

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

**INDOOR GAMES, TUESDAY 5th MARCH 2019 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/eIk6TLXbwMSaKroz2>

*Closing date for entries is 6pm on Friday 1st March 2019. 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:	All Age Groups
60mH	Junior & Intermediate
600m:	All Age Groups
1200m:	Minor, Junior & Intermediate
High Jump:	Open Competition (Junior, Inter & Senior) (starting heights Girls 1.40m – Boys 1.55m)
Shot:	Minor, Junior & Intermediate
Long Jump:	All Age Groups
4 x 200m Relay:	Minor, Junior & Intermediate

Age Groups:

Age groups for girls & boys shall be as follows:

Minor:	Under 14 on 1 st July 2019
Junior:	Under 15 on 1 st July 2019
Intermediate:	Under 17 on 1 st July 2019
Senior:	Under 19 on 1 st January 2019

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

Entry:

- **All Entries should be completed online before 6pm on Friday 1st 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.
- **Athletes are confined to a maximum of TWO events plus ONE Relay.**

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/Senior High Jump:

Girls – 1.40m

Boys - 1.55m

Shot Putt Weights:

	CATEGORY	WEIGHT
BOYS	Minor	3.00kg
	Junior	4.00 kg
	Intermediate	5.00kg
GIRLS	Minor	2.72kg
	Junior	2.72kg
	Intermediate	3.00kg

Hurdles Specifications:

Category	Distance	Height	No. Flights	Approach	Interval	Finish
Junior Girls	60m	76.2cm 2' 6"	5	11.50m	7.50m	18.50m
Inter Girls	60m	76.2cm 2' 6"	5	12.00m	8.00m	16.00m
Junior Boys	60m	84.0cm 2' 9"	5	12.00m	8.00m	16.00m
Inter Boys	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.