

Munster U/11 to U/16 Indoor Combined Events Championships– Sunday 5th January 2020

Venue: Nenagh Indoor Stadium

Date: Sunday 5th January 2020

Time: 10am

Entry Fee: €5.00 per athlete payable online with entries

*Closing Date: **ONLINE ENTRY ONLY. Closing Date is midnight on Thursday 2nd January 2020. Strictly no entry on the day***

ALL ATHLETES MUST BE REGISTERED FOR 2020

Athletes should be technically proficient and competent to compete in each event. It is the responsibility of each Club to ensure this.

EVENTS - Quadrathlon/Pentathlon

U11	Boys & Girls	60m	Long Jump	Shot Putt	600m (Quadrathlon)
U12	Boys & Girls	60m	Long Jump	High Jump	Shot Putt 600m
U13	Boys & Girls	60mH	Long Jump	High Jump	Shot Putt 800m
U14	Boys & Girls	60mH	Long Jump	High Jump	Shot Putt 800m
U15	Boys & Girls	60mH	Long Jump	High Jump	Shot Putt 800m
U16	Girls	60mH	Long Jump	High Jump	Shot Putt 800m
U16	Boys	60mH	Long Jump	High Jump	Shot Putt 800m

Hurdles Specifications

					Approach	Interval
	Finish					
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
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

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 increments and then in 3cm increments.

Rules

- 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.