

## 2024 U11 to U16 Combined Events & U13 to U19 Pole Vault Munster Championships

Date	Combined Events	Pole Vault
Saturday 25 <sup>th</sup> May	Girls U11 to U16 @ 11am	Boys U13 to U16 @ 11am Boys U17 to U19 @ 1pm
Sunday 26 <sup>th</sup> May	Boys U11 to U16 @ 11am	Girls U13 to U16 @ 11am Girls U17 to U19 @ 1pm

Please note this competition is being held in conjunction with the Munster U20/U23/Senior & Masters Track and Field Championships. As throwing events will be taking place, please note the infield area is out of bounds at all times.

### Entry & Closing Dates

Closing Date for Entries : 9pm Friday May 17th

Late Entries will be accepted up to 23.59pm Sunday May 19th

Entry Cost: €5

Late entry Cost: €8

Entry via [entry.athleticsireland.ie](http://entry.athleticsireland.ie)

### COMBINED EVENTS

The combined events championships does not qualify athletes to the national championships. Open Entry for the U12 to U16 National Championships. Participation in the Munster Championships is not required to participate in the national combined events championships.

U11 Boys & Girls will have a quadrathlon (60m, Long Jump, Shot & 600m)

U12 Boys & Girls will have a Pentathlon (60m, Long Jump, High Jump, Shot & 600m)

U13 - U16 Boys & Girls will have a Pentathlon (60mH, Long Jump, High Jump, Shot & 800m)

For the Long Jump and shot put, athlete will have 3 attempts.

### Specifications

Age Group	Hurdles	Shot	High Jump
U11 B & G	N/A	2 kg	N/A
U12 B & G	N/A	2 kg	Open 1.00m, Up 6cm to 1.18m, thereafter by 3 cm
U13 B & G	60mH, 0.686m	2 kg	Open 1.00m, Up 6cm to 1.24m, thereafter by 3 cm
U14 Girls	75mH, 0.686m	2 kg	Open 1.06m, Up 6cm to 1.24m, thereafter by 3 cm
U15 Girls	80mH, 0.762m	2.72 kg	Open 1.12m, Up 6cm to 1.30m, thereafter by 3 cm
U16 Girls	80mH, 0.762m	3 kg	Open 1.18m, Up 6cm to 1.30m, thereafter by 3 cm
U14 Boys	75mH,0.762m	2.72 kg	Open 1.12m, Up 6cm to 1.30m, thereafter by 3 cm
U15 Boys	80mH, 0.838m	3 kg	Open 1.18m, Up 6cm to 1.36m, thereafter by 3 cm
U16 Boys	100mH, 0.838m	4 kg	Open 1.24m, Up 6cm to 1.42m, thereafter by 3 cm

## **POLE VAULT**

The U15 – U19 Pole Vault is a qualifying event for the national championships. Athletes aged 17, 18 and 19 may compete in the National Championships provided they have **entered** the pole vault at the Munster Championships. There are no national championships for U13 & U14 Pole Vault.

U17 – U19 Pole will be run with the Munster U20 Pole Vault competition, athletes can compete in both categories but must enter both categories.

## **POLE VAULT**

Boys 13 start at 1.35m up by 15cm to 2.10m after by 10cm

Boys 14 start at 1.50m up by 15cm to 2.10m after by 10cm

Boys 15 start at 1.65m up by 15cm to 2.10m after by 10cm

Boys 16 start at 1.80m up by 15cm to 2.10m after by 10cm

Boys 17 start at 2.30m up by 15cm to 2.45m after by 10cm

Boys 18 start at 2.30m up by 15cm to 2.45m after by 10cm

Boys 19 start at 2.30m up by 15cm to 2.60m after by 10cm

Girls 13 start at 1.35m up by 15cm to 2.10m after by 10cm

Girls 14 start at 1.35m up by 15cm to 2.10m after by 10cm

Girls 15 start at 1.50m up by 15cm to 2.10m after by 10cm

Girls 16 start at 1.50m up by 15cm to 2.10m after by 10cm

Girls 17 start at 1.50m up by 15cm to 2.40m after by 10cm

Girls 18 start at 1.50m up by 15cm to 2.40m after by 10cm

Girls 19 start at 1.50m up by 15cm to 2.40m after by 10cm

**2024 U11 to U16 Combined Events &  
U13 to U19 Pole Vault Munster Championships  
Templemore, Co. Tipperary  
Provisional Programme**

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

**Girls Combined Events**

	<b>Track</b>	<b>Long Jump*</b>	<b>High Jump</b>	<b>Shot</b>
11:00am	U13 60mH (0.686m) U14 75mH (0.686m) U15 80mH (0.762m) U16 80mH (0.762m) U11 60m U12 60m	U11 U13 & U14 U12 U15 & U16	U13 & U14 U15 & U16 U12	U12 2Kg U13 2kg U11 2kg U14 2kg U15 2.72kg U16 3kg

**Pole Vault**

Boys U13 – U16 11am

Boys U17 to U19 (in conjunction with the Men's U20/U23/Snr/Masters Pole Vault)

**Sunday May 26<sup>th</sup> 2024**

**Boys Combined Events**

	<b>Track</b>	<b>Long Jump*</b>	<b>High Jump</b>	<b>Shot</b>
11:00am	U13 60mH (0.686m) U14 75mH (0.762m) U15 80mH (0.838m) U16 100mH (0.838m) U11 60m U12 60m	U11 U13 & U14 U12 U15 & U16	U13 & U14 U15 & U16 U12	U12 2Kg U13 2kg U11 2kg U14 2kg U15 2.72kg U16 3kg

**Pole Vault**

Girls U13 – U16 11am

Girls U17 to U19 (in conjunction with the Women's U20/U23/Snr/Masters Pole Vault)

Middles Distance Races will be held 30 minutes after the last field event in the combined events.

\*U11 to U14 long will be held using the pit outside the track near the 200m start. U15 & U16 Long Jump will be held using the long jump pit on the inside of the track.

Please Note the programme of events may be changed after closing date or on the day to ensure smooth running of the competition, however, start times (11am & 1pm) will not change.

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

**2024 Munster U20/U23/Senior/Masters Track and Field Championships**  
**Templemore, Co. Tipperary.**

Date	Track	Field
Saturday 25 <sup>th</sup> May	Walks, 200m, 400m Hurdles, Steeplechase	Hammer, Shot, Weight, High Jump, Men's Pole Vault
Sunday 26 <sup>th</sup> May	Sprint Hurdles, 100m, 400m, 800m, 1500m, 3000m/5000m, Relays (4x100/4x400m)	Discus, Javelin, Triple Jump, Long Jump, Women's Pole Vault

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 17<sup>th</sup> 23:59hrs

Late Entries will be accepted up to Monday May 20<sup>th</sup> May @21:00hrs

Entry Cost: €10 Late Entry Cost: €15

Relay Entry Cost: €20

Entry via [entry.athleticsireland.ie](http://entry.athleticsireland.ie)

**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 2005, 2006, 2007, 2008.
- U23 – Athletes who are born in 2002, 2003, 2004.
  - U23 athletes will compete with seniors.
- Senior – Athletes who were born in or before 2008.
- 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](http://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.

**Weight for Height:** Munster Medals will be decided based on National Championships Results

**Youth/U20/Snr/Masters Combined Events:** Munster Medals will be decided based on National Championships Results

**2024 Munster U20/U23/Senior/Masters  
Track and Field Championships  
Templemore, Co. Tipperary  
*Provisional Programme***

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

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

**Sunday May 26<sup>th</sup> 2024**

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

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.

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