

Munster Junior/Under23/Senior & Masters T&F 2023

www.munsterathletics.com

Traditionally, the Munster Junior and Under 23 events have been held on Day 1 while the Seniors and Masters events were on Day 2. The Senior and Masters last year was a very long day, help was tight and there was poor participation in some events.



This year we will mix the categories, so some of the Junior/Under 23/Masters events will be held on one day and the corresponding senior event the other, see page 2. Junior, U23 & Masters can compete in these senior events on both days but must declare their category for the walks, hurdles, steeplechase, high jump and javelin events. This will hopefully encourage more juniors and masters to take part in the senior competitions, lead to a shorter competition day and encourage more to help out. A review will take place after the championships to decide how well this format worked. Observations or suggestions are always welcome.

There is no restriction on the numbers of events masters can take part in, however please note that where events clash, allowances will not be made so check the programme before entering.

Important Dates

	Competition Date	Closing Date for Entries	Late Entries
Day 1*	Saturday May 27 th Templemore	Friday May 19 th	Monday May 22 nd
Day 2	Monday June 5 th Templemore	Friday May 26 th	Monday May 29 th

*Juvenile U11 to U16 combined events being held on this day also

Entry*

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

Any difficulty with entry, email pkelly@munsterathletics.com before the closing date

****Note Munster Athletics will be publishing Entry Lists, Results and Photographs of athletes entered in our championships.***

Entry Fees:

€10 per individual event, €15 for late entry

€20 per Relay team

Note an admin fee of 59c will apply

Combined Events and Weight for Height

We will not be holding these competitions in Munster but Munster Championship results will be decided based on the results of the National Championships. Athletes must enter the national championships to take part.

National Championships

There is no Qualification from Munster to the corresponding national championships, athletes/clubs are responsible for entries to the national championships.

Guests

Guests are welcome to participate, enter @ <https://entry.athleticsireland.ie/> Blank medals will be awarded if appropriate.

Athletes looking for Standards / International Qualification

Please notify the Meet Director / Referee if attempting to attain a standard / international qualification. Note only Day 2 is registered with World Athletics for ranking points.

Please take time to read this document in full. Any queries/errors/omissions please notify me.

Wishing you all a Successful Championships

Yours In Sport

Pádraig Kelly

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Munster Junior/Under23/Senior & Masters T&F 2023

Event	Day 1, Saturday 27 May 2023			Day 2, Monday 05 June 2023		
100m	Jnr/U23		Masters		Senior	
200m		Senior		Jnr/U23		Masters
400m	Jnr/U23		Masters		Senior	
800m		Senior		Jnr/U23		Masters
1500m	Jnr/U23		Masters		Senior	
3000m				Jnr/U23		Masters
5000m		Senior				
S/Chase	Jnr/U23	Senior	Masters			
Walks				Jnr/U23	Senior	Masters
Sprint Hurdles				Jnr/U23	Senior	Masters
400m Hurdles				Jnr/U23	Senior	Masters
4x100m Relay	Jnr/U23		Masters		Senior	
4x400m Relay		Senior		Jnr/U23		Masters
Long Jump		Senior		Jnr/U23		Masters
Triple Jump	Jnr/U23		Masters		Senior	
High Jump				Jnr/U23	Senior	Masters
Pole Vault	Jnr/U23		Masters		Senior	
Shot	Jnr/U23		Masters		Senior	
Weight for Distance	Jnr/U23		Masters		Senior	
Discus		Senior		Jnr/U23		Masters
Javelin				Jnr/U23	Senior	Masters
Hammer	Jnr/U23		Masters		Senior	

Munster Jnr/U23/Snr/Masters T&F Day 1 and Juvenile Combined Events, Templemore, Saturday May 27th 2023

Track			Combined Events Field		Jnr/U23/Snr Masters Field		
Time	Event	Category	Time	Event	Time	Event	Category
10.00	60mH	U13 B & G	10.00	U12 Shot	9.00	Hammer	Jnr/U23 /Masters
	75mH	U14 B & G	10:45	U11 Shot	10.30	Discus	Senior
10:45	80mH	U15 B & G	11:30	U13 Shot	11:00	Pole Vault	Men All
	80mH	U16 Girls	12:00	U14 Shot			
	100mH	U16 Boys	13:00	U15&U16 Shot	14:00	Pole Vault	Women All
11:00	60m	U12 B & G			15:00	Shot	Jnr/U23/Masters
	60m	U11 B & G	10:00	U13 High Jump	15:00	Long Jump	Senior
			11:00	U14 High Jump	16:00	WFD	Jnr/U23/Masters
11:30	400m	Jnr/U23/Masters	12:00	U15 & U16 High Jump	16:00	Triple Jump	Jnr/U23/Masters
12.15	5000m	Senior					
12:45	4 x 100m	Jnr/U23/Masters	10.00	U11 Long Jump			
13:00	800m	Senior	11:00	U12 Long Jump			
13:15	100m	Jnr/U23/Masters Women	12:00	U13 Long jump			
	100m	Jnr/U23/Masters Men	13:00	U14 Long Jump			
14:00	100m	100m Finals	14:00	U15&U16 Long Jump			
14:10	S/Chase	Jnr/U23/Snr/Masters					
15:00	200m	Heats Senior					
15:15	1500m	Jnr/U23/Masters					
16:00	200m	Final Senior					
16:15	4x400m	Senior					



Provisional Programme, Programme may be updated after Competition Closing Date

Schedule for Combined Events subject to Change on the day

Combined Events Middle Distance Races will be run after their final field event time to be decided by Meet director.

Jnr/U23/Snr/Masters Events may be moved 15 minutes ahead up to 2pm, 30 minutes after 2pm

Jnr/U23/Masters can enter in the Senior Events but must declare their category for the Steeplechase.

Results available@ live.munsterathletics.com

Munster Jnr/U23/Snr/Masters T&F Day 2, Templemore, Monday June 5th 2023

Track			Field		
Time	Event	Category	Time	Event	Category
10:00	Walks	All	10:00	Hammer	Senior
11:00	400mH	All	11:00	Discus	Jnr/U23/Masters
11:30	100m Heats	Senior	11:00	Pole Vault	Senior
12:00	1500m	Senior	11:30	Long Jump	Jnr/U23
12:45	100m Final	Senior	12:30	Long Jump	Masters
13:00	400m	Senior	13:30	Pole Vault	Women
13:30	4x100m	Senior	14:00	Triple Jump	Senior
13:45	3000m	Jnr/U23/Masters	14:00	Javelin	All
14:45	100mH/110mH	All	14:30	High Jump	Jnr/Snr/U23
15:15	200m	Jnr/U23/Masters	15:30	Shot	Senior
15:45	800m	Jnr/U23/Masters	15:30	High Jump	Masters
16:15	200m Final		16:15	WFD	Senior
16:30	4x400m	Jnr/U23/Masters			



Provisional Programme, Programme may be updated after Competition Closing Date

Jnr/U23/Masters can enter in the Senior Events but must declare their category for the Javelin, High Jump, Hurdles & Walks.

Jnr/U23/Snr/Masters Events may be moved 15 minutes ahead up to 2pm, 30 minutes after 2pm

Competition Registered with World Athletics for Ranking Points

Results available@ live.munsterathletics.com

Throwing Implements

	Shot	Hammer	Discus	Javelin	Weight
Men					
Junior	6 kg	6 kg	1.75 kg	800 g	35 lb
Under 23	7.26 kg	7.26 kg	2 kg	800 g	35 lb
Senior	7.26 kg	7.26 kg	2 kg	800 g	56 lb
O35-49	7.26 kg	7.26 kg	2 kg	800 g	56 lb
O50-59	6 kg	6 kg	1.5 kg	700 g	35 lb
O60-69	5 kg	5 kg	1 kg	600 g	35 lb
O70-79	4 kg	4 kg	1 kg	500 g	28 lb
O80+	3 kg	3 kg	1 kg	400 g	20 lb
Women					
Junior	4 kg	4 kg	1 kg	600 g	20 lb
Under 23	4 kg	4 kg	1 kg	600 g	28 lb
Senior	4 kg	4 kg	1 kg	600 g	28 lb
O35-49	4 kg	4 kg	1 kg	600 g	28 lb
O50-59	3 kg	3 kg	1 kg	500 g	20 lb
O60-74	3 kg	3 kg	1 kg	400 g	20 lb
O75+	2 kg	2 kg	0.75 kg	400 g	16 lb

Steeple Chase

	Distance	Height	Hurdle Jumps	Water Jumps
Men				
Junior	3000m	3'0	28	7
U23	3000m	3'0	28	7
Senior	3000m	3'0	28	7
O35-59	3000m	3'0	28	7
O60+	2000m	2'6	18	5
Women				
Junior	3000m	3'0	28	7
Under 23	3000m	3'0	28	7
Senior	3000m	3'0	28	7
Masters	2000m	2'6	18	5

Sprint Hurdles

	Distance	Height	No.	Approach	Interval	Finish	Marks
Men							
Junior	110m	99.1cm / 3'3	10	13.72m	9.14m	14.02m	Blue
Under 23	110m	106.7cm/3'6	10	13.72m	9.14m	14.02m	Blue
Senior	110m	106.7cm/3'6	10	13.72m	9.14m	14.02m	Blue
O35-49	110m	99.1cm / 3'3	10	13.72m	9.14m	14.02m	Blue
O50-59	100m	91.4cm/3'0	10	13.00m	8.50m	10.50m	Yellow
O60-69	100m	83.8cm/2'9	10	12.00m	8.00m	16.00m	
O70-79	80m	76.2cm/2'6	8	12.00m	7.00m	19.00m	
O80+	80m	68.6cm/2'3	8	12.00m	7.00m	19.00m	
Women							
Junior	100m	83.8cm/2'9	10	13.00m	8.50m	10.50m	Yellow
Under 23	100m	83.8cm/2'9	10	13.00m	8.50m	10.50m	Yellow
Senior	100m	83.8cm/2'9	10	13.00m	8.50m	10.50m	Yellow
O35-39	100m	83.8cm/2'9	10	13.00m	8.50m	10.50m	Yellow
O40-49	80m	76.2cm/2'6	8	12.00m	8.00m	12.00m	Black
O50-59	80m	76.2cm/2'6	8	12.00m	7.00m	19.00m	
O60-69	80m	68.6cm/2'3	8	12.00m	7.00m	19.00m	
O70+	80m	68.6cm/2'3	8	12.00m	7.00m	19.00m	

Long Hurdles

	Distance	Height	No.	Approach	Interval	Finish
Men						
Junior	400m	91.4cm/3'0	10	45.00m	35.00m	40.00m
Under 23	400m	91.4cm/3'0	10	45.00m	35.00m	40.00m
Senior	400m	91.4cm/3'0	10	45.00m	35.00m	40.00m
O35-49	400m	91.4cm/3'0	10	45.00m	35.00m	40.00m
O50-59	400m	83.8cm/2'9	10	13.00m	35.00m	40.00m
O60-69	300m	76.2cm/2'6	7	50.00m	35.00m	40.00m
O70-79	300m	68.6cm/2'3	7	50.00m	35.00m	40.00m
O80+	200m	68.6cm/2'3	5	20.00m	35.00m	40.00m
Women						
Junior	400m	76.2cm/2'6	10	45.00m	35.00m	40.00m
Under 23	400m	76.2cm/2'6	10	45.00m	35.00m	40.00m
Senior	400m	76.2cm/2'6	10	45.00m	35.00m	40.00m
O35-39	400m	76.2cm/2'6	10	45.00m	35.00m	40.00m
O40-49	400m	76.2cm/2'6	10	45.00m	35.00m	40.00m
O50-59	300m	76.2cm/2'6	7	50.00m	35.00m	40.00m
O60-69	300m	68.6cm/2'3	7	50.00m	35.00m	40.00m
O70+	200m	68.6cm/2'3	5	20.00m	35.00m	40.00m

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 Orla Fitzgerald, the Munster Secretary. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent/guardian.



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 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

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



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 wellbeing 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.



1 Appeals Procedure

Decisions may be appealed following the below procedure.

Note that the Appeal will not be considered if the 'Competition Code of Conduct' set out in the competition booklet is breached.

1.1 Verbal

1.1.1 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 closing of the event.

1.2 Written

1.2.1 If the athlete or club official does not agree with this decision, they have the right to appeal to a Jury of Appeal, accompanied by a fee of €20.00 (refundable in the case of a successful appeal)

1.2.2 This appeal must be presented using an official appeal form available upon request at 'Check-In', within 20 minutes of the outcome of the initial appeal.

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

1.2.4 The Jury of Appeal shall, in the first instance, be composed of the Munster Athletics Chairperson or Vice Chairperson, and 2 other Munster Athletics Executive Officers, to be determined on the day of competition.

1.2.5 In the case of a conflict of interest an alternate shall replace the conflicted member(s) for the determination of that issue.

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

Munster Athletics Appeals Form

Date	Time
Athletes Name	Club
Event	
Detail	
Club Official	Role
Appeal Fee €20 (refundable in the case of a successful appeal)	

Jury of Appeal
Decision
Signed / Date / Time