

East Munster Schools Athletic Association

EAST MUNSTER SCHOOLS TRACK & FIELD CHAMPIONSHIPS 2015

GIRLS – WEDNESDAY 29TH APRIL @ 12 NOON IN TEMPLEMORE TRACK
BOYS – WEDNESDAY 6TH MAY @ 11.30AM IN WATERFORD RSC

All enquires to MARY ASHE at 058 43116/ 0868227064

No Entries will be taken on the day of competition. See Entry Rules below.

RULES OF COMPETITION

Events:

Girls

Minor – 100m, 200m*, 800m, 1500m*, 4 x 100m Relay, Shot (2.72kg), Long Jump.

Starting in 2015, there will be an All Ireland Schools Minor competition for the following events: - 100m, 800m, Long Jump, Shot & 4 x 100m Relay.

*Please note there are no Minor 200m & 1500m events at Munster or National level.

Junior – 100m, 200m, 800m, 1500m, 4 x 100m Relay, 75m Hurdles, High Jump, Long Jump, Triple Jump, Pole Vault, Shot (2.72kg), Discus (0.75kg), Javelin (400g), Hammer (2.50kg), 1200m Walk.

U/16 – 1 Mile

Intermediate – 100m, 200m, 300m, 800m, 1500m, 3000m, 1500m Steeplechase, 80m Hurdles, 4 x 100m Relay, 300m Hurdles, High Jump, Long Jump, Triple Jump, Pole Vault, Shot (3kg), Discus (1kg), Javelin (500g), Hammer (3kg) & 2000m Walk.

Senior – 100m, 200m, 400m 800m 1500m, 3000m, 1500m Steeplechase, 100m Hurdles, 400m Hurdles, 4 x 100m Relay, High Jump, Long Jump, Triple Jump, Pole Vault, Shot (4kg), Discus (1kg), Javelin (600g), Hammer (4kg), 3000m Walk.

Boys

Minor – 100m, 200m*, 800m, 1500m*, 4 x 100m Relay, Shot (3kg), Long Jump, Triple Jump. *Starting in 2015, there will be an All Ireland Schools Minor competition for the following events: - 100m, 800m, Long Jump, Shot & 4 x 100m Relay.*

*Please note there are no Minor 200m or 1500m at Munster or National level.

Junior – 100m, 200m, 800m, 1500m, 4 x 100m Relay, 80m Hurdles, High Jump, Long Jump, Triple Jump, Pole Vault, Shot (4kg), Discus (1kg), Javelin (600g), Hammer (4kg), 1200m Walk.

U/16 – 1 Mile

Intermediate – 100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Steeplechase, 100m Hurdles, 400m Hurdles, 4 x 100m Relay, High Jump, Long Jump, Triple Jump, Pole Vault, Shot (5kg), Discus (1.5kg), Javelin (700g), Hammer (5kg) & 2000m Walk.

Senior – 100m, 200m, 400m, 800m, 1500m, 3000m*, 2000m Steeplechase, 110m Hurdles, 400m Hurdles, 4 x 100m Relay, High Jump, Long Jump, Triple Jump, Pole Vault, Shot (6kg), Discus (1.75kg), Javelin (800g), Hammer (6kg), 3000m Walk.

***3000m winners will qualify for the 5000m at Munster level**

Age Groups:

Age groups for girls & boys shall be as follows:

Minor:	Under 14 on 1 st July 2015
Junior:	Under 15 on 1 st July 2015
U/16 Mile:	Under 16 on 1 st July 2015
Intermediate:	Under 17 on 1 st July 2015
Senior:	Under 19 on 1 st January 2015

Athletes must compete in their own age group EXCEPT for relays where one athlete from the age group immediately below may complete a team. Athletes may only take part in TWO events plus ONE Relay.

Entry:

- All Entries & Dates of Birth on enclosed Entry Form.
- Send Entries to Mary Ashe, 10 Meadowlands, Abbeyside, Dungarvan, Co. Waterford, e-mail: maryasheathletics@gmail.com.
- **Closing Date for Receipt of Entries: Friday 24th April for Girls & Friday 1st May for Boys**
- **No Late Entries please & no entries will be taken on the day of competition.**
- Fee shall be €3.00 per athlete/ € per Relay Team payable with entries.
- Please return all Cups before or on the day of the Championships.
- Each School must supply an Official.
- **RESTRICTIONS:**
- No competitor may compete in more than **two** events plus a Relay.
- No School may have more than **two** competitors in any event.

- Each competitor must compete in their own age group except in the Relay where one athlete from the age group immediately below may complete a team.
- In the Minor & Junior age groups, an athlete may not compete in two or more middle distance events (ie. an 800m & a 1500m).
- A Minor athlete may compete at Minor or Junior level in Track & Field but not in the same event in both age groups.

Competition Wear:

Acceptable competition wear is a school singlet or a white or plain singlet. Club singlets, International singlets, fancy T-Shirts or unacceptable logos may not be worn. ***Only 5mm spikes may be used.*** Athletes may not run in bare feet.

Competition Area Rules:

- Athletes are not permitted to carry or use electronic recording or transmission equipment (eg. earphones, notebooks, tablets, I-Pods, smart phones etc) in the competition area.
- An athlete must leave the competition area when their event is complete.
- Teachers, coaches or parents are **NOT ALLOWED** in the competition area at any time.

Field Events:

- If there are 12 competitors or less, **FIVE** attempts will be given to athletes in the Long Jump, Triple Jump, Shot Putt, Javelin, Discus & Hammer. If there are more than 12 competitors, all competitors will have 3 attempts each with the top 8 having two further attempts.
- In the Junior Girls & Junior Boys Triple Jump, the athlete must start the run-up no further than **12 metres** from the board.
- All Field Event athletes must be technically proficient & competent in the event in the interest of safety.

Relays:

For Relay competitions only, an athlete may compete out of his/her age category but may only compete in **ONE** Relay on the day & must be from the age group immediately below.

High Jump:

In the High Jump, the bar shall be raised by **5cm** each time.

Pole Vault:

Both the Girls & Boys competitions will be held in at the East Munster Schools Girls Track & Field Championships in

Templemore on Wednesday 29th April. Both competitions will be held together with the competition starting at the lowest opening height for the Girls (1.80m) and Girls and Boys can join in at any height thereafter.

Weights:

BOYS	Shot	Discus	Javelin	Hammer
Minor	3.00kg	-	-	-
Junior	4.00kg	1.00kg	600g	4.00kg
Intermediate	5.00kg	1.50kg	700g	5.00kg
Senior	6.00kg	1.75kg	800g	6.00kg
GIRLS				
Minor	2.72kg	-	-	-
Junior	2.72kg	0.75kg	400g	2.50kg
Intermediate	3.00kg	1.00kg	500g	3.00kg
Senior	4.00kg	1.00kg	600g	4.00kg

Hurdles Specifications:

Category	Distance	Height	No. Flights	Approach	Interval	Finish
Junior Girls	75m	76.2cm 2' 6"	8	11.50m	7.50m	11.00m
Inter Girls	80m	76.2cm 2' 6"	8	12.00m	8.00m	12.00m
Inter Girls	300m	76.2cm 2' 6"	7	50.00m	35.00m	40.00m
Senior Girls	100m	83.8cm 2' 9"	10	13.00m	8.50m	10.50m
Senior Girls	400m	76.2cm 2' 6"	10	45.00m	35.00m	40.00m
Junior Boys	80m	83.8cm 2' 9"	8	12.00m	8.00m	12.00m
Inter Boys	100m	91.4cm 3' 0"	10	13.00m	8.50m	10.50m
Inter Boys	400m	83.8cm 2' 9"	10	45.00m	35.00m	40.00m
Senior Boys	110m	99.0cm 3' 3"	10	13.72m	9.14m	14.02m
Senior Boys	400m	91.4cm 3' 0"	10	45.00m	35.00	40.00m

Steeplechase:

2000m: There shall be 18 hurdles and 5 water jumps.

1500m: There shall be 13 hurdles and 3 water jumps.

The Girls' Steeplechase shall have barriers of 2' 6".

The Boys' Steeplechase shall have barriers of 3'.

Medals:

Medals shall be awarded to the first three in each event. The first 3 athletes in each event qualify for the Munster Schools Track & Field Championships on Saturday 16th May 2015.

Track Rules:

Please have respect for the Track & its environs & adhere to all the rules of the Track including those set out below:-

- Each competing school must take responsibility for the good behaviour of its athletes within the Track.
- To this end, each school is asked to have present a teacher or designated adult charged with maintaining an acceptable level of behaviour from their athletes.
- Competitors will, at all times, obey stewards and officials of the meeting.
- Please do not leave your personal belongings unattended.