



# *Munster Juvenile Indoor Competition Booklet*

Revision 2, 28 Jan 2026  
Under 17 400m added

**All Enquiries to Munster Competition Secretary,  
Orla Fitzgerald.  
E-Mail: [ofitzgerald@munsterathletics.com](mailto:ofitzgerald@munsterathletics.com)**

*[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 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](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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## 2026 Age Categories

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### 2026 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.
3. Please note all ages in this booklet should be read as **UNDER** the stated age.

**Under 12                  Born 2015**

**Under 13                  Born 2014**

**Under 14                  Born 2013**

**Under 15                  Born 2012**

**Under 16                  Born 2011**

**Under 17                  Born 2010**

**Under 18                  Born 2009**

**Under 19                  Born 2008**

## 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/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

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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

**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](mailto: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](http://www.munsterathletics.com)

All Events will be held in Nenagh

Enter @ <https://entry.athleticsireland.ie/#/>

<b>Saturday/Sunday January 17/18<sup>th</sup> – Combined Events*</b>
<b>Sunday March 8<sup>th</sup> - Walks (U13 to U19)</b> <i>Closing Date 9am Monday March 2<sup>nd</sup>, Late entry fee applies after this time, Late entry closes Thursday March 5<sup>th</sup> at 11pm</i>
<b>Saturday/Sunday February 21/22 - Pole Vault (U13 to U19)</b> <i>Closing Date 9am Monday February 16<sup>th</sup>, Late entry fee applies after this time, Late entry closes Thursday February 19<sup>th</sup> at 11pm</i>
<b>Saturday/Sunday February 21/22 - All other U15 to U19 Events</b> <i>Closing Date 9am Monday February 16<sup>th</sup>, Late entry fee applies after this time, Late entry closes Thursday February 19<sup>th</sup> at 11pm</i>
<b>Saturday/Sunday March 7/8 - All other U12 to U14 Events</b> <i>Closing Date 9am Monday March 2<sup>nd</sup>, Late entry fee applies after this time, Late entry closes Thursday March 5<sup>th</sup> at 11pm</i>

\*Munster Results will be taken from the national results, this event is being held in the NIA, Dublin.

For further details see programmes

## Munster Athletics Juvenile Indoor Regulations 2026

### **NO ENTRY OR CHANGE OF ENTRY ON THE DAY OF CHAMPIONSHIPS.**

- 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 2026.**
- 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.
  - f) If the competition is over 2 days, the same number is used on Day 2
- 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](http://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.

\*(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](mailto: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 and Shot Put in the interest of Safety.

### 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, 1<sup>st</sup> athlete runs in their lane and **the 2<sup>nd</sup> athlete breaks after receiving the Baton.** (Note at the National Championships – the 2<sup>nd</sup> athlete breaks after the first bend).
- **The handover zone is marked at 20m. 3<sup>rd</sup> & 4 Runners in a team will line up based on their position at the halfway point (coming into final bend). Athletes may not change position once lined up**

## Table of Hurdle and Shot Specifications

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### INDOOR

<b>Girls 12</b>	60m	68.6cm	2' 3" 5	10.25m	6.75m	22.75m
<b>Girls 13</b>	60m	68.6cm	2' 3" 5	11.00m	7.25m	20.00m
<b>Girls 14</b>	60m	68.6cm	2' 3" 5	11.50m	7.50m	18.50m
<b>Girls 15</b>	60m	76.2cm	2' 6" 5	12.00m	8.00m	16.00m
<b>Girls 16</b>	60m	76.2cm	2' 6" 5	12.00m	8.00m	16.00m
<b>Girls 17</b>	60m	76.2cm	2' 6" 5	13.00m	8.50m	13.00m
<b>Girls 18</b>	60m	76.2cm	2' 6" 5	13.00m	8.50m	13.00m
<b>Girls 19</b>	60m	84.0cm	2' 9" 5	13.00m	8.50m	13.00m
<b>Boys 12</b>	60m	68.6cm	2' 3" 5	10.25m	6.75m	22.75m
<b>Boys 13</b>	60m	76.2cm	2' 3" 5	11.00m	7.25m	20.00m
<b>Boys 14</b>	60m	76.2cm	2' 6" 5	11.50m	7.50m	18.50m
<b>Boys 15</b>	60m	84.0cm	2' 9" 5	12.00m	8.00m	16.00m
<b>Boys 16</b>	60m	84.0cm	2' 9" 5	13.00m	8.50m	13.00m
<b>Boys 17</b>	60m	91.4cm	3' 0" 5	13.00m	8.50m	13.00m
<b>Boys 18</b>	60m	91.4cm	3' 0" 5	13.72m	9.14m	9.72m
<b>Boys 19</b>	60m	99.0cm	3' 3" 5	13.72m	9.14m	9.72m

### SHOT WEIGHTS

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

## ***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  
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. Medals will be awarded but there is no national championships for these 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  
 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  
 Pole Vault

**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 are NOT Championship events. Medals will be awarded but there is no national championships for these events.**

### **Provisional Programmes**

**These programmes are provisional and may be updated after the closing date.**

**Munster Athletics**  
**Juvenile U15 TO U19 Indoor Championships 2026**  
**Nenagh Olympic Stadium, Nenagh, Co, Tipperary**  
**Saturday 21st February**

**Hurdles Centre Track @ 10.30am**

Girls	U15	10:30am	<b>60m (2'6")</b>
Girls & Boys	U16-U19	60mH	

**60m Sprints**

<b>Girls</b>	<b>U15</b>	<b>11:30am</b>	<b>60m Heats &amp; Semi</b>
Girls	U15	1:00pm	60m Final

**Outside Track**

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

**Relay**

Girls & Boys U17	3:30pm	4x200m (times)
Girls & Boys 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**

<b>Girls</b>	<b>U15</b>	<b>10:40am</b>	<b>Pit 1</b>
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-U15	10.30am (warm up 9.30am)
	U16-U19	2pm (Warm up 1pm)

**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	1	4				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 U15 TO U19 Indoor Championships 2026**  
**Nenagh Olympic Stadium, Nenagh, Co. Tipperary**  
**Sunday 22<sup>nd</sup> February**

**Hurdles Centre Track @ 10.30am**

Boys U15 10:30am **60m (2'9")**

**Sprints**

Girls & Boys U16-U19 60m sprint all ages

Boys U15 60m

60m Semi finals

60m Finals

**Outside Track**

Girls & Boys U16-U19 1:00pm 800m (times)

Boys U15 2:00pm 800m (times)

Girls & Boys U17-U19 2:30pm 400m (times)

**Relays**

U17 Mixed 10:00am 4x200m

U19 Mixed 10:15am 4x200m

Boys U15 3:10pm 4x200m

Girls & Boys U18 3:15pm 4x200m

Girls & Boys U16 3:20pm 4x200m

**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

**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-U15 10.30am (warm up 9.30am)

U16-U19 1.30pm (Warm up 12.30pm)

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	1	4				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 U14 Indoor Championships 2026**  
**Nenagh Olympic Stadium, Nenagh, Co, Tipperary**  
**Saturday 7<sup>th</sup> 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") (times)

**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 1

**Sprints**

Girls	U14	1:00pm	60m
Girls	U13	1:40pm	60m
Girls	U12	2:00pm	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.Kg)
Shot Put	Girls U14	3:00pm	(2kg)
Shot Put	Girls U12	4:00pm	(2kg)

**Middle Distance**

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

**U20, 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	1	4				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 U14 & Walks Indoor Championships 2026**  
**Nenagh Olympic Stadium, Nenagh, Co, Tipperary**  
**Sunday 8<sup>th</sup> March**

**Hurdles – Centre Track @ 10:30am**

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

**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	U14	1:00pm	60m
Boys	U13	1:40pm	60m
Boys	U12	2:00pm	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	(2.kg)
Shot Put	Boys U14	3:00pm	(2.72kg)
Shot Put	Boys U12	4:00pm	(2kg)

**Middle Distance**

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

**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	1	4				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

## **Munster Athletics Appeals Procedure**

Any appeal in the first instance shall be given orally by the athlete or club official to the competition track or field referee as appropriate within 15 minutes of the finish of the event.

**If the athlete or club official does not agree with their decision, they have the right to appeal to a Jury of Appeal accompanied by a fee of €20. (refundable in the case of a successful appeal).**

This appeal must be presented using an official appeal form available in this booklet and upon request at Check-In/ Results Room, within 20 minutes of the outcome of the initial appeal to the relevant referee.

The appeal will only be accepted when presented by a competent club official citing basis for appeal and any backup evidence (Video, Photograph, .....

The Jury of Appeal (3) shall, in the first instance, be composed of the Meet Director, Munster Athletics Track or Field Referees and a Competent Individual (NTO, Someone with extensive experience).

In the case of a conflict of interest on any particular matter, an alternate shall replace the conflicted member(s) for the determination of that issue. In the event that any member/alternate of first instance is unavailable, they may be substituted by a Competent Individual, as appropriate.

All appeals will be dealt with on the day. The ruling of the Jury of Appeal shall be final.

## Munster Athletics Appeals Form

<b>Event :</b>
<b>Athlete Number :</b>
<b>Athlete Club :</b>
<b>Name of the person presenting the appeal:</b>
<b><i>Completed by Competition Office</i></b>
<b>Referee to which oral protest was made :</b>
<b>Decision of Referee:</b>
<b><i>Any written appeal to the Jury of Appeal must be made in accordance with World Athletics Rule 8 of the Technical Rules or TR8 and submitted to Competition Office within 15 minutes after the official announcement of the decision made by the Referee. Appeal must be accompanied by the payment of €20 fee which is refundable on successful appeal.</i></b>
<b>Details of the Appeal:</b>
<b>Include all relevant information, WA rules that apply. List any evidence to support your claim.</b>
<b>What is the desired outcome from this appeal:</b>
<b>Signed :</b>
<b>Club Name :</b>
<b>Title at Club :</b>

<b>Received by Competition Office</b>	
<b>Date &amp; Time Received</b>	
<b>Payment Received</b>	Yes / No
<b>To be completed by the Jury of Appeal</b>	
<b>Names of Jury Members</b>	
<b>Chair:</b>	
<b>Other Members</b>	
<b>World Athletics Rule No</b>	
<b>Appeal Upheld</b>	Yes / No
<b>Reason for Decision:</b>	
<b>Date &amp; Time of Decision</b>	