

South Munster Schools Track and Field Championships 2024

(Hammer and Discus take place in Kilworth on the 2nd May)
(All Pole Vaults will be held in Templemore on the 18th May)

Castleisland – Wednesday 8th May 11:00am (For all other events)

EVENTS

Girls

Minor (Under 14 on 1st July 2024): 100m, 800m, 75mHurdles(68.6cm), 4x100mRelay, Long Jump, **High Jump** Shot(2.72Kg).

Junior (Under 15 on 1st July 2024): 100m, 200m, 800m, 1500m, 4x100mRelay, 75mHurdles(76.2cm), High Jump, Long Jump, Triple Jump, Pole Vault, Shot(2.72Kg), Discus(0.75kg), Javelin(400g), Hammer(2.5Kg), 1200mWalk.

Under 16 (on 1st July 2024): 1 mile.

Intermediate (Under 17 on 1st July 2024): 100m, 200m, 300m, 800m, 1500m, 3000m, 80mHurdles(76.2cm), 4x100mRelay, 300mHurdles, 1500m Steeplechase(76.2cm), High Jump, Long Jump, Triple Jump, Pole Vault, Shot(3Kg), Discus(1Kg), Javelin(500g), Hammer (3kg), 2000mWalk.

Senior (Under 19 on 1st January 2024): 100m, 200m, 400m, 800m, 1500m, 3000m, 100mHurdles(83.8cm), 400mHurdles(76.2cm), 1500m Steeplechase(76.2cm), 4x100mRelay, 4x300mRelay, High Jump, Long Jump, Triple Jump, Pole Vault Shot(4Kg), Discus(1Kg), Javelin (600g), Hammer (4Kg) 3000mWalk.

Boys

Minor (Under 14 on 1st July 2024): 100m, 800m, 75 Hurdles(76.2cm), 4x100mRelay, Long Jump, **High Jump**, Shot (3Kg).

Junior (Under 15 on 1st July 2024): 100m, 200m, 800m, 1500m, 80m Hurdles(83.9cm), 4x100mRelay, High Jump, Long Jump, Triple Jump, Pole Vault, Shot(4Kg), Discus(1Kg), Javelin(600g), Hammer(4Kg), 1200mWalk.

Under 16 (on 1st July 2024): 1 mile.

Intermediate (Under 17 on 1st July 2024): 100m, 200m, 400m, 800m, 1500m, 3000m, 1500m, Steeplechase(83.8cm), 100m Hurdles(91.4cm), 400mHurdles(83.8cm), 4x100mRelay, High Jump, Long Jump, Triple Jump, Pole Vault, Shot (5Kg), Discus (1.5Kg), Javelin (700g), Hammer (5Kg), 2000mWalk.

Senior (Under 19 on 1st January 2024): 100m, 200m, 400m, 800m, 1500m, 3000m, 2000m, Steeplechase(91.4cm), 110mHurdles(99.0cm), 400mHurdles(91.4cm), 4x100mRelay, 4x400mRelay, High Jump, Long Jump, Triple Jump, Shot(6Kg), Discus(1.75Kg), Javelin(800g), Pole Vault, Hammer(6Kg), 3000mWalk.

A provisional timetable is provided. This may be amended when the number of final entries in each event is known. Some age categories may be amalgamated in events where appropriate. Events with less than three entries may be cancelled and those entered will automatically be deemed qualifiers for Munster.

N.B. –

All pole vaults take place in conjunction with the Munster schools Pole Vault championship which will be held at Templemore on the 18th May.

Discus/Hammer will be held at Kilworth on Thursday 2nd May. 11am start for Hammer, 12noon start for Discus.

Entries will need to be made via the South Munster on line entry system before 8pm April 26th for all events.

The online entry form will be open from 8th April and will close on Friday 26th April at 8pm. The link address for entries will be given to authorised school contacts. Entries only accepted from a school authority.

Entry Fees will be €3 per athlete, €8 per relay team

All schools taking part must be currently affiliated to Irish Schools Athletic Association. Relay and All Round Cups from the previous championships should be returned to the finish line on the day.

General Regulations

An athlete may compete in not more than two individual events plus one relay with the exception of the Senior 4x300/400m where an athlete may take part in two relays.

A relay team may be completed by the addition of no more than one athlete from the age group immediately below.

A school may not have more than 2 athletes in any event.

Athletes must compete in their own age group (Junior, Intermediate, Senior) with the exception of Minor athletes who may compete at Junior level where an event is not held at Minor level.

Minor and Junior athletes can take part in an 800m or 1500m but not both.

The first 3 in all events qualify for the Munster championship - 4 qualify in the Under 16 mile race.

Note: High Jump is a new event this year (2024) for both Minor Boys and Girls.

Order of Events on the 8th May

A more detailed timetable will be published after entries close on 26th April

Track Events

11am Start

300m/400m Hur	Inter/Senior
200m	Junior/Inter/Senior
3000m	Inter/Senior
800m	Minor/Junior/Inter/Senior
100m Heats	Minor/Junior/Inter/Senior
1500m StChase	Inter/Senior Girls
1200m Walks	Junior/Inter/Senior
100m Finals	Minor/Junior/Inter/Senior
1500m StChase	Inter/Senior Boys
Sprint Hurdles	Minor/Junior/Inter/Senior
300m/400m Hur	Inter/Senior
1500m	Junior/Inter/Senior
4x100m	Minor/Junior/Inter/Senior
4x300m/400m	Senior

Field Events

Long Jump	High Jump	Triple Jump	Shot Put	Javelin
----------------------	----------------------	------------------------	---------------------	----------------

Order of Field events to be confirmed after entries close on the 26th April