

**Cumann Luthchleas Scoileanna Na Mumhan  
Munster Schools Athletic Association**

**INDOOR GAMES, TUESDAY 6th MARCH 2018 IN NENAGH INDOOR ARENA  
@ 11am**

*All enquires to MARY ASHE at 058 43116/ 086-8227064*

*Due to the huge numbers now competing at this event & to ensure a timely start & end to the day, all entries should be completed Online at [this link](https://goo.gl/forms/U6wTE3INZ5774yYh1) (<https://goo.gl/forms/U6wTE3INZ5774yYh1>)*

*Closing date for entries is 6pm on Friday 2<sup>nd</sup> March 2018. Any entries received after this date will be charged 10 euro per relay team instead of 5 euro per team. Your co-operation would be greatly appreciated.*

*See Entry Rules below.*

**RULES OF COMPETITION**

**Events:**

60m; 600m; 1200m; 60m Hurdles\*; 4 x 200m Relay – All Grades  
\*(There are no Minor Girls/Boys Hurdles)  
High Jump: Junior/Intermediate ONLY  
(starting heights Girls 1.40m – Boys 1.55m)  
Shot: All Grades  
Long Jump: All Grades

**Age Groups:**

Age groups for girls & boys shall be as follows:

Minor: Under 14 on 1<sup>st</sup> July 2018

Junior: Under 15 on 1<sup>st</sup> July 2018

Intermediate: Under 17 on 1<sup>st</sup> July 2018

Athletes must compete in their own age group **EXCEPT** for relays.

**Entry:**

- **All Entries should be completed online before 6pm on Friday 2<sup>nd</sup> March. Please note that the Relay team entry fee will increase from 5 euro to 10 euro after the Closing Date.**
- Fee shall be €5.00 per athlete/ €5 per Relay Team if entered before the Closing date & €10 per Relay Team if entered after the Closing date. Fees payable on the day of competition when collecting numbers.
- Athletes must compete in their own age group except for relays.
- A school may not enter more than ***three*** athletes in any event.

### **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:**

Three attempts only at Long Jump and Shot. All Field Event athletes must be technically proficient & competent in the event in the interest of safety.

### **Outer Track Events:**

600m, 1200m & 4 x 200m Relays will be decided on fastest times. There will be no heats & finals.

### **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.

### **Starting Heights in Junior/Intermediate High Jump:**

Girls – 1.40m

Boys - 1.55m

### **Shot Putt Weights:**

|              | <b>CATEGORY</b> | <b>WEIGHT</b> |
|--------------|-----------------|---------------|
| <b>BOYS</b>  | Minor           | 3.00kg        |
|              | Junior          | 4.00 kg       |
|              | Intermediate    | 5.00kg        |
| <b>GIRLS</b> | Minor           | 2.72kg        |
|              | Junior          | 2.72kg        |
|              | Intermediate    | 3.00kg        |

### **Hurdles Specifications:**

| <b>Category</b>     | <b>Distance</b> | <b>Height</b> | <b>No. Flights</b> | <b>Approach</b> | <b>Interval</b> | <b>Finish</b> |
|---------------------|-----------------|---------------|--------------------|-----------------|-----------------|---------------|
| <b>Junior Girls</b> | 60m             | 76.2cm 2' 6"  | 5                  | 11.50m          | 7.50m           | 18.50m        |
| <b>Inter Girls</b>  | 60m             | 76.2cm 2' 6"  | 5                  | 12.00m          | 8.00m           | 16.00m        |
| <b>Junior Boys</b>  | 60m             | 84.0cm 2' 9"  | 5                  | 12.00m          | 8.00m           | 16.00m        |
| <b>Inter Boys</b>   | 60m             | 91.4cm 3'0"   | 5                  | 13.00m          | 8.50m           | 13.00m        |

### **Medals:**

Medals shall be awarded to the first three in each event.

### **Arena Rules:**

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

- Each competing school must take responsibility for the good behaviour of its athletes within the Arena.
- 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.