



# *Munster U20/U23/Senior & Masters Track and Field Competition Booklet 2025*

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

Revised 28 April 2025

## Document History

Revision: 24 Apr 2025, New Document

Revision: 28 Apr 2025, Programme Updated, Appeals Form Updated

## **Munster Medals will be decided based on National Championships Results for the following Competitions**

**Weight for Height** (being held with the National Senior T&F Championships Aug 2/3)

**Youth/U20/Snr/Masters Combined Events** (Being held July 19/20)

**U23 Championships** (Being held on July 5<sup>th</sup> in Tullamore)

## **2025 Munster U20/Senior/Masters Track and Field Championships Templemore, Co. Tipperary.**

Date	Track	Field
Saturday 24 <sup>th</sup> May	Walks, 200m, 400m Hurdles, Steeplechase	Hammer, Shot, Weight, High Jump, Pole Vault
Sunday 25 <sup>th</sup> May	Sprint Hurdles, 100m, 400m, 800m, 1500m, 3000m/5000m, Relays (4x100/4x400m)	Discus, Javelin, Triple Jump, Long Jump

A more detailed programme is available on page 5.

Event is Registered with World Athletics.

Please note this competition is being held in conjunction with the Munster U11 to U16 Combined events.

This event does not qualify athletes to the national championships. Participation in these championships is not required to take part in the national championships. It is the responsibility of athletes to enter their national championships.

### **Entry & Closing Dates**

Closing Date for Entries : 9pm Friday May 16th

Late Entries will be accepted up to 9pm Monday May 19<sup>th</sup>

Entry Cost: €10 Late Entry Cost: €15

Relay Entry Cost : €20

Entry via [entry.athleticsireland.ie](https://entry.athleticsireland.ie) **Competition No. TBC**

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

### **Categories & Limits:**

No limits on the number of events an athlete can enter but please be mindful of the programme as events may clash.

- Athletes may only compete in one category
- U20 – Athletes who are born in 2006, 2007, 2008, 2009
- Senior – Athletes who were born in or before 2009
- Masters – Categories are O35, O40, O45..... Age on competition day determines category not year of birth (example If you are 39 on competition day you are O35 even if you turn 40 the following day)

### **Guest Entries:**

- Guests are welcome to participate in the Munster championships. Entry via [entry.athleticsireland.ie](https://entry.athleticsireland.ie)
- Guests will receive a medal commensurate with their finish place in their category.

### **Specifications:**

- Walks Distance : Women & O65 Men 3000m / Men 5000m
- Relays : 4 x 100m & 4 x 400m
- 3000m/5000m : Masters Men & Masters Women 3000m all other categories 5000m

## Hurdle Specifications

Age Group	Distance	Height	No.	Approach	Interval	Finish
U20 W	100m	83.8 cm 2' 9	10	13.00m	8.50m	10.50m
	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m
U23, Senior W	100m	83.8 cm 2' 9	10	13.00m	8.50m	10.50m
	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m
Master W35 -39	100m	83.8cm 2' 9	10	13.00m	8.50m	10.50m
	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m
Master W40-49	80m	76.2cm 2' 6	8	12.00m	8.00m	12.00m
	400m	76.2cm 2' 6	10	45.00m	35.00m	40.00m
Master W50-59	80m	76.2cm 2' 6	8	12.00m	7.00m	19.00m
	300m	76.2cm 2' 6	7	50.00m	35.00m	40.00m
Master W60-69	80m	68.6cm 2' 3	8	12.00m	7.00m	19.00m
	300m	68.6cm 2' 3	7	50.00m	35.00m	40.00m
Master W 70+	80m	68.6cm 2' 3	8	12.00m	7.00m	19.00m
	200m	68.6cm 2' 3	5	20.00m	35.00m	40.00m
U20 Men	110m	99.1cm 3' 3	10	13.72m	9.14m	14.02m
	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m
U23, IUAA & Senior Men	110m	106.7cm 3' 6	10	13.72m	9.14m	14.02m
	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m
Masters M35-49	110m	99.1cm 3' 3	10	13.72m	9.14m	14.02m
	400m	91.4cm 3' 0	10	45.00m	35.00m	40.00m
Masters M50-59	100m	91.4cm 3' 0	10	13.00m	8.50m	10.50m
	400m	83.8cm 2' 9	10	45.00m	35.00m	40.00m
Master M60-69	100m	83.8cm 2' 9	10	12.00m	8.00m	16.00m
	300m	76.2cm 2' 6	7	50.00m	35.00m	40.00m
Master M70-79	80m	76.2cm 2' 6	8	12.00m	7.00m	19.00m
	300m	68.6cm 2' 3	7	50.00m	35.00m	40.00m
Master M 80 +	80m	68.6cm 2' 3	8	12.00m	7.00m	19.00m
	200m	68.6cm 2' 3	5	20.00m	35.00m	40.00m

## Steeple Chase Specifications

	Distance	Height	Hurdle Jumps	Water Jumps	Jumps per lap
U20, U23, Senior & Masters Women	2000m	76.2cm 2' 6	18	5	5
U20, U23, Senior & Master O35-59 Men	3000m	91.4cm 3' 0	28	5	5
Master Men O60+	2000m	76.2cm 2' 6	18	5	5

## Weight Specifications

MALE	Shot kg	Hammer kg	Discus kg	Javelin gr	Weight Distance (lbs)
U20	6.00	6.00	1.75	800	35
U23	7.26	7.26	2.00	800	35
Senior, O35-49	7.26	7.26	2.00	800	56
Masters 50-59	6.00	6.00	1.50	700	35
Masters 60-69	5.00	5.00	1.00	600	35
Masters 70-79	4.00	4.00	1.00	500	28
Masters 80+	3.00	3.00	1.00	400	28

FEMALE	Shot kg	Hammer kg	Discus kg	Javelin gr	Weight Distance (lbs)
U20	4.00	4.00	1.00	600	20
U23, Senior, O35-49	4.00	4.00	1.00	600	28
Masters 50-59	3.00	3.00	1.00	500	20
Masters 60-74	3.00	3.00	1.00	400	20
Masters 75+	2.00	2.00	0.75	400	16

Athletes are permitted to use their own throwing implements, but these implements must be inspected before competition starts.

**2025 Munster U20/Senior/Masters  
Track and Field Championships  
Templemore, Co. Tipperary  
*Provisional Programme***

**Saturday May 24<sup>th</sup> 2024**

<b>Track</b>	<b>Field</b>
12:00pm Walks	10am Hammer
1pm 400mH	3pm High Jump
2pm 200m	2pm Shot
3pm Steeple Chase	3pm Weight for Distance
3.30pm 200m Finals	

**Sunday May 25<sup>th</sup> 2024**

<b>Track</b>	<b>Field</b>
10.30am Sprint Hurdles	10:00am Discus
12pm 100m	
1pm 1500m	11am Womens & Mens Pole Vault
1.45pm 100m Finals	1.30pm Long Jump
2pm 400m	
2.30pm 3000m/5000m	2pm Javelin
3.30pm 800m	3.30pm Triple Jump
4.00pm Relays	

This event is being held in conjunction with the U11 to U16 combined events.

Please Note the programme of events may be changed after closing date or on the day to ensure smooth running of the competition.

Results will be available @ [live.munsterathletics.com](https://live.munsterathletics.com)

## Club Apparel

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

- Official Club singlets must be worn in all Munster 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 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 or Navy is always acceptable.



**Notes on pages 7-9 of this booklet are extracted from the Juvenile Booklet. This guidance is applicable to these championships. Please note that some of those taking part in our championships could be classified as vulnerable adults.**

### **Competition Code of Conduct for Parents, Coaches & Mentors**

Parents/Guardians should lead by example.

- Adopt a positive attitude to 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

Check the programme for the Referee/Children's Officers name – these are the people to speak to if you have a complaint. **The Munster Child Officers are Aine Moran (female officer) & Tim Fitzpatrick, Paul Askins (male officer).**

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

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

## Athletics Ireland Code of Conduct for Coaches & Officials

Sport should be safe, fun, inclusive and conducted in a spirit of fair play. All coaches and officials must adhere to the following code of conduct when providing services to children in sport.

### All coaches, officials and volunteers in athletics should:

- Consider the well-being and safety of participants before the development of performance.
- Develop an appropriate working relationship with participants, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and the experience of those taking part.
- Promote the positive aspects of the sport (e.g. fair play)
- Display consistently high standards of behaviour.
- Follow all guidelines laid down by the national governing body and the club.
- Hold appropriate qualifications and insurance cover.
- Never exert undue influence over participants to gain personal benefit or reward.
- Never condone rule violations, rough play or the use of prohibited substances.
- Encourage participants to value their performances and not just results.
- Encourage and guide participants to accept responsibility for their own performance and behaviour.
- Never use foul or inappropriate language.
- Never engage in any form of sexual activity with anyone under the age of 18, or vulnerable adults.
- Read, understand, and put into practice all club policies and procedures.
- Coaches and leaders should never place themselves in a compromising position by texting or communicating via social media sites with juvenile athletes. All such communications regarding athletics should be sent via the parents or guardians of the athlete.





## 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 with the Competition Secretary. It is not advisable that children/vulnerable persons are photographed or filmed without their permission and/or the permission of their parent/guardian.



# APPEALS

## **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>Completed by Competition Office</b>
<b>Referee to which oral protest was made :</b>
<b>Decision of Referee:</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.</i>
<i>Appeal must be accompanied by the payment of €20 fee which is refundable on successful appeal.</i>
<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>	