

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

**INDOOR GAMES, TUESDAY 1st MARCH 2016 IN NENAGH INDOOR ARENA**  
**@ 11am**

*All enquires to MARY ASHE at 058 43116/ 0868227064*

*All Entries will be taken on the day of competition. See Entry Rules below.*

<b>ORDER OF EVENTS - TRACK</b>			
	<b>INSIDE TRACK</b>		<b>OUTSIDE TRACK</b>
	<b>60mH – Heats &amp; Finals</b>		<b>1200m (Run on Time)</b>
<b>11.30am</b>	Junior Girls	<b>11.30am</b>	Junior Girls
	Intermediate Girls		Junior Boys
	Junior Boys		Inter Girls
	Intermediate Boys		Inter Boys
			Minor Girls
	<i>Followed by</i>		Minor Boys
			<i>Followed by</i>
	<b>60m – Semi-Finals &amp; Finals</b>		<b>600m (Run on Time)</b>
	Minor Girls		Junior Girls
	Minor Boys		Junior Boys
	Junior Girls		Inter Girls
	Junior Boys		Inter Boys
	Inter Girls		Minor Girls
	Inter Boys		Minor Boys
			<i>Followed by</i>
			<b>4 x 200m Relays (Run on Time)</b>
			Minor Girls
			Minor Boys
			Junior Girls
			Junior Boys
			Intermediate Girls
			Intermediate Boys

<b>ORDER OF EVENTS - FIELD</b>			
	<b>FIELD EVENTS</b>		<b>FIELD EVENTS</b>
	<b>Long Jump 1</b>		<b>Long Jump 2</b>
<b>11.00am</b>	Minor Girls	<b>11.00am</b>	Minor Boys
	Intermediate Girls		Intermediate Boys
	Junior Girls		Junior Boys
	<b>Shot Putt</b>		
<b>11.30am</b>	Inter Boys		
	Inter Girls		
	Junior Boys		
	Junior Girls		
	Minor Boys		
	Minor Girls		
	<b>High Jump (after 60m Finals)</b>		
	Girls – Junior/Intermediate		
	Boys – Junior/Intermediate		

**ORDER OF FIELD EVENTS MAY CHANGE TO ACCOMMODATE TRACK EVENTS. PLEASE LISTEN TO THE ANNOUNCEMENTS ON THE DAY**

## 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 2016

Junior: Under 15 on 1<sup>st</sup> July 2016

Intermediate: Under 17 on 1<sup>st</sup> July 2016

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

### Entry:

- All Entries will be taken on the day of competition.
- Fee shall be €5.00 per athlete/ €10 per Relay Team payable on the day of competition with entries.

- **Each competing school must furnish, on school notepaper, or on paper bearing the school stamp, a list of its competitors together with their dates of birth.**
- Entries will be accepted only on production of this list.
- 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.