



***Munster Juvenile Indoor
Competition Booklet 2025***

**All Enquiries to Munster Competition Secretary,
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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 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 children & 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 Child Protection 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.

Keep up to date with all Child Welfare issues at the Athletics Ireland Child Welfare Facebook Page.



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2025 Age Categories

2025 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.
3. Please note all ages in this booklet should be read as UNDER the stated age.

Under 12 Born 2014

Under 13 Born 2013

Under 14 Born 2012

Under 15 Born 2011

Under 16 Born 2010

Under 17 Born 2009

Under 18 Born 2008

Under 19 Born 2007

Club Apparel

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

- Official club singlets must be worn in all Munster/National 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/National 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

Munster Child Officers and Referees on Duty at each Championships will be posted at the competition venue on entrance door and notice boards. These are the people to speak to if you have a complaint.

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

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





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 and collect a Hi Viz Jacket at the Check-In Desk/Number Collection Desk. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent/guardian.





Munster & AAI Competition fixtures can be found on the Munster Athletics Website
Please click
www.munsterathletics.com

Munster Athletics Juvenile Indoor Regulations 2025

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

- 1) **World Athletics (WA) Rules apply.**
- 2) Individual Track & Field Championships for Boys and Girls ages 12-19.
- 3) ***All athletes must be registered for 2025.***
- 4) Club Singlets and shorts must be worn.
- 5) The first four (4) from each region qualify for the National Championships, except in the 600m where three (3) qualify.
- 6) **If a qualifier for the National Championships is unable to participate/attend the AAI Juvenile Committee will not accept substitutes.**
- 7) An athlete may compete in **3** individual events plus the relay.
- 8) Athletes are confined to their own age group.
- 9) In the Indoor Relays, an athlete may move up one age group.
- 10) At least 2 members of a competing relay team, participating in that event on that day must be of the correct age.
- 11) 17,18,19 age groups for relays, all athletes may move up one age group.
- 12) All entries must be made ONLINE & come through the Club Secretary.
- 13) For National competitions, a copy of all regional results plus a copy of all entries must go to the Head Office & the Track & Field Secretary.
- 14) **COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.**
 - a) All athletes must collect a competition number.
 - b) All athletes must collect their number **1 hour** prior to their event **minimum.**
 - c) All athletes, track and field CHECK IN at the check in area.
 - d) Call room will be in operation for track events.
 - e) Field events will be called 15 minutes prior to start time. Athletes to report to Field Event location. No Call Room in operation for Field Events.
- 15) **STRICT WARM UP AREA AND CALL ROOM RULES WILL APPLY.**
- 16) **ONLY 5mm SPIKES MAY BE USED – this includes the HIGH JUMP.**
- 17) **Use of Starting Blocks**
 - a) For U12 & U13, the use of Starting Blocks is optional, but they must use the Crouch Start position.
 - b) U14 to U19 must use Starting Block provided by the Stadium or Organising Committee
- 18) **WA False Start Rules apply.**
 - a) U12, U13, U14, U15 - One false start and all athletes are on a warning. The next false start will lead to disqualification.
 - b) U16 upwards - First false start leads to disqualification.
- 19) An athlete shall be excluded from participation in all further events in the competition, including relays 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 fide effort to compete in an event.
- 20) An athlete must inform the Chief Judge when leaving the competition area.
 - 21) An athlete must leave the Arena when their event is complete.
 - 22) Winning athletes must report for medal presentation **20 minutes** after their event where possible **or when called from the Public-Address System.**
 - 23) Coaches and parents are ***not allowed*** on the track at any time. This area is for Officials & competing athletes only. Please stay outside the perimeter fencing surrounding the competition area.
 - 24) Any parent or club official found on the track risk the possibility of their athlete and club being disqualified.
 - 25) **Athletes are not permitted to carry or use electronic recording or transmission equipment (e.g. Earphones, notebooks, tablets, I-Pods, smart phones etc) in the competition area. Note: The competition area starts at the assembly/call room.**
 - 26) **ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.**
 - 27) Warm up marks for field events should be completed where possible before the time schedule.
 - 28) In the Long Jump competitions Girls & Boys U/12 to U/19 competitions, each athlete will have **3** attempts with the top 8 having **3** further attempts.
 - 29) High Jump - Opening Heights can be found in Appendix 1 at the end of this Booklet.
 - 30) Where a heat is listed, if insufficient competitors check in, a **FINAL** will be held at **heat time**.
 - 31) **600, 800m and 1500m - If 12 or less** check in, at the discretion of the track referee a **FINAL** will be held at heat time. **1500m heats & finals can be scheduled for the same day of competition.**
 - 32) Athletes aged 17, 18 and 19 may compete in the National Championships **provided they have entered those events in the Provincial/Regional Championships.**
 - 33) Please have respect for the stadium and its environs and adhere to all 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.**
 - 34) Please do not leave your personal belongings unattended.
 - 35) 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 Public Address on the day of competition.
 - 36) Munster Athletics will publish information* pertaining to athletes who are entered into competitions hosted by or held in association with Munster Athletics.
 - 37)

* (name, club, event & age category for results, teams for national events, programmes, awards)

& any other related information).

- Please direct any queries to Munster Competition Secretary, Orla Fitzgerald at ofitzgerald@munsterathletics.com

IMPORTANT

By submitting your entries for these Championships, you are declaring on behalf of your Club that the athletes are technically proficient and competent to take part in the Hurdles, High Jump, Pole-Vault and Shot Put. Athletes that are do not demonstrate technical proficiency in a particular event may be excluded from participation by the Chief Judge in the interests of athletes safety.

Table of Hurdle and Shot Specifications

INDOOR HURDLES DISTANCE AND COLOUR MARKING

Girls 12	60m	68.6cm	2' 3"	5	10.25m	6.75m	22.75m
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
Girls 17	60m	76.2cm	2' 6"	5	13.00m	8.50m	13.00m
Girls 18	60m	76.2cm	2' 6"	5	13.00m	8.50m	13.00m
Girls 19	60m	84.0cm	2' 9"	5	13.00m	8.50m	13.00m

Boys 12	60m	68.6cm	2' 3"	5	10.25m	6.75m	22.75m
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
Boys 17	60m	91.4cm	3' 0"	5	13.00m	8.50m	13.00m
Boys 18	60m	91.4cm	3' 0"	5	13.72m	9.14m	9.72m
Boys 19	60m	99.0cm	3' 3"	5	13.72m	9.14m	9.72m

SHOT WEIGHTS

Boys	AGES	Girls
2 k	12	2 k
2 k	13	2 k
2.72 k	14	2 k
3 k	15	2.72 k
4 k	16	3 k
5 k	17	3 k
5 k	18	3 k
6 k	19	4 k

RELAYS INFO

PLEASE NOTE:

- **No entry on the day of competition, entries ONLINE through Club Secretary**
- Athletes may step up **ONE (1)** age group only and may compete in **TWO (2)** relays on the day.
- At least 2 members of a competing relay team (U12-U17), participating in that event on that day must be of the correct age.
- 17,18,19 age groups all athletes may move up one age group.
- The order for U17 and U19 mixed relays is Female – Male -Female – Male.
- Two subs may be entered for the mixed relay, one of each gender.
- If subs (maximum of 2) are present on the day and declared, medals will be presented.
- **Relay teams qualify from region, 3 teams per region per age category.**
- If a qualifier to the National Championships is unable to participate/attend the AAI Juvenile Committee will not accept substitutes.
- If 4 teams or less check in, a Final will be held at Heat time.
- **Team names, DOB, registration numbers must be submitted with entry.**
- **DECLARATION SHEETS MUST BE FILLED IN FOR EACH INDIVIDUAL TEAM.**
- **Spot Checks will be carried out on team declarations.**

Relay Changeover Rules for Nenagh Olympic Stadium.

- **4x200m:** U12-U19 athletes, 1st and 2nd athlete runs in their lane and **the 2nd athlete breaks after the first bend.**
- **The handover zone is marked at 20m**

EVENTS – U12 to U19

GIRLS 12

60m Sprint
60m Hurdles*
600m
High Jump
Long Jump
Shot Put

GIRLS 13

60m Sprint
60m Hurdles
600m
1000m Walk*
High Jump
Long Jump
Shot Put
Pole Vault*

GIRLS 14

60m Sprint
60m Hurdles
800m
1000m Walk
High Jump
Long Jump
Shot Put
Pole Vault*

GIRLS 15

60m Sprint
60m Hurdles
800m
1000m Walk
High Jump
Long Jump
Triple Jump (new event)
Shot Put
Pole Vault

GIRLS 16

60m Sprint
60m Hurdles
200m
800m
1500m
1500m Walk
High Jump
Long Jump
Triple Jump
Shot Put
Pole Vault

GIRLS 17

60m Sprint
60m Hurdles
200m
400m
800m
1500m
1500m Walk
High Jump
Long Jump
Triple Jump
Shot Put
Pole Vault

GIRLS 18

60m Sprint
60m Hurdles
200m
400m
800m
1500m
1500m Walk
High Jump
Long Jump
Triple Jump
Shot Put
Pole Vault

GIRLS 19

60m Sprint
60m Hurdles
200m
400m
800m
1500m
1500m Walk
High Jump
Long Jump
Triple Jump
Shot Put
Pole Vault

*** These are developmental events and are NOT Championship events.**

BOYS 12
60m Sprint
60m Hurdles
600m
High Jump
Long Jump
Shot Put

BOYS 13
60m Sprint
60m Hurdles
600m
1000m Walk*
High Jump
Long Jump
Shot Put
Pole Vault*

BOYS 14
60m Sprint
60m Hurdles
800m
1000m Walk
High Jump
Long Jump
Shot Put
Pole Vault*

BOYS 15
60m Sprint
60m Hurdles
800m
1000m Walk
High Jump
Long Jump
Triple Jump (new event)
Shot Put
Pole Vault

BOYS 16
60m Sprint
60m Hurdles
200m
800m
1500m
1500m Walk
High Jump
Long Jump
Triple Jump
Shot Put
Pole Vault

BOYS 17
60m Sprint
60m Hurdles
200m
400m
800m
1500m
1500m Walk
High Jump
Long Jump
Triple Jump
Shot Put

BOYS 18
60m Sprint
60m Hurdles
200m
400m
800m
1500m
1500m Walk
High Jump
Long Jump
Shot Put
Triple Jump
Pole Vault

BOYS 19
60m Sprint
60m Hurdles
200m
400m
800m
1500m
1500m Walk
High Jump
Long Jump
Shot Put
Triple Jump
Pole Vault

*** These are developmental events and NOT Championship events.**

The committee reserve the right to alter timetable, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable

Munster Athletics
Juvenile U12 TO U19 Indoor Championships 2025
Nenagh Olympic Stadium, Nenagh, Co, Tipperary
Saturday 15th February

Hurdles Centre Track @ 10.30am

Girls U15 10:30am **60m (2'6")**
U16-U19 60mH all ages

Sprints

Girls U15 11:30am 60m Heats & Semi
 Girls U15 1:00pm 60m Final

Outside Track

U16-U19 12:00pm 1500m (times)
 U16-U19 2pm 200m (times)
 Girls U15 3pm 800m (times)

Relay

U17 3:30pm 4x200m (times)
 U19 3:45pm 4x200m (times)
 Girls U15 4:00pm 4x200m (times)

High Jump– Centre Track

Girls U15 1:30pm Mat 1
 Girls U18 1:30pm Mat 2
 Girls U19 1:30pm Mat 2
 Girls U16 3:00pm Mat 2
 Girls U17 3:00pm Mat 2

Long Jump – 10.40am

Girls U15 10:40am Pit 1
 Boys U16 11:30am Pit 1
 Boys U17 12:30am Pit 1
 Boys U18 2:00pm Pit 1
 Boys U19 2:00pm Pit 1

Triple Jump – 11.00am

Girls U16-U19 11am Pit 2
 Girls U15 Pit 2

Shot Put @ 11am

Girls U18 11:00am (3kg)
 Girls U19 11:00am (4kg)
 Girls U17 12:00pm (3kg)
 Girls U15 12:45pm (2.72kg)
 Girls U16 2:00pm (3kg)

Pole Vault

Girls U13-U19 Time TBC
 U20, U23, Snr & Masters

Advancement from heats to semi-finals if required							
Declared Athletes	Heats			Semi-finals			Final
	Heats	Places	Times	Heats	Places	Times	
1 – 9							1
10 - 18	2	3	2				1
19 - 27	3	2	2				1
28 - 36	4	3	4	2	3	2	1
37 - 45	5	4	4	3	2	3	1
46 - 54	6	3	6	3	2	3	1
55 – 63	7	3	3	3	2	3	1
64 – 72	8	2	8	3	2	3	1
73 – 81	9	2	6	3	2	3	1
82 – 90	10	2	4	3	2	3	1
91 - 99	11	2	2	3	2	3	1

Munster Athletics
Juvenile Inter-Club Indoor Relays & Some U16 to U19 Field Events
Nenagh Olympic Stadium, Nenagh, Co. Tipperary
Sunday 16th February

Hurdles Centre Track @ 10.30am

Boys	U15	10:30am	60m (2'9")
U16-U19 60m sprint all ages			
Boys	U15		60m
60m Semi finals			
60m Finals			

High Jump– Centre Track

Boys	U15	1:30pm	Mat 1
Boys	U18	1:30pm	Mat 2
Boys	U19	1:30pm	Mat 2
Boys	U16	3:00pm	Mat 2
Boys	U17	3:00pm	Mat 2

Long Jump – 10.40am

Boys	U15	10:40am	Pit 1
Girls	U16	11:30am	Pit 1
Girls	U17	12:30am	Pit 1
Girls	U18	2:00pm	Pit 1
Girls	U19	2:00pm	Pit 1

Outside Track

U16-U19		12:00pm	800m (times)
Boys	U15	2:00pm	800m (times)
U17-U19		2:30pm	400m (times)

Relays

U17 Mixed	10:00am	4x200m
U19 Mixed	10:15am	4x200m
U15	3:10pm	4x200m
U18	3:15pm	4x200m
U16	3:20pm	4x200m

Triple Jump – 11.00am

Boys	U16-U19	11am	Pit 2
Boys	U15		Pit 2

Shot Put @ 11am

Boys	U18	11:00am	(3kg)
Boys	U19	11:00am	(4kg)
Boys	U17	12:00pm	(3kg)
Boys	U15	12:45pm	(2.72kg)
Boys	U16	2:00pm	(3kg)

Pole Vault

Boys	U13-U19	Time TBC
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Advancement from heats to semi-finals if required							
Declared Athletes	Heats			Semi-finals			Final
	Heats	Places	Times	Heats	Places	Times	
1 – 9							1
10 - 18	2	3	2				1
19 - 27	3	2	2				1
28 - 36	4	3	4	2	3	2	1
37 - 45	5	4	4	3	2	3	1
46 - 54	6	3	6	3	2	3	1
55 – 63	7	3	3	3	2	3	1
64 – 72	8	2	8	3	2	3	1
73 – 81	9	2	6	3	2	3	1
82 – 90	10	2	4	3	2	3	1
91 - 99	11	2	2	3	2	3	1

Munster Athletics
Juvenile U12 TO U19 Indoor Championships 2025
Nenagh Olympic Stadium, Nenagh, Co, Tipperary
Saturday 1st March

Hurdles – Centre Track @ 10:30am

Girls	U14	10:30am	60m (2'6")
Girls	U13	10:45am	60m (2'3")
Girls*	U12	11:10am	60m (2'3")

High Jump – Centre Track (After 60mH)

Girls	Girls U14	11:45am	Mat 1
Girls	Girls U12	3:00pm	Mat 1
Girls	Girls U13	4:00pm	Mat

Sprints

Girls	U12	2:00pm	60m
Girls	U13	1:40pm	60m
Girls	U14	1:00pm	60m

Long Jump

Long Jump	Girls U12	11:45am	Pit 1 & 2
Long Jump	Girls U13	2.10pm	Pit 1
Long Jump	Girls U14	1:45pm	Pit 2

Followed by Semi-finals and Finals

Outside Track – 10.30am

Relays

Girls	U12	10:30am	Relay (Times)
Girls	U14	11:10am	Relay (Times)
Girls	U13	4:30pm	Relay (Times)

Shot-Put

Shot Put	Girls U13	11:45am	(2.72kg)
Shot Put	Girls U14	3:00pm	(2kg)
Shot Put	Girls U12	4:00pm	(2kg)

Middle Distance

Girls	U12	1:30pm	600m
Girls	U13	3:00pm	600m
Girls	U14	4:00pm	800m

U20, U23, Snr, Masters 3km 4:30pm

Advancement from heats to semi-finals if required							
Declared Athletes	Heats			Semi Finals			Final
	Heats	Places	Times	Heats	Places	Times	
1 – 9							1
10 - 18	2	3	2				1
19 - 27	3	2	2				1
28 - 36	4	3	4	2	3	2	1
37 - 45	5	4	4	3	2	3	1
46 - 54	6	3	6	3	2	3	1
55 – 63	7	3	3	3	2	3	1
64 – 72	8	2	8	3	2	3	1
73 – 81	9	2	6	3	2	3	1
82 – 90	10	2	4	3	2	3	1
91 - 99	11	2	2	3	2	3	1

Munster Athletics
Juvenile U12 TO U19 Indoor Championships 2025
Nenagh Olympic Stadium, Nenagh, Co, Tipperary
Sunday 2nd March

Hurdles – Centre Track @ 10:30am

Boys	U14	10:30am	60m (2'3")
Boys	U13	10:45am	60m (2'3")
Boys*	U12	11:10am	60m (2'3")

High Jump – Centre Track (After 60mH)

High Jump	Boys U14	11:45am	Mat 1
High Jump	Boys U12	3:00pm	Mat 1
High Jump	Boys U13	4:00pm	Mat 1

Sprints

Boys	U12	2:00pm	60m
Boys	U13	1:40pm	60m
Boys	U14	1:00pm	60m

Long Jump

Long Jump	Boys U12	11:45am	Pit 1 & 2
Long Jump	Boys U13	2.10pm	Pit 1
Long Jump	Boys U14	1:45pm	Pit 2

Followed by Semi-finals and Finals

Outside Track – 10.00am

Relays

Boys	U12	10:30am	Relay (Times)
Boys	U14	11:10am	Relay (Times)
Boys	U13	4:30pm	Relay (Times)

Shot-Put

Shot Put	Boys U13	11:45am	(2kg)
Shot Put	Boys U14	3:00pm	(2kg)
Shot Put	Boys U12	4:00pm	(2kg)

Middle Distance

Boys	U12	1:30pm	600m
Boys	U13	3:00pm	600m
Boys	U14	4:00pm	800m

Walks

U13-U15	10:00am	1000m
U16-U19	10:15am	1500m

Advancement from heats to semi-finals if required							
Declared Athletes	Heats			Semi Finals			Final
	Heats	Places	Times	Heats	Places	Times	
1 – 9							1
10 - 18	2	3	2				1
19 - 27	3	2	2				1
28 - 36	4	3	4	2	3	2	1
37 - 45	5	4	4	3	2	3	1
46 - 54	6	3	6	3	2	3	1
55 – 63	7	3	3	3	2	3	1
64 – 72	8	2	8	3	2	3	1
73 – 81	9	2	6	3	2	3	1
82 – 90	10	2	4	3	2	3	1
91 - 99	11	2	2	3	2	3	1

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 13 start at 1.50m up by 15cm to 3.00m after by 10cm
Boys 14 start at 2.10m up by 15cm to 3.00m after by 10cm
Boys 15 start at 2.10m up by 15cm to 3.00m after by 10cm
Boys 16 start at 2.25m up by 15cm to 3.00m after by 10cm
Boys 17 start at 2.25m up by 15cm to 3.00m after by 10cm
Boys 18 start at 2.25m up by 15cm to 3.00m after by 10cm
Boys 19 start at 2.25m up by 15cm to 3.00m after by 10cm

Girls 13 start at 1.20m up by 15cm to 3.00m after by 10cm
Girls 14 start at 1.35m up by 15cm to 3.00m after by 10cm
Girls 15 start at 1.50m up by 15cm to 3.00m after by 10cm
Girls 16 start at 1.50m up by 15cm to 3.00m after by 10cm
Girls 17 start at 1.50m up by 15cm to 3.00m after by 10cm
Girls 18 start at 1.50m up by 15cm to 3.00m after by 10cm
Girls 19 start at 1.50m up by 15cm to 3.00m after by 10cm

* Opening height / progression subject to change by the Chief Judge