be allowed on the day of competition. For all events, athletes just check in when their event is called.** Athletes will need to collect numbers from the Competition Secretary on the morning of the Championships.

Starting Heights for High Jump

Girls 12 **1.00m**, Girls 13 **1.00m**, Girls 14 **1.00m**, Girls 15 **1.05m**, Girls 16 **1.15m**.

Boys 12 **1.05m**, Boys 13 **1.05m**, Boys 14 **1.15m**, Boys 15 **1.15m**, Boys 16 **1.15m**.

All athletes will be allowed to jump an opening height, thereafter it will go to the Championship Opening height for that age group. The first three heights will increase in 5cm increment and then in 3cm increments.

Shot Putt Weights:

- Girls & Boys U/11, U/12, U13 & Girls U/14 – **2k**
- Boys U14 & Girls U/15 – **2.72k**
- Boys U/15 & Girls U/16 – **3k**
- Boys U/16 – **4k**

Rules

- All athletes should be technically proficient and competent to compete in each event.
- In the long jump and each of the throwing events, each athlete shall be allowed three trials only.
- In the track events, all age categories, one false start and all are on warning of next false start leading to disqualification.
- An athlete shall be disqualified in any event, in which he has made two false starts.
- An athlete failing to attempt to start or make a trial in one of the events shall not be allowed to take part in the subsequent events but shall be considered to have abandoned the competition. He shall not, therefore, figure in the final classification.
- The winner shall be the athlete who has obtained the highest number of points.
- Medals will be presented to the top three.

Entry Information

Online Entry at this link - <https://ireland.entry4sports.com/#/>

Closing date: 6pm on Tuesday 24th May 2022.

Fees

Combined Events Fee (4/5 events): €5.00 per athlete plus transaction fee.

Heptathlon and Decathlon Fee: €10 euro per athlete plus transaction fee.

Heptathlon and Decathlon Events

| Youth Girls (U17 & U18) | Youth Boys (U17 & U18) | Junior Women (U19 & U20) | Junior Men (U19 & U20) |
|-------------------------|------------------------|--------------------------|------------------------|
| Day 1 | Day 1 | Day 1 | Day 1 |
| 100mH (2'6) | 100m | 100mH (2'9) | 100m |
| High Jump | Long Jump | High Jump | Long Jump |
| Shot Putt (3k) | Shot Putt (5k) | Shot Putt (4k) | Shot Putt (6k) |
| 200m | High Jump | 200m | High Jump |
| | 400m | | 400m |
| Day 2 | Day 2 | Day 2 | Day 2 |
| Long Jump | 110mH (3'0) | Long Jump | 110mH (3'3) |
| Javelin (500g) | Discus (1.5k) | Javelin (600g) | Discus (1.75k) |
| 800m | Pole Vault | 800m | Pole Vault |
| | Javelin (700g) | | Javelin (800g) |
| | 1500m | | 1500m |
| | | | |



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

1. WA Rules apply.
2. Individual Track & Field Championships for Boys and Girls ages 12-19.
3. The first **four** from each region qualify for the National Championships **except for the 600m where the first three qualify.**
4. Athletes are confined to their own age group.
5. All athletes must be registered.
6. Athletes Age U12 to U16 are limited to a maximum of **3 events** plus relay.
7. Athletes U17 to U19 are limited to a maximum of **4 events** plus relay.
8. Club Singlets must be worn.
9. All entries must come through the Club Secretary.
10. All athletes must collect a competition number from their Team Manager.
11. **ONLY 5mm SPIKES MAY BE USED**
12. Only starting blocks provided by the organising committee may be used.
13. U12 all 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".
14. Athletes **from U14** upwards must use Starting Blocks. Blocks are optional for U12 and U13s.
15. WA False Start Rules apply. U16 upwards First false start leads to disqualification.
16. U13,14, 15 - One false start and all are on warning of next false start leading to disqualification.
17. Athlete must leave the arena when their event is complete.
18. **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
19. In all field events except the High Jump and Pole Vault 3 attempts, 3 final throws/jumps for the 8 best athletes
20. Immediately after their competition is over, all athletes must remove any field event marks put down by them before or during the competition (ie tape, tacks, pins).
21. Opening Heights for the High Jump and Pole Vault can be found in the Appendix at the end of this booklet.
22. Turbo Javelin rules and format are as javelin competition. 3 individual throws per athlete. Top 8 to final.
23. 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*
24. Please have respect for the stadium and its environs and adhere to all the 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.**
25. Please do not leave your personal belongings unattended.
26. 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.
27. **An athlete shall be excluded from participation in all further events in the competition 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 fida effort to compete in an event.**

28. 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 ahoey@munsterathletics.com.

SPRINT/HURDLES (SHORT & LONG) & 200M QUALIFICATION

| No of Heats | Advancement |
|--------------------|---|
| 2 Heats | First Three(3) + the Two (2) Best Times |
| 3 Heats | First Two (2) + the Two (2) Best Times |
| 4 Heats | The Winner of each Heat + Four Next Best Times |
| 5 Heats | The Winner and the 3 Next Best Times |
| 6 Heats | The Winner and the 2 Next Best Times |
| 7 Heats | The Winner and the Next Best Time |
| 8 Heats | First 2 athletes + 8 Next Best Times to Semi Finals |

Munster Athletics Juvenile U/9 to U/11 Children's Games and Individual Championships Regulations 2022



U9 Girls & Boys Born 2014

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

U10 Girls & Boys Born 2013

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

U11 Girls & Boys Born 2012

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

1. Two (2) athletes per team.
 2. Each athlete may compete in **two** events only *with the same or two different partners*.
 3. Athletes compete in their own age group (**U9 must be born 2014**)
 4. Each team's combined distances or combined times are added for team scoring.
 5. Medals for 1st, 2nd and 3rd team members in each event.
 6. Three (3) teams per event per region, qualifying through Regional/Provincial Secretary.
 7. U9, 10 Long Jump competition, athletes may jump anywhere from the sand. U11 Long Jump competition is from the board. 3 Jumps only per athlete.
 8. Turbo Javelin throw as per javelin throw (tip must hit ground).
 9. **One throw per athlete per round** with the throw measured to where tip first touches ground.
 10. 60m, 300m, 500m, 600m are on times - no finals.
 11. Standing or crouch start is optional. The standing start command for all sprints are "on
 12. marks" and "set".
 13. Persistent false starts may lead to disqualification.
 - 14. All teams have to be declared beforehand when completing entries.**
 - 15. No entry or change of entry on the day of competition (In the event of one team member being unable to attend they may be replaced by a reserve member). Team declarations if different to entry must be lodged with the competition secretary by midnight on Thursday 9th June.**
 16. Club singlets must be worn – no tracksuits.
 - 17. Athletes without a partner will be allowed to take part on the day in the individual Championships. Enter as usual online for individual events. Athletes are confined to a maximum of two events.**
 18. The Committee reserve the right to alter the timetable.
- 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. Entries come through Club Secretary via Online Entry.
- Athletes may step up ONE (1) age group only and may compete in TWO (2) relays on the day except **U9 athletes must be born in year 2014.**
- At least 2 members of a competing relay team, participating in that event on that day must be of the correct age except **U9 athletes must be born in year 2014.**
- **Relay teams qualify from region, 3 teams per region.**
- Team names, DOB, registration numbers must be submitted with entry.
- **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM.**
- Spot checks may take place.

Juvenile Track & Field

Hurdle and Throws Specifications

| 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 | | | .75k | 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 |

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 m up by 15cm

Girls 16 start at 1.50 m up by 15cm

Girls 17 start at 1.50m up by 15cm

Girls 18 start at 1.50 m up by 15cm

Girls 19 start at 1.50 m up by 15cm