



# Munster Athletics

Dear Club Secretary,

Please note the following for the Juvenile Outdoor Combined Events Championships on Sunday 30<sup>th</sup> June in Lee's Road, Ennis, Co. Clare @ 10.30am :-

**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

A Timetable has been posted on the Munster Athletics Website at [www.munsterathletics.com](http://www.munsterathletics.com).

## **Check-In Details**

The Combined Events Championships will commence at 10.30am sharp. **There will be no advance check-in on the morning of the Championships. Instead, 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: Midnight on Wednesday 26<sup>th</sup> June 2019.**

### **Fees**

Combined Events Fee: €5.00 per athlete plus transaction fee of 0.39c

All fees to be paid online with entries.

**There will definitely be no entries on the day.**

*Yours in Sport,*

*Aisling Hoey*

*Munster Assistant Juvenile Outdoor Comp. Secretary*