



# *Munster Outdoor Competition Booklet*

Revision 0 : New Document

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*[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, Guardians, Coaches, Mentors & Officials

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Parents/Guardians/Coaches/Mentors/Officials 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.**



## Fixtures 2026

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Munster & AAI Competition fixtures can be found on the Munster Athletics Website

Please click

[www.munsterathletics.com](http://www.munsterathletics.com)

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

### 2026 Munster Outdoor Calendar

Date	Day	Event	Venue
23 May	Saturday	U9-U12 T&F Girls & U13-U16 Boys Combined events	Waterford RSC
24 May	Sunday	U9-U12 T&F Boys & U13-U16 Girls Combined events	Waterford RSC
01 Jun	Monday	U13 & U14 T&F	Templemore
06 June	Saturday	Munster U20/Senior/Masters T&F & U11- U12 Girls Combined Events	MTU, Cork
07 June	Sunday	Munster U20/Senior/Masters T&F & U11- U12 Boys Combined Events	MTU, Cork
13 June	Saturday	Munster U14-U19 T&F	MTU, Cork
14 June	Sunday	Munster U14-U19 T&F	MTU, Cork
04/05 July	Saturday/Sunday	Munster U23 T&F* (National Championships)	Tullamore
05 July	Sunday	Munster U10-U16 B T&F	Templemore
18/19 July	Saturday/Sunday	Munster U18/U20/Senior/Masters Combined Events* (National Championships)	Santry

\*Munster Results will be taken from the national results

**Standard Entries will be accepted up to 9am Monday before the competition, Late Entries will be accepted until 6pm the Thursday before the competition.**

For further details see programmes

### Munster Athletics Juvenile Regulations 2026

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

1. Individual Track & Field Championships for Boys and Girls ages 12-19.
2. The first four (4) from each region to qualify for the National Championships except in the 600m where 3 qualify.
3. Athletes are confined to their own age group.
4. All athletes must be registered.
5. Ages U9, U10 & U11 Athletes are limited to 2 events plus relays (max 2).
6. Ages 12, 13, 14, 15 and 16 are limited to 3 events plus relays (max 2).
7. Ages 17, 18 and 19 are limited to 4 events plus relays (max 2).
8. Club Singlets must be worn.
9. All entries will be online <https://entry.athleticsireland.ie/#/>
10. COLLECTING YOUR NUMBER DOES NOT MEAN YOU ARE CHECKED IN.
11. All athletes must collect a competition number.
  - Same Competition Number will be used if competition is over Saturday & Sunday
12. All athletes must collect number 1 hour prior to their event minimum.
13. All athletes Track & Field must check in at the REGISTRATION AREA and collect a number and report to call room or field event when called.
14. ONLY 5mm SPIKES MAY BE USED
15. Athletes are permitted to use their own implements for the Shot, Javelin, Discus and Hammer but implements must be inspected before the competition. Athletes are not permitted to use their own Turbo Javelin.
16. Only starting blocks provided by the organizing committee may be used.
17. U12 must do a crouched start. U9-U11 a standing or crouch start is optional. The commands for all sprints are "on your marks" and "set."
18. Athletes from U14 upwards must use Starting Blocks. Blocks are optional for U12 and U13s.
19. WA False Start Rules apply. U16 upwards First false start leads to disqualification.
20. U13, 14, 15 - One false start and all are on warning of next false start leading to disqualification.
21. Combined Events all age categories. One false start and all are on warning, next false start leads to disqualification.
22. Athletes must leave the arena when their event is complete.
23. Winning athletes must report for medal presentation 20 minutes after their event where possible.
24. Coaches and parents are not allowed on the track at any time. Any parent or club official found on the track risks the possibility of their athlete and club being disqualified.
25. For the long hurdles, 400m & middle-distance events, Timed finals will be held if there are heats.
26. ALL FIELD EVENT ATHLETES MUST BE TECHNICALLY PROFICIENT AND COMPETENT IN THE EVENT IN THE INTEREST OF SAFETY.
27. In all field events U12-U19, except the High Jump and Pole Vault, 3 attempts plus 3 final throws/jumps for the 8 best athletes
28. Opening Heights for the High Jump and Pole Vault can be found in the Appendix at the end of this booklet.
29. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have entered those events in the Provincial/Regional Championships
30. 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.
31. Please do not leave your personal belongings unattended.

- 32. 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.**
- 33. No Recording/Photography in the infield area**
- 34. An athlete shall be excluded from participation in all further events in the championships (over both days), including relays, in cases where; • A final confirmation was given that the athlete would start in an event but then failed to participate. • An athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further (Rule 142.4) • An athlete fails to provide a bona fida effort to compete in an event.**
- 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 P A on the day of competition.**
- 36. No Smoking or Vaping is permitted within the stadium.**
- 37. Only Competing Athletes and Officials in the competition area.**
- 38. Please direct any queries to Munster Juvenile Secretary at [info@munsterathletics.com](mailto:info@munsterathletics.com).**

**Munster Athletics Juvenile U9 to U11 Team Games & U12 T&F Championships Regulations 2026  
Waterford RSC, May 23/24**

<b>Age Group</b>	<b>Under 9</b>	<b>Under 10</b>	<b>Under 11</b>	<b>Under 12</b>
Year of Birth	2018	2017	2016	2015
Events	60m 300m Long Jump Turbo Javelin 4x100m Relay	60m 500m Long Jump Turbo Javelin 4x100m Relay	60m 600m Long Jump Turbo Javelin 4x100m Relay	60m 600m Long jump Turbo Javelin High Jump Shot (2Kg) 4x100m Relay

1. Clubs will enter their athletes in individual events at <https://entry.athleticsireland.ie/#/>
2. Each U9-U11 athlete may compete in two events plus a relay (max 2 relays), U12 may compete in 3 events plus a relay.
3. Individual Medals will be awarded to the top three finishers in an event.
4. The Team results will be decided from the individual results. There will be no need for clubs to declare their teams on the day. Top two ranked athletes will constitute a club's "A" team, 3rd and 4th ranked athletes will constitute a club's "B" team.....
5. Medals will be awarded to members of the top 3 teams in each U9-U11 event.
6. Three (3) teams qualify per Region per age U9-U11 group to National Championships.
7. For Field events athletes may be put into groups if there are large numbers. For the U12 field events, the athletes may be permitted to retake their mark and given a practice attempt before the final 3 rounds.
8. In the U9 and U10 Long Jump competition, no board will be used, the athlete must take off before the edge of the pit. U11 Long Jump competition is from the board. 3 Jumps only per athlete.
9. Turbo Javelin throw as per javelin throw (over shoulder throw, tip must hit ground).
10. One throw per athlete per round with the throw measured to where tip first touches ground.
11. Four U12 Field events, except the High Jump, 3 attempts plus 3 final throws/jumps for the 8 best athletes.
12. 60m (U9-U11), 300m, 500m, 600m & Relay results are on times.
13. Standing or crouch start is optional U9-U11. The standing start command for all sprints are "on your marks" and "set". U12's a crouched start
14. Persistent false starts may lead to disqualification.
15. A Call Area near the start line will be in operation for track events. Athletes must report to the Call Area when announced over the PA.
16. For Field events, athletes go to field event site when called.
17. U9-U12 Inter-Club 4 x 100m Relays
  - Only Athletes bore in 2018 can compete in the Under 9 Relay
  - No entry on the day of competition. Online entry <https://entry.athleticsireland.ie/#/>
  - 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, participating in that event on that day must be of the correct age.
  - U9-U11 Relay teams qualify from region, 3 teams per region.
  - U12 Relays teams qualify from County.
18. Boys who are competing in Community Games on the 24th May will be facilitated for the 600m on Saturday 23rd May. Results will be calculated on Sunday 24th, based on times. Clubs must notify Munster Athletics in advance

**Combined Events U13-U16  
Waterford RSC, May 23/24**

<b>Age Group</b>	<b>Under 13</b>	<b>Under 14</b>	<b>Under 15</b>	<b>Under 16</b>
Year of Birth	2014	2013	2012	2011
Events	60mH 800m Long Jump High Jump Shot	75mH 800m Long Jump High Jump Shot	80mH 800m Long Jump High Jump Shot	80mH/100mH 800m Long Jump High Jump Shot

1. In the Field events, each athlete shall be allowed three trials only.
2. An athlete shall be disqualified in any event, in which he/she has made two false starts.
3. An athlete that has attempted to start an event within a Combined Event but then retires from that event, it is still possible for them to continue in subsequent events within that Combined Event. However, they may not return to the event from which they have retired.
4. If an athlete fails to start an event, they shall be deemed to have withdrawn from the competition and will not be allowed participate in any further events.
5. The winner shall be the athlete who has obtained the highest number of points, any ties remain unresolved and joint medals will be awarded.
6. Medals will be presented to the top three.
7. This event does not qualify to the national championships, open entry for the national championships

# Munster Under 9 to Under 12 Outdoor Track & Field and Under 13 to Under 16 Combined Events Waterford RSC

**PROVISIONAL**

**Saturday May 23<sup>rd</sup> – U9-U12 Girls & U13-U16 Boys Combined Events**

**Sunday May 24<sup>th</sup> – U9-U12 Boys & U13-U16 Girls Combined Events**

<p><b>10.00am</b></p> <p>Under 9 60m followed by Long Jump Under 11 60m followed by Long Jump Combined Events Hurdles Under 12 High Jump</p>
<p><b>11.00am</b></p> <p>Under 12 60m followed by Turbo Javelin Under 10 60m followed by Turbo Javelin Under 12 60m Semi Finals Combined Events Shot &amp; High Jump</p>
<p><b>12:00pm</b></p> <p>Under 9 4x100m Relay Under 12 60m Final Under 11 4 x 100m Relay</p>
<p><b>1.00pm</b></p> <p>Combined Events Long Jump Under 12 Shot Under 9 300m followed by Turbo Javelin Under 11 600m followed by Turbo Javelin U10 500m followed by Long Jump U12 600m followed by Long Jump</p>
<p><b>3.00pm</b></p> <p>Under 10 4 x 100m Relay Under 12 4 x 100m Relay Combined events 800m</p>

**Times stated are event start times, athletes may be called for warm up / check in before this time**

**Results @ [live.munsterathletics.com](http://live.munsterathletics.com)**

Advancement from 60/80/100m Sprints & Sprint Hurdles to semi-finals if required *							
Athletes	Heats			Semi Finals			Final
	Heats	Places	Times	Heats	Places	Times	
1-8							1
10-16	2	3	2				1
17-24	3	2	2				1
25-32	4	1	4				1
33-40	5	1	5				1
41-48	6	2	4	2	3	2	1
49-56	7	3	3	3	2	2	1
57-64	8	2	8	3	2	2	1
65-72	9	2	6	3	2	2	1
73-80	10	2	4	3	2	2	1
81-88	11	2	2	3	2	2	1
89-96	12	1	12	3	2	2	1

\*If the entry is large, Munster Athletics reserves the right to advance athletes to a final based on 8 fastest times from the heats or to decide the medals based on Heat times

#### High Jump Progression, Weights, Hurdles Spacings Turbo Javelin – 300g

Age Group	High Jump Opening Height*	High Jump Progression*	Shot	Hurdles
Under 12 Boys & Girls	1.05m	Up by 5cm to 1.30m	2 Kg	N/A
Under 13 Combined Events Boys & Girls	1.10m	Up by 6 cm to 1.22cm	2 Kg	60m, 6, 68.6cm, 2'3" 11.00/7.25/12.75
Under 14 Combined Events Girls	1.16m	Up by 6 cm to 1.28m,	2 Kg	75m, 8, 68.6cm, 2'3" 11.50/7.50/11.00
Under 15 Combined Events Girls	1.20m	Up by 6cm to 1.32m	2.72 Kg	80m, 8, 76.2cm, 2'6" 12.00/8.00/12.00
Under 16 Combined Events Girls	1.20m	Up by 6cm to 1.32m	3 Kg	80m, 8, 76.2cm, 2'6" 12.00/8.00/12.00
Under 14 Combined Events Boys	1.16m	Up by 6 cm to 1.28m	2.72 Kg	75m, 8, 76.2cm, 2'6" 11.50/7.50/11.00
Under 15 Combined Events Girls	1.22m	Up by 6cm to 1.34m	3 Kg	80m, 8, 84.0cm, 2'9" 12.00/8.00/12.00
Under 16 Combined Events Girls	1.22m	Up by 6cm to 1.34m	4 Kg	100m, 8, 84.0cm, 2'9" 13.00/8.50/10.50

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

**U11 & U12 Combined Events**  
**Saturday & Sunday June 6<sup>th</sup>/7<sup>th</sup> 2026**  
**MTU Track, Cork **PROVISIONAL****

<b>Competition</b>	<b>Events</b>	<b>Date</b>
<b>U11 Girls Quadrathlon</b>	<b>60m, LJ, Shot, 600m</b>	<b>Saturday June 6<sup>th</sup> 11.00am</b>
<b>U12 Girls Pentathlon</b>	<b>60m, HJ, LJ, Shot, 600m</b>	<b>Saturday June 6<sup>th</sup> 11.00am</b>
<b>U11 Boys Quadrathlon</b>	<b>60m, LJ, Shot, 600m</b>	<b>Sunday, June 7<sup>th</sup> 11.00am</b>
<b>U12 Boys Pentathlon</b>	<b>60m, HJ, LJ, Shot, 600m</b>	<b>Sunday, June 7<sup>th</sup> 11.00am</b>

Shot 2 K,  
High Jump U12, Opening Height 1.05cm, Up by 6cm to 1.17cm, 3cm thereafter

## Munster Athletics Juvenile Under 13 to Under 19 T&F Championships

### Events

U13	U14	U15	U16	U17	U18	U19
60m H	75m H	100m	100m	100m	100m	100m
80m	80m	Sprint Hur	Sprint Hur	Sprint Hur	Sprint Hur	Sprint Hur
600m	800m	200m	200m	200m	200m	200m
long Jump	long Jump	Long Hur	Long Hur	Long Hur	Long Hur	Long Hur
High Jump	High Jump	800m	800m	400m	400m	400m
Shot	Shot	1500	1500	800m	800m	800m
Javelin	Javelin	Walk	3000m	1500	1500	1500
4x100m Relay	4x100m Relay	Disc	Walk	3000m	3000m	3000m
	200m	Hammer	Disc	S/Chase	S/Chase	S/Chase
	1500m	Javelin	Hammer	Walk	Walk	Walk
	Disc	Shot	Javelin	Disc	Disc	Disc
	Hammer	Long Jump	Shot	Hammer	Hammer	Hammer
	Walk	High Jump	Long Jump	Javelin	Javelin	Javelin
		Triple Jump	High Jump	Shot	Shot	Shot
		Pole Vault	Triple Jump	Long Jump	Long Jump	Long Jump
		Relay	Pole Vault	High Jump	High Jump	High Jump
			Relay	Triple Jump	Triple Jump	Triple Jump
				Pole Vault	Pole Vault	Pole Vault
				4x100m Relay	4x100m Relay	4x100m Relay
				4x400m Relay	4x400m Relay	4x400m Relay

**Being held on Monday June 1<sup>st</sup> in Templemore**

**All other Events being held June 13/14 in MTU, Cork**

**Munster U13 & 14 Track & Field Championships 2026**  
**Templemore, Monday June 1<sup>st</sup> PROVISIONAL**

<b>U13</b>	<b>U14</b>
60m H	75m H
80m	80m
600m	800m
long Jump	long Jump
High Jump	High Jump
Shot	Shot
Javelin	Javelin
4x100m Relay	4x100m Relay

<p><b>10.30am</b></p> <p>80m Sprint (order GU13, BU13, GU14, BU14)</p> <p>80m Semi Finals</p> <p>80m Finals</p> <p>Boys U13 (2K) &amp; U14 Shot (2.72K)</p> <p>Girls U13 Long Jump</p> <p>Girls U14 Javelin (400g)</p>
<p><b>12.00pm</b></p> <p>U13 600m (times) &amp; U14 800m (times) Girls followed by Boys</p> <p>Boys U13 (Start Height 1.15cm) &amp; U14 High Jump (Start Height 1.20cm)</p> <p>Girls U14 Long Jump</p> <p>Girls U13 Javelin (400g)</p>
<p><b>1.30pm</b></p> <p>Sprint Hurdles</p> <p>GU13 60mH, 6, 68.6cm, 2'3" 11.00/7.25/12.75</p> <p>BU13 60mH, 6, 68.6cm, 2'3" 11.00/7.25/12.75</p> <p>GU14 75mH, 8, 68.6cm, 2'3" 11.50/7.50/11.00</p> <p>BU14 75mH, 8, 76.2cm, 2'6" 11.50/7.50/11.00</p> <p>Hurdles Finals</p> <p>Girls U13 High jump (Start Height 1.10cm)</p> <p>Girls U14 Shot (2K)</p> <p>Boys U13 &amp; U14 Long Jump</p>
<p><b>3.00pm</b></p> <p>Relays (order TBD)</p> <p>Girls U14 High jump (Start Height 1.15cm)</p> <p>Girls U13 Shot (2K)</p> <p>Boys U13 &amp; 14 Javelin (400g)</p>

**Munster U13 & 14 Track & Field Championships 2026**  
**MTU Cork June 13<sup>th</sup>, 14<sup>th</sup>**

<b>U14</b>	<b>U15</b>	<b>U16</b>	<b>U17</b>	<b>U18</b>	<b>U19</b>
200m	100m	100m	100m	100m	100m
1500m	Sprint Hur	Sprint Hur	Sprint Hur	Sprint Hur	Sprint Hur
Disc	200m	200m	200m	200m	200m
Hammer	Long Hur	Long Hur	Long Hur	Long Hur	Long Hur
Walk	800m	800m	400m	400m	400m
	1500	1500	800m	800m	800m
	Walk	3000m	1500	1500	1500
	Disc	Walk	3000m	3000m	3000m
	Hammer	Disc	S/Chase	S/Chase	S/Chase
	Javelin	Hammer	Walk	Walk	Walk
	Shot	Javelin	Disc	Disc	Disc
	Long Jump	Shot	Hammer	Hammer	Hammer
	High Jump	Long Jump	Javelin	Javelin	Javelin
	Triple Jump	High Jump	Shot	Shot	Shot
	Pole Vault	Triple Jump	Long Jump	Long Jump	Long Jump
	Relay	Pole Vault	High Jump	High Jump	High Jump
		Relay	Triple Jump	Triple Jump	Triple Jump
			Pole Vault	Pole Vault	Pole Vault
			4x100m Relay	4x100m Relay	4x100m Relay
			4x400m Relay	4x400m Relay	4x400m Relay

**Munster U13 & 14 Track & Field Championships 2026**  
**MTU Cork Saturday June 13<sup>th</sup> PROVISIONAL**

TRACK	FIELD
<p><b>10.00am</b>  <b>1500m (times)</b>            (order GU14, BU14, G15, BU15.....)  <b>2000m Walk</b>            (order GU14, GU15, GU16, BU14, BU15, BU16)  <b>3000m Walk</b>            (order GU17, GU18, GU19, BU17, BU18, BU19)  <b>Sprint Hurdles</b>            GU15 80m, 0.762m, 12.00/8/00/12.00            GU16 80m, 0.762m, 12.00/8.00/12.00            BU15 80m, 0.840m, 12.00/8.00/12.00            GU17 100m, 0.762m, 13.00/8.50/10.50            GU18 100m, 0.840m, 13.00/8.50/10.50            GU19 100m, 0.840m, 13.00/8.50/10.50            BU16 100m, 0.840m, 13.00/8.50/10.50            BU17 100m, 0.914m, 13.00/8.50/10.50            BU18 110m, 0.914m, 13.72/9.14/14.02            BU19 110m, 0.990m, 13.72/9.14/14.02            Finals if required</p> <p><b>1.30pm</b>  <b>100m (Heats)</b>            (order GU17, GU18, GU19, BU17, BU18, BU19)  <b>200m (Heats)</b>            (order GU14, GU15, GU16, BU14, BU15, BU16)  <b>400m (times)</b>            (order GU17, GU18, GU19, BU17, BU18, BU19)            200m Finals            100m Finals  <b>Relays</b>            4x 100m (GU15, BU15, GU17, BU17, GU19, BU19)            4 x 400m (GU18, BU18)  <b>Steeple Chase</b>            GU17 &amp; GU18 2000m, 0.762m/2'6"            GU19 3000m, 0.762m/2'6"            BU17 &amp; BU18 2000m, 0.840m/2'9"            BU19 3000m, 0.914m/3'0"</p>	<p><b>9.30am - Hammer</b>            BU16 (4K), BU15(3K), GU16(3K), GU15(2.5K), BU14(2.5K), GU14 (2.5K)</p> <p><b>11.00am - Discus</b>            BU16 (1K), BU15(1K), GU16(1K), GU15(0.75K), BU14(0.75K), GU14 (0.75K)</p> <p><b>2.30pm - Javelin</b>            GU17 &amp; GU18 (500g), GU19 (600g)            BU17 &amp; BU18 (700g), BU19 (800g)</p> <p><b>11.00am - Shot</b>            BU17 &amp; BU18 (5K), BU19 (6K), GU17 &amp; GU18 (3K), GU19 (4K)</p> <p><b>10.30am - Long Jump</b>            GU15, GU16, BU15, BU16</p> <p><b>1.30pm - Triple Jump</b>            All Ages</p> <p><b>10.30am - High Jump</b>            GU17 to U19 followed by BU17 to BU19</p> <p><b>Pole Vault</b>            9.30am Girls</p>

**Munster U13 & 14 Track & Field Championships 2026**  
**MTU Cork Sunday June 14<sup>th</sup> PROVISIONAL**

TRACK	FIELD
<p><b>10.30am</b>  <b>3000m (times)</b>            (order GU16 – GU19, BU16 – BU19)  <b>Long Hurdles (times)</b>            GU15 250m, 0.686m, 35.00/35.00/40.00            GU16 250m, 0.686m, 35.00/35.00/40.00            BU15 250m, 0.762m, 35.00/35.00/40.00            BU16 250m, 0.762m, 35.00/35.00/40.00            GU17 300m, 0.762m, 50.00/35.00/40.00            BU17 300m, 0.762m, 50.00/35.00/40.00            GU18 400m, 0.762m, 45.00/35.00/40.00            GU19 400m, 0.762m, 45.00/35.00/40.00            BU18 400m, 0.840m, 45.00/35.00/40.00            BU19 400m, 0.914m, 45.00/35.00/40.00</p> <p><b>1.00pm</b>  <b>200m (Heats)</b>            (order GU17, GU18, GU19, BU17, BU18, BU19)  <b>100m (Heats)</b>            (order GU15, GU16, BU15, BU16)  <b>800m (times)</b>            (order GU15, BU15, GU16, BU16, GU17, GU18,            GU19, BU17, BU18, BU19)  <b>200m Finals</b>  <b>100m Finals</b>  <b>Relays</b>            4x 100m (GU16, BU16, GU18, BU18)            4 x 400m (GU17, BU17, GU19, BU19)</p>	<p><b>9.30am - Hammer</b>            BU17 &amp; BU18 (5K), BU19 (6K), GU17 &amp; GU18 (3K),            GU19 (4K)</p> <p><b>11.00am - Discus</b>            BU17 &amp; BU18 (1.5K), BU19 (1.75K), GU17, GU18 &amp;            GU19 (1K)</p> <p><b>2.30pm - Javelin</b>            GU15 (400g) &amp; GU16 (500g)            BU15 (500g) &amp; BU16 (600g)</p> <p><b>11.00am - Shot</b>            GU15 (2.72K), GU16 (3K), BU15 (3K), BU16 (4K)</p> <p><b>10.30am - Long Jump</b>            GU17 – GU19 followed by BU17 – BU19</p> <p><b>2pm - Long Jump</b>            BU16 followed by GU16</p> <p><b>10.30am - High Jump</b>            GU15 &amp; GU16 followed by BU15 &amp; BU16</p> <p><b>Pole Vault</b>            9.30am Boys</p>

# Munster Juvenile B T&F U9 to U16

## Templemore Sunday July 5<sup>th</sup> @ 11.00am

**PROVISIONAL**

Open to Athletes who did not win a medal at the Munster A Championships – Individual Medallists, U9 to U11 Team Competition & Combined Events. Athletes who only won a medal as part of a relay team are not excluded from the B-championships.

Athletes limited to 2 events - **1 Field & 1 Track Event**

For Turbo Javelin, Shot & Long Jump : Best of 3 Attempts

High Jump Opening Heights

	U12	U13	U14	U15	U16
<b>Girls</b>	<b>1.00m</b>	<b>1.05m</b>	<b>1.10m</b>	<b>1.15m</b>	<b>1.20m</b>
<b>Boys</b>	<b>1.00m</b>	<b>1.05m</b>	<b>1.15m</b>	<b>1.20m</b>	<b>1.25m</b>

### Programme

Track	Field
<p><b>11:00am Sprints</b>            60m (BU9, BU10, BU11)            80m (BU12, BU13, BU14)  <i>Semi Finals if Required</i>            100m (BU15, BU16)            Finals</p> <p><b>Middle Distance (Times)</b>            300m (BU9)            500m (BU10)            600m (BU11, BU12, BU13)            800m (BU14, BU15, BU16)</p>	<p><b>11:00am</b>  <b>Shot</b>            GU12, GU13, GU14, GU15, GU16  <b>Turbo Javelin</b>            GU9, GU10, GU11, GU12  <b>High Jump</b>            GU15, HU16, U12, GU13, GU14  <b>Long Jump Pit 1</b>            GU10, GU13, GU12  <b>Long Jump Pit 2</b>            GU11, GU14 GU15, GU16</p>
<p><b>1.00pm Sprints</b>            60m (GU9, GU10, GU11)            80m (GU12, GU13, GU14)  <i>Semi Finals if Required</i>            100m (GU15, GU16)            Finals</p> <p><b>Middle Distance (Times)</b>            300m (GU9)            500m (GU10)            600m (GU11, GU12, GU13)            800m (GU14, GU15, GU16)</p>	<p><b>1.00pm</b>  <b>Shot</b>            BU12, BU13, BU14, BU15, BU16  <b>Turbo Javelin</b>            BU9, BU10, BU11, BU12  <b>High Jump</b>            BU15, HU16, U12, BU13, BU14  <b>Long Jump Pit 1</b>            BU10, BU13, BU12  <b>Long Jump Pit 2</b>            BU11, BU14 BU15, BU16</p>

## Appendix 1

Advancement from 60/80/100m Sprints & Sprint Hurdles to semi-finals if required							
Athletes	Heats			Semi Finals			Final
	Heats	Places	Times	Heats	Places	Times	
1-8							1
10-16	2	3	2				1
17-24	3	2	2				1
25-32	4	1	4				1
33-40	5	1	5				1
41-48	6	2	4	2	3	2	1
49-56	7	3	3	3	2	2	1
57-64	8	2	8	3	2	2	1
65-72	9	2	6	3	2	2	1
73-80	10	2	4	3	2	2	1
81-88	11	2	2	3	2	2	1
89-96	12	1	12	3	2	2	1

**For the 200m advancement to final as above but if more than 5 heats required, 8 fastest times will advance to the final**

### Outdoor Hurdle Specifications

Age Group	Distance	Height	Number	Approach	Interval	Finish
Girls U13	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
Girls U14	75m	68.6cm 2' 3"	8	11.50m	7.50m	11.00m
Girls U15	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls U15	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
Girls U16	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Girls U16	250m	68.6cm 2' 3"	6	35.00m	35.00m	40.00m
Girls U17	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls U17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Girls U18 & Youth	100m	76.2cm 2' 6"	10	13.00m	8.50m	10.50m
Girls U18	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Girls U19	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Girls U19	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Boys U13	60m	68.6cm 2' 3"	6	11.00m	7.25m	12.75m
Boys U14	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.00m
Boys U15	80m	84.0cm 2' 9"	8	12.00m	8.00m	12.00m
Boys U15	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00cm
Boys U16	100m	84.0cm 2' 9"	10	13.00m	8.50m	10.50m
Boys U16	250m	76.2cm 2' 6"	6	35.00m	35.00m	40.00m
Boys U17	100m	91.4cm 3' 0"	10	13.00m	8.50m	10.50m
Boys U17	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Boys U18 & Youth	110m	91.4cm 3' 0"	10	13.72m	9.14m	14.02m
Boys U18	400m	84.0cm 2' 9"	10	45.00m	35.00m	40.00m
Boys U19	110m	99.0cm 3' 3"	10	13.72m	9.14m	14.02m
Boys U19	400m	91.4cm 3' 0"	10	45.00m	35.00m	40.00m

## Steeplechase

Girls U17	2000m	2'6" (76.2cm)
Girls U18	2000m	2'6" (76.2cm)
Girls U19	3000m	2'6" (76.2cm)
Boys U17	2000m	2'9" (84.0cm)
Boys U18	2000m	2'9" (84.0cm)
Boys U19	3000m	3'0" (91.4cm)

2000m: 18 hurdles & 5 water jumps, start on arc before finish line, 1st hurdle is on back straight (hurdle 3 of a full lap)

3000m: 28 hurdles & 7 water jumps, start on arc before 200m mark, first hurdle after finish line (hurdle 1 of a full lap)

No water jump, until past the finish line on the first lap

## Throwing Implements

Boys	U12	U13	U14	U15	U16	U17	U18	U19
Shot	2k	2k	2.72k	3k	4k	5k	5k	6k
Discus			.75k	1k	1k	1.5k	1.5k	1.75k
Javelin		400g	400gr	500gr	600gr	700gr	700gr	800gr
Turbo Javelin	300g							
Hammer			2.5k	3k	4k	5k	5k	6k
Girls	U12	U13	U14	U15	U16	U17	U18	U19
Shot	2k	2k	2k	2.72k	3k	3k	3k	4k
Discus			.75k	.75k	1k	1k	1k	1k
Javelin		400g	400gr	400gr	500gr	500gr	500gr	600g
Turbo Javelin	300g							
Hammer			2.5k	2.5k	3k	3k	3k	4k

## 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 1.15m

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 1.05m

Boys U/13 start at 1.15m

Boys U/14 start at 1.20m

Boys U/15 start at 1.25m

Boys U/16 start at 1.30m

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

Boys 14 start at 1.60m

Boys 15 start at 1.60m

Boys 16 start at 2.30m

Boys 17 start at 2.30m

Boys 18 start at 2.30m

Boys 19 start at 2.30m

Girls 13 start at 1.20m

Girls 14 start at 1.35m

Girls 15 start at 1.50m

Girls 16 start at 1.50m

Girls 17 start at 1.50m

Girls 18 start at 1.50m

Girls 19 start at 1.50m

\* 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, .....). Video/Photographic Evidence may be rejected if there is no date/time stamp.

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><i>Received by Competition Office</i></b>	
<b>Date &amp; Time Received</b>	
<b>Payment Received</b>	Yes / No
<b><i>To be completed by the Jury of Appeal</i></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>	